For Reference
Do Not Take
From the Library

Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

Penal Code of California
1915, Section 623

er Homes and Gardens
July

BURLINGAME PUBLIC LIBRARY
3 9042 05546347 2

Better Homes and Gardens®



stars & stripes spectacular!

Restoring an old h... e's glory

...ntings

...playhouses

BURLINGAME PUB LIB
480 PRIMROSE RD
BURLINGAME CA 94010-4010
R0301610
47 JAN03
BHG P
QY YT
#BXBBFCK*******CR-LOT 0001A*C-030
#BHGB1995602102/4# CRBD

BURLINGAME
JUN - 6 2002
LIBRARY

OTHER CERTIFIED PR
WOULD LIKE TO B

THEY JUST AREN'T.

Intellichoice® rated Ford Quality Checked Certified Pre-owned vehicles among the best non-luxury pre-owned programs in America. Which means we beat out Chevrolet, Buick, GMC, Saturn, Chrysler, Dodge, and Jeep. Not to mention Toyota, Volkswagen, and Hyundai.

- ✔ Available on all 1998-2002 Ford cars, light trucks, and SUVs
- ✔ Manufacturer's six-year/75,000-mile powertrain limited warranty** backed by Ford
- ✔ 115-point inspection
- ✔ 24-hour roadside assistance
- ✔ Vehicle history report
- ✔ Service available at any Ford, Lincoln, or Mercury Dealer nationwide
- ✔ A full tank of gas, fresh oil, and f at delivery
- ✔ Ask about special financing

QualityChecked
Certified Pre-owned

Ford

OWNED PROGRAMS AS GOOD AS OURS.*

Small wonder the Ford Quality Checked Certified Pre-owned Program has been rated among the best for two years running. So, if you're considering a certified pre-owned car or truck, we seriously suggest a visit to your nearest Ford Quality Checked Certified Pre-owned Dealer. To find us, call 866-222-6798, toll-free. Or log on to www.fordcpo.com.



QualityChecked
Certified Pre-owned

Ford

*Source: IntelliChoice,® Inc., www.intellichoice.com, September 2001 review of 23 manufacturer programs. Ford Quality Checked Certified Pre-owned ranked #2 non-luxury manufacturer. **See dealer for a copy of the warranty. Not all buyers will qualify for lowest rate. See dealer for details and qualifications. APR varies by model.



On the first day in office,

every U.S. president

has four things in common

with his predecessor.

Transporting the Chief. On the wings of Goodyear.

GOODYEAR

SPECIALLY-DESIGNED TIRES FOR THE LEADER OF THE FREE WORLD. GOODYEAR.COM


Make every room bloom









Introducing The Cottage Collection® featuring Hillside~now flourishing at Target.®
Waverly® Garden Room™ is the simple, easy and elegant way to make your whole home blossom with life. We've done the mixing and the matching...all you have to do is the enjoying.
Shop in-store or online at target.com.

WAVERLY. garden room



McNEIL PPC, Inc. 2002

Dairy is no longer off-limits with Lactaid.® Taken with your first bite of dairy, it helps you avoid cramps, gas or bloating. That's because it's a natural enzyme that helps you digest a milk sugar called lactose. For more information, visit www.lactaid.com.

Lactaid.® Enjoy dairy again.



What's Inside

July 2002 Volume 80 Number 7



163

friends and family

From the Editor 10
Family Network® *Readers' solutions to family problems* 14
BHG.com *What's happening at the magazine's Internet site* 16
BH&G Kids® *Cheers for the red, white, and blue* 204
The Family Next Door™ *Family, friends, and neighbors* 216



139



3

COVER PHOTOGRAPH: KING AU

gardening

Gardener's Almanac *Colorful foliage that looks like flowers* 115
Porch Full of Posies *Wraparound with blooms and fragrance* 122
Power-Packed Planting *A great garden is ever-changing* 131

home design

Sand Pails *A century of whimsical collectibles* 34
Romance Classics *Decorating lessons for the love-struck* 42
Moss Appeal *Inviting nature indoors* 52
Painted Glass *Strokes of personality for plain bottles* 56
Quick Collections *Effortless ways to display favorite objects* 60
Seaside Dreams *Projects for the beach-inspired* 68
Style in the Making® *Inexpensive storage ideas* 74
Beyond Baby Steps *A flexible design for a kid's bedroom* 84
Find Me in My Playhouse *Plans you can build* 90
Decorating Shop™ *Seaworthy Stencils; Framed Floral Print Sets* 97
Restoring an Old Glory *New life for an 1850s home* 139
Live, Love, Work, Play *All inside this family house* 151

continued on page 8

Better Homes and Gardens (ISSN-0006-0151) is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Periodicals postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. To order call 1-800/374-4244. Trademark registered in Canada and Australia. Marca registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to: BETTER HOMES AND GARDENS, P.O. BOX 37449, BOONE, IA 50037-0449. JULY 2002 VOL. 80, NO. 7. Canada Post Publications Mail Sales Product Agreement No. 40069223. Canadian BN 12348 2887 RT. Copyright Meredith Corporation 2002. All rights reserved. Printed in U.S.A.

you must feel it to believe it!



FREE SAMPLE/FREE VIDEO/FREE INFO 1-888-245-5109

Call toll free, or fax 1-859-514-4431

TEMPUR-PEDIC
PRESSURE RELIEVING
SWEDISH MATTRESS AND PILLOW

The sleep miracle that's recognized by NASA, praised by the media, extolled worldwide by 25,000 sleep clinics and health specialists.



WEIGHTLESS SLEEP
starts with Tempur-Pedic.

What's Inside continued from page



family matters

Your Family Car *Hybrid power makes it easy to be green* 100
Protecting Your Baby from SIDS 104
Raising a Reader *Inspiring kids to enter a wonderful world* 110

food

Celebrating the Fourth *Plan a great American potluck* 23
Big Easy *Recipes to get you out of the kitchen, fast* 163
The Clever Cook™ *Kitchen tips from our readers* 183
Sips of Summer *Great white wines for the backyard* 184
Win Money *Enter our monthly recipe contest* 187
Prize Tested Recipes® *Mango Magic; 5 Ingredient Dinners* 189

(For more recipes, go online at www.bhg.com/food or AOL Keyword: Food)

good food, good health®

Family Health Update *Test your heat smarts* 192
Safety Play *Questions to ask the coach* 198
Nutrition In No Time™ *You say tomato* 200

shopping

Buying Guide *Names and addresses of retailers and manufacturers* ... 212
Directory of Architects and Designers 213
Reader Shopping
Sand Pail Encyclopedia *Book—signed by the authors* 40
Romantic Style *Book* 51
Project Plans for Playhouses 96
Soup Spoons and Soup Plates 178
Grill Wok and Grill Topper 182
The Shopper's Mart 213

For service on your subscription, including change of address, write to *Better Homes and Gardens*® Customer Service, P.O. Box 37449, Boone, IA 50037-0449. Please enclose your address label from a recent issue. If you wish to phone, call toll free **1-800/374-4244.** Or, visit us at **www.bhg.com/service** on the Internet.


The epitome of common sense.
Softest Ever!
Scott
Tissue
Soft, Strong Lasts Long
1000 Sheets
UNSCENTED
BATHROOM TISSUE
1000 sheets that last and last. Plus being our softest ever.
And not to get too highfalutin, but we think you'll find
that adds up to an uncommon value as well.
Common Sense on a Roll.

www.15minutestofame.com



Learn how to make Margarita Parfait and other 15-minute showstoppers on www.15minutestofame.com where simple is made sensational.



MAKING EVERY DAY DELICIOUS.

I have a favorite photo that I took at last year's Fourth of July parade in our neighborhood. Shot from the curbside spot that my daughter Lauren and I had chosen along the flag-lined route, the picture seems centered on my son, Alec, and husband, Don, in full Cub Scout uniform as they were taking part in the annual procession. It's a handsome picture of the two men in my life to be sure, but that's not the only reason why this photo is so wonderful.

If you were to closely examine the crowd in the background, you would see an older woman sitting on an old-fashioned folding lawn chair. Perched on the arm of the chair is—of all things—a huge banny rooster. I had watched this unusual duo get out of their car (and coop!) and select a spot opposite us under a shade tree. A blaze of color and fittingly cocky in stature, the rooster garnered a lot of attention before the parade, with each passing party commenting on his feathered beauty. Children wanted to know, "Can I pet him?"

When my camera captured that woman and her bird, I thought it was a wonderful expression of what the Fourth means. We like to think of ourselves as a nation of rugged individualists. Well, this woman with her chicken certainly qualifies as one. She understands a holiday established to celebrate one's personal freedom and independence within a union of many. Happy Fourth of July.



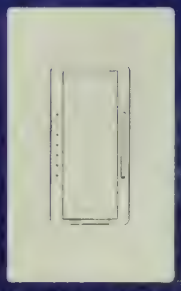
Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief

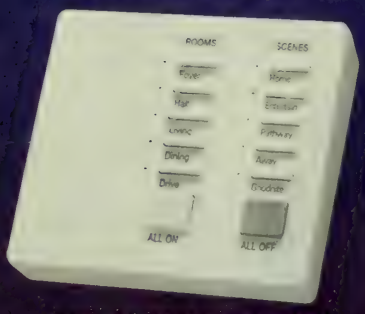

Home is anywhere you're with family
simple. For me,
king food is love.
sealable plastic bags and containers
p keep our meals safe, satisfying and healthy.
no matter where we are, every meal feels like home.
w have plastics touched your life?
American Plastics Council.
Plastics make it possible.
www.plastics.org

RadioRA® CAR VISOR PACKAGE

Model # RA-SPCL-STR-1 lets you:



Control lights throughout your home
(5 Dimmers included)



Control lights from your bed
(1 Master Control included)



Turn lights on or off from your cars
(2 Car Visor Controls included)

Additional packages allow you to:

- Control every light in your home without rewiring
- Link your lighting to your security system
- Control lights with a time clock. Lights will always come on by sunset
- Control your lights from a telephone

For a free video, visit our website
at www.lutron.com/bhg4
or call us at
1-877-2LUTRON, Ext. 604

LUTRON®
Innovations in Lighting Control

Better Homes and Gardens®

Karol DeWulf Nickell
Editor in Chief

John Riha
Executive Editor

Bradford W. S. Hong
Creative Director

Lamont D. Olson
Managing Editor

Art Director Michael D. Belknap
Editorial Marketing Director Joan McCloskey

Food and Entertainment Editor Nancy Wall Hopkins
Nutrition Editor Jeanne Ambrose
Associate Editors Richard Swearinger, Stephen J. Exel
Editorial Assistants Karen Pollock, Anna Anderson

Garden and Outdoor Living Editor Mark Kane
Senior Garden Editor Craig Summers Black
Associate Garden Editor Doug Hall
Test Garden Manager Sandra J. Gerdes
Editorial Assistant Jacque Wittick

Health Editor Catherine Hamrick
Travel and Features Editor Becky Mollenkamp
Editorial Assistant Doris Lohrman

Home Design Editor Sandra S. Soria
West Coast Editor Sharon Overton
Senior Interior Designers Joseph Boehm, Catherine Kramer
Design Editor Sarah Egge
Senior Building Editor Shawn Gilliam
Senior Building and Environment Editor Laura O'Neil
Editorial Assistants Peggy Daugherty, Marilyn Scott

Assistant Art Directors Zulal Biner, Hung Luu
Senior Graphic Designers Ted Rossiter, Stacey Willey
Design Assistant Malea Hubbell

Assistant Managing Editor Steven Cooper
Makeup Editor Linda Smith Thomas
Associate Makeup Editor Cindy Alberts
Copy Editor Martha Coloff Long
Office Manager Ginger Bassett
Administrative Assistant Suzanne Miller

Test Kitchen Director Lynn Blanchard
Director of Reader Shopping Denise King Scott
Reader Shopping Manager Diana Willits

Regional Contributors

Lisa Mowry, **Atlanta**; Estelle Bond Guralnick, **Boston**; Lynn McBride, **Charleston, S.C.**; Elaine Markoutsas, Sally Mauer, Hilary Rose, **Chicago**; Diane Carroll, **Dallas**; Mindy Pantiel, **Denver**; Khristi Zimmeth, **Detroit**; Eileen Alexandra Deymier, **Easton, Md.**; Betsy Harris, **Indianapolis, Ind.**; Susan Andrews, **Kansas City, Mo.**; Robin Tucker, Laura Hull, **Los Angeles**; Bonnie Broten, Tangi Schaapveld, **Minneapolis**; Bonnie Maharam, Cynthia Bogart, **New York**; Peggy Keonjian, Jan Behrs, **Portland, Ore.**; Mary Anne Thomson, **St. Louis**; Andrea Caughey, **San Diego**; Helen Heitkamp, Carla Howard, **San Francisco**; Trish Maharam, Loralee Wenger, Lynda Turner, **Seattle**; Heather Lobdell, **Tiburon, Calif.**; Claudia Franklin, **Tucson**; Nancy Ingram, **Tulsa**; Betty Campbell, **Victoria, B.C.**; Margaret Ann Fowler, **Wilmette, Ill.**; Karin Lidbeck, **Woodbury, Conn.**

Jeannine Shao Collins, **Publisher**
Sally Preston, **Advertising Director**; Patricia Oppenheimer, **Marketing Director**
Katherine Doyle, **Creative Services Director**; Mark Bradbury, **Research Director**
Amy Levy, **Publishing Group Events Director**; Christine Held, **Promotion Art Director**
Patrick O'Donnell, Meredith Stick, **Eastern Sales Managers**;
Joy DeVries, Irene Broderick, Crister Larson, Maureen Mooney, Kim Jamison-Henry, Devon Walsh, Debra Rosenkrantz Brenman, Tracy Glenn, **Account Executives**
Peter W. Mason, **Travel Manager**; Grace Chung, **Direct Response Advertising Director**
Shari Epstein, **Direct Response Sales Manager**; Ira Libov, Tara Phillips, **Account Executives**
Atlanta: Sibyl de St. Aubin; **San Francisco**: Sandy Fish, **West Coast Manager**
Los Angeles: Barbara Moses; **Chicago**: Gary Wenstrup, **Midwest Manager**;
Brad Moore, Valerie Thiel, Jackie Fallon, Rick Wheeler, **Account Executives**
Detroit: Sally Jeffries, **Manager**
Beth Von Linden, **Consumer Marketing Director**; Karen Chiovaro, **Director of Production Operations**
Jan Sime, **Director of Advertising Operations**; Jill Bernstein, **Public Relations Director**

Meredith Publishing Group

Stephen M. Lacy, **President**
Jerry Kaplan, **President, Meredith Magazine Group**
Michael Brownstein, **Corporate Solutions**
Ellen de Lathouder, **Creative Services**; Bruce Heston, **Manufacturing**
Karla Jeffries, **Consumer Marketing**
Max Runciman, **Finance and Administration**

Meredith Corporation

William T. Kerr, **Chairman and Chief Executive Officer**
E. T. Meredith III, **Chairman, Executive Committee**

© Copyright Meredith Corporation 2002. All rights reserved. Printed in the U.S.A.

MPA

RadioRA® LETS YOU LIGHT UP YOUR HOME FROM THE COMFORT AND SAFETY OF YOUR CAR



Car Visor Control

ENHANCE YOUR FAMILY'S SECURITY AND CONVENIENCE WITH A RadioRA® HOME DIMMING SYSTEM

- Controls your lights from anywhere...
  – car, bedside, front door, telephone
- Installs easily in any home without rewiring
- Integrates lighting with your security system

For a free video, visit our website at www.lutron.com/bhg4
or call us at 1-877-2LUTRON, Ext. 604

LUTRON®
Innovations in Lighting Control

LEARNING TO
WIPE.
IT CAN MAKE A
KID FEEL
THREE
FEET TALL.



It's easy to get your child to clean up after himself (in the bathroom at least). Just for Kids wipes from Pull-Ups® are soft, moist and flushable.

For cleaner kids from the bottom up.

Pull-Ups Just for Kids

Stroke of genius

My 3-year-old needed an ointment applied to her face to help heal a rash. But she didn't like the feel of the cream and refused to let me put any on. Then, I tried using a clean, child-size paintbrush to apply the "paint." She loved it and even lets me apply other creams in the same manner. Now, she "paints" my skin with lotions, as well.

Heather Knight
St. Charles, Ill.

Savvy gab

To encourage my children to talk about their day, I ask them to tell me three things that I don't know. This leaves the possibilities wide open, such as facts from history class, something about their social lives (rarely), or perhaps a test coming up in math. Any fact that they come up with becomes a jumping off point for more conversation.

Jill Southard
Sonora, Calif.

Stealthy but healthy

When my toddler suddenly refused to eat fruit, I decided to substitute the jelly on his peanut butter sandwich with unsweetened, jarred baby fruit. He gobbled up these PB&F sandwiches, never knowing he was eating healthy fruit.

Cassandra Skaggs
Valencia, Calif.

Designer jeans

To encourage my children to wear well-traveled pants a little longer, I use fabric paint to make trucks, flowers, or butterflies over a stained or faded spot. The kids enjoy having their mom paint on designs that make their pants one-of-a-kind.

Dori Plucker
Matthews, N.C.

Root out the source

Mowing the yard always made me cringe whenever the blades hit an above-ground root from a tree. After many attempts to find the offending protrusions, I finally tried another tactic—a squirt of white spray paint on every above-ground root. Now they are easily spotted, saving time and mower blades.

Mary Frasier
Mineola, Texas

Stamping out solitude

As Mom became increasingly infirm, it upset her that she couldn't get greeting cards for friends and family. For a gift, I picked up a collection of cards and gave her enough stamps to take care of her mailing needs for many months to come. It was one of her favorite gifts!

Barbara Bengels
Garden City, N.Y.

Smooth cleanup

When my grandchildren help me with painting projects, I have them first apply hand lotion from fingertips to elbows. When it's time to wash up, the paint comes right off.

Charlene Whiteside
Shell Rock, Iowa

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.


HEY, if I took pictures of the baby and e-mailed them to the in-laws, maybe they wouldn't visit as often. WAIT. What if that just made them want to visit more?
Digital Imaging
ONLINE PRODUCTIVITY
HIGH PERFORMANCE
ENTERTAINMENT
vpr matrix
BEST BUY
Online or in the store, find what you need to stay in touch.
Turn On the Fun

Better Homes and Gardens®

bhg.com Online Ideas, 24/7

Gardening, food, decorating, and so much more

AOL Keyword: BHG





NEW

Decorating Center

Stylish ideas for every room! Let our gorgeous online images show you the way to a beautiful home.

www.bhg.com/decoratingcenter



Go Grill!

Marinades. Rubs. It's steak-flipping time. Plus, recipes for fish, chicken, and veggies.

www.bhg.com/gogrill



Garden Plans

From tricky corners to raised beds, find a garden plan that fits your space. Plot your lot with one of 31 plans.

www.bhg.com/gardenplans

And don't miss Plan-a-Garden!

www.bhg.com/planagarden



Slide Shows

Kids' rooms, menu ideas, crafts, and more.

www.bhg.com/slideshows

Better Homes and Gardens

Magazine Subscription Help

Online subscription assistance:
www.bhg.com/service

- Subscribe
- Renew your subscription
- Change your address
- Report a duplicate issue

For other magazine questions, go to **www.bhg.com/help**

Register at **www.bhg.com/members** to receive member benefits, including:

- Free e-mail newsletters
- Free downloads
- Free personal recipe ideas

Or call us at 1-800-374-4244
Weekdays: 7 a.m. to 11 p.m. CST
Weekends: 8 a.m. to 6 p.m. CST
Please have your address label on hand.
For billing questions, have your invoice handy.

Or mail subscription questions to:
Better Homes and Gardens Magazine
P.O. Box 37429
Boone, IA 50037-0429

Write to us at:
Better Homes and Gardens Reader Service, 1716 Locust Street,
Des Moines, IA 50309-3023

www.bhg.com/service


Some like it
COOL
Some like it
HOT
NEW
Wish
Bone
Dressing &
MARINADE
Lemon Garlic & Herb
Tangy Honey Mustard, Asian Sesame & Balsamic Olive Oil & Herbs



MERCK

©2002 Merck & Co., Inc. All rights reserved.
FOSAMAX is a registered trademark of Merck & Co., Inc.
20104766(5)-01/02-FOS-CON

FOR MORE INFORMATION
CALL 1-800-31-MERCK
OR VISIT fosamax.com

Unfortunately, nearly 40% of women in their sixties have osteoporosis.

Fortunately, there's FOSAMAX.

Ask your doctor about a bone density test.

rly on, osteoporosis is a silent disease, so u may not see any signs. Risk increases with je and varies from person to person. In fact, ter the age of 80, over 75% of women have teoporosis. If you have a thin build, are ucasian or Asian, have a family history of teoporosis, or are a smoker, your risk for teoporosis increases.

rtunately, your doctor can measure the alth of your bones with a simple, painless ne density test. If your bones are thinning, ur doctor may prescribe FOSAMAX.

FOSAMAX is proven to help build bone.

SAMAX is a nonhormonal tablet for the atment and prevention of osteoporosis in stmenopausal women. FOSAMAX has been oven to help build bone. Increases in bone ass were evident as early as three months after erapy was begun. FOSAMAX is the number-e prescribed osteoporosis drug treatment.*

FOSAMAX is also available in a once-weekly tablet.

FOSAMAX is the only once-weekly tablet for the treatment and prevention of postmenopausal osteoporosis. In studies, FOSAMAX Once Weekly was as effective as FOSAMAX Once Daily in increasing bone density. And FOSAMAX is the only oral medication with a convenient once-weekly option proven to help build bone.

Important information about FOSAMAX.

You should not use FOSAMAX if you have certain disorders of the esophagus (the tube connecting the mouth with the stomach), are unable to stand or sit upright for 30 minutes, have severe kidney disease, low blood calcium, or are allergic to FOSAMAX. Use with caution if you have stomach or digestive problems. Stop taking FOSAMAX and tell your doctor if you develop new or worsening heartburn, difficult or painful swallowing, or chest pain because these may be signs of serious upper digestive problems which can include irritation, inflammation, or ulceration of the esophagus. (See Patient Product Information for more details.) Digestive side effects in studies were generally mild and included stomach pain, indigestion/heartburn, or nausea.

Ask your doctor about a bone density test and if FOSAMAX is right for you.

OSAMAX Once Weekly roven to help build bone.

ONCE WEEKLY

FOSAMAX®

(alendronate sodium tablets)

ease see the Brief Summary of Patient Product Information on the following page and discuss it with your doctor

urce: IMS HEALTH, National Prescription Audit *PLUS*™ (NPA *PLUS*™) and the National Disease and Therapeutic Index™ (based on total prescriptions for the riod January 1, 2001 to August 31, 2001).

FOSAMAX
(alendronate sodium tablets)

FOSAMAX is available as a tablet taken **once daily** or as a tablet taken **once weekly**. It is important that you know which tablet your doctor has prescribed and that you take FOSAMAX as directed by your doctor.

Please read this information before you start taking FOSAMAX®. Also, read the information each time you renew your prescription, just in case anything has changed. Remember, this information does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

FOSAMAX is a tablet to be taken **once daily** or as a tablet to be taken **once weekly**

- If your doctor has prescribed FOSAMAX as a tablet to be taken **once daily**, take FOSAMAX once a day, every day. If you miss a dose, do not take it later in the day. Continue your usual schedule of one tablet once a day the next morning
- If your doctor has prescribed FOSAMAX as a tablet to be taken **once weekly**, choose the day of the week that best fits your schedule. Every week, take one tablet on your chosen day. If you miss a dose, take only one FOSAMAX **Once Weekly** tablet on the morning after you remember. *Do not take two tablets on the same day.* Return to taking one tablet once a week, as originally scheduled on your chosen day.

Whether your doctor has prescribed FOSAMAX to be taken **once weekly** or **once daily**, these are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, and before taking your first food, beverage, or other medication, swallow your FOSAMAX tablet with a full glass (6-8 oz) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
   Do not chew or suck on a tablet of FOSAMAX.
2. **After swallowing your FOSAMAX tablet do not lie down - stay fully upright (sitting, standing, or walking) for at least 30 minutes and do not lie down until after your first food of the day.** This will help the FOSAMAX tablet reach your stomach quickly and help reduce the potential for irritation of your esophagus (the tube that connects your mouth with your stomach).
3. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
4. **Do not take FOSAMAX at bedtime or before getting up for the day.**
5. **If you have difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis or help you from getting osteoporosis only if you continue to take it.

What is FOSAMAX?

FOSAMAX Once Daily and **Once Weekly** can be used to:

- **Treat or prevent osteoporosis (thinning of bone) in women after menopause, and reduce their chance of having a hip or spinal fracture**
- **Increase bone mass in men with osteoporosis**

FOSAMAX Once Daily is also for the treatment of osteoporosis in both men and women receiving corticosteroid medications (for example, prednisone).

You will find more information about osteoporosis at the end of this summary.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause or with use of corticosteroid medications
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or nursing
  If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally severe and/or with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes or before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea, black and/or bloody stools, stomach or other peptic ulcers (some severe), and gas.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash (occasionally made worse by sunlight) or eye pain have occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause and may also occur in men. Osteoporosis often occurs in women several years after the menopause, which happens when the ovaries stop producing the female hormone estrogen or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker.

Osteoporosis can also occur in men due to several causes, including aging and/or a low level of the male hormone testosterone. It may also be caused by certain medications called corticosteroids in both men and women. In all instances of osteoporosis, bone is removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy.

At the start osteoporosis usually has no symptoms, but can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

Osteoporosis in men and women caused by corticosteroids

Corticosteroids can cause bone to be removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy. It is important to take your corticosteroid medication as recommended by your doctor.

How can osteoporosis be treated or prevented?

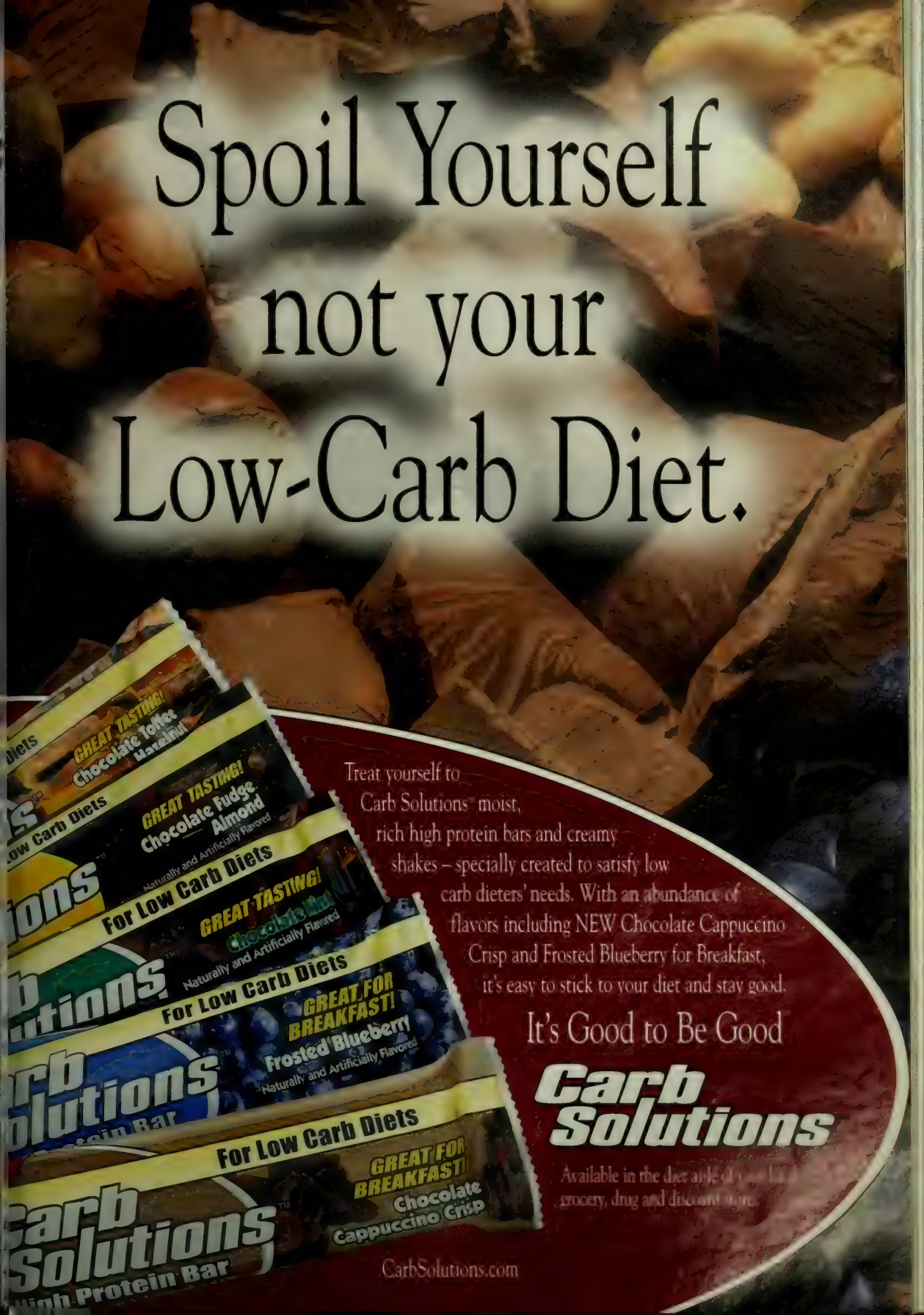
- **Medication.**
  FOSAMAX acts specifically on your bones. FOSAMAX is not a hormone and does not have the benefits or risks of estrogen (hormone replacement therapy or in postmenopausal women) elsewhere in your body.
- **Lifestyle changes.**
  In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin an exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

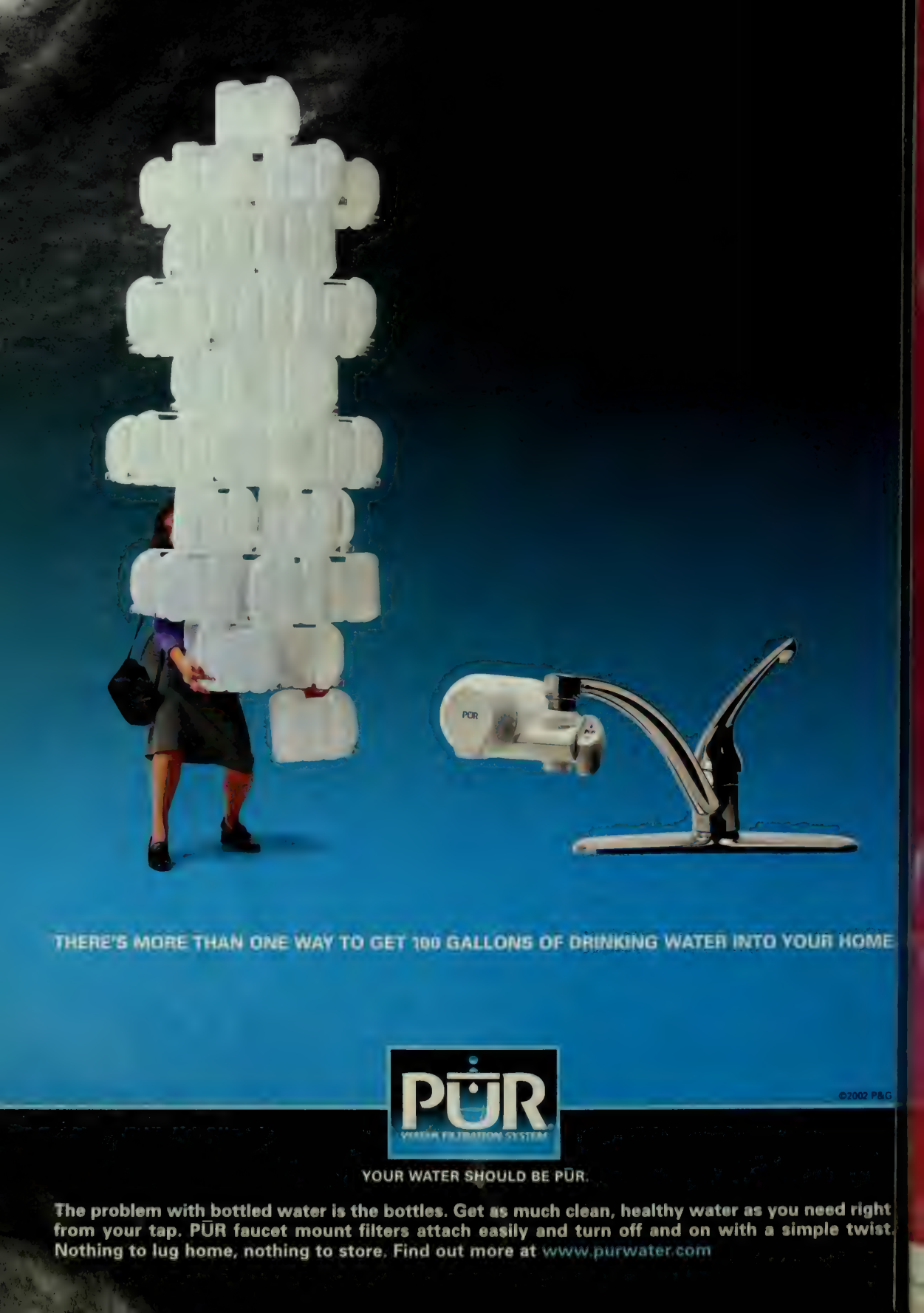
This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

MERCK & CO., INC.
Whitehouse Station, NJ 08889, USA

...registered trademark of MERCK & CO., Inc.
...©2000 MERCK & CO., Inc. All rights reserved


Spoil Yourself
not your
Low-Carb Diet.
GREAT TASTING!
Chocolate Toffee Hazelnut
GREAT TASTING!
Chocolate Fudge Almond
Naturally and Artificially Flavored
For Low Carb Diets
GREAT TASTING!
Naturally and Artificially Flavored
For Low Carb Diets
GREAT FOR BREAKFAST!
Frosted Blueberry
Naturally and Artificially Flavored
For Low Carb Diets
GREAT FOR BREAKFAST!
Chocolate Cappuccino Crisp
Carb Solutions
High Protein Bar
Treat yourself to Carb Solutions™ moist, rich high protein bars and creamy shakes – specially created to satisfy low carb dieters' needs. With an abundance of flavors including NEW Chocolate Cappuccino Crisp and Frosted Blueberry for Breakfast, it's easy to stick to your diet and stay good.
It's Good to Be Good
Carb Solutions
Available in the diet aisle of your
grocery, drug and discount store.
CarbSolutions.com



THERE'S MORE THAN ONE WAY TO GET 100 GALLONS OF DRINKING WATER INTO YOUR HOME

PŪR

VORTEX FILTRATION SYSTEM

©2002 P&G

YOUR WATER SHOULD BE PŪR.

The problem with bottled water is the bottles. Get as much clean, healthy water as you need right from your tap. PŪR faucet mount filters attach easily and turn off and on with a simple twist. Nothing to lug home, nothing to store. Find out more at www.purwater.com



By George, the Fourth of July is a day of sparkle and magic. Come join a popping-good celebration of summer's grandest holiday. Razzle-dazzle decorations and easy-as-pie family activities pull it all together.

Celebrate the Fourth

continued from page 23





firecracker favors



Homespun festivities have always been a hallmark of America's birthday celebration. Turn your kids loose to craft party favors and a tablecloth. That will keep their enthusiasm high and your stress level low.

Have a blast at your picnic by putting out table crackers (*left*), which look like giant firecrackers but are actually tubes filled with treats. Save cardboard from paper towel rolls, and cover the tubes with red tissue paper. Before sealing both ends, fill with such things as dove feathers—as a symbol of peace—or print out famous patriotic sayings (*above, left*). Add globe toys, foil-wrapped candy stars, or other treats. When it comes time to set up the table, use a kid-made, red-striped tablecloth. This project is easy. Just spread a white sheet across a driveway and have young ones use narrow paint rollers to apply the design with red acrylic paint. After the paint dries, heat-set it according to the manufacturer's directions.

continued on page 26

Don't forget to put out your flag!



Wave your Flag Cake

Prep: 20 minutes plus refrigerating

- 2 pt. strawberries
- 1-1/2 cups boiling water
- 1 pkg. (8-serving size) or 2 pkg. (4-serving size each) JELL-O® Brand Gelatin, any red flavor
- 1 cup cold water
- 1 pkg. (12 oz.) pound cake, cut into 10 slices
- 1-1/3 cups blueberries
- 1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed

SLICE 1 cup of the strawberries; halve remaining strawberries.

STIR boiling water into gelatin in bowl until completely dissolved. Mix cold water and enough ice to make 2 cups. Stir into gelatin until ice is melted. Refrigerate 5 minutes or until slightly thickened.

LINE 12x8-inch dish with cake slices. Stir sliced strawberries and 1 cup blueberries into gelatin. Spoon over cake.

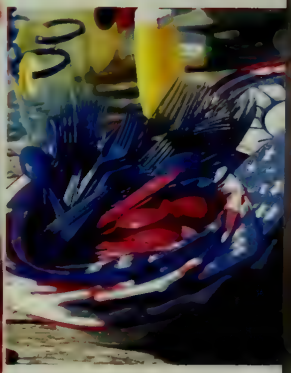
REFRIGERATE 4 hours or until firm. Spread COOL WHIP over gelatin. Arrange strawberry halves and blueberries on top to create flag. Serves 16.



foods.com
Holdings

...tinued from page 24





star-spangled details



Why so much red in our holiday decorations? Some say it's a color that symbolizes sacrifice. But it's also true that only strong, bold personalities dare bring red to the party. And that's America: Bold.

Red gerbera daisies perched in narrow vases of milk match the tablecloth colors (*above, left*). To keep the stems standing straight, slip them into clear plastic drinking straws or vinyl tubing. Scatter spray-painted starfish along the table to complete the Old Glory theme. There's no need to scour the beach for starfish. You can buy them by the bag at crafts and imports stores. To keep the troops in line before the main meal is ready, set up a table topped with munchies and cold drinks (*left*), so hungry guests can nibble as they play and wait for dinnertime.

continued on page 2



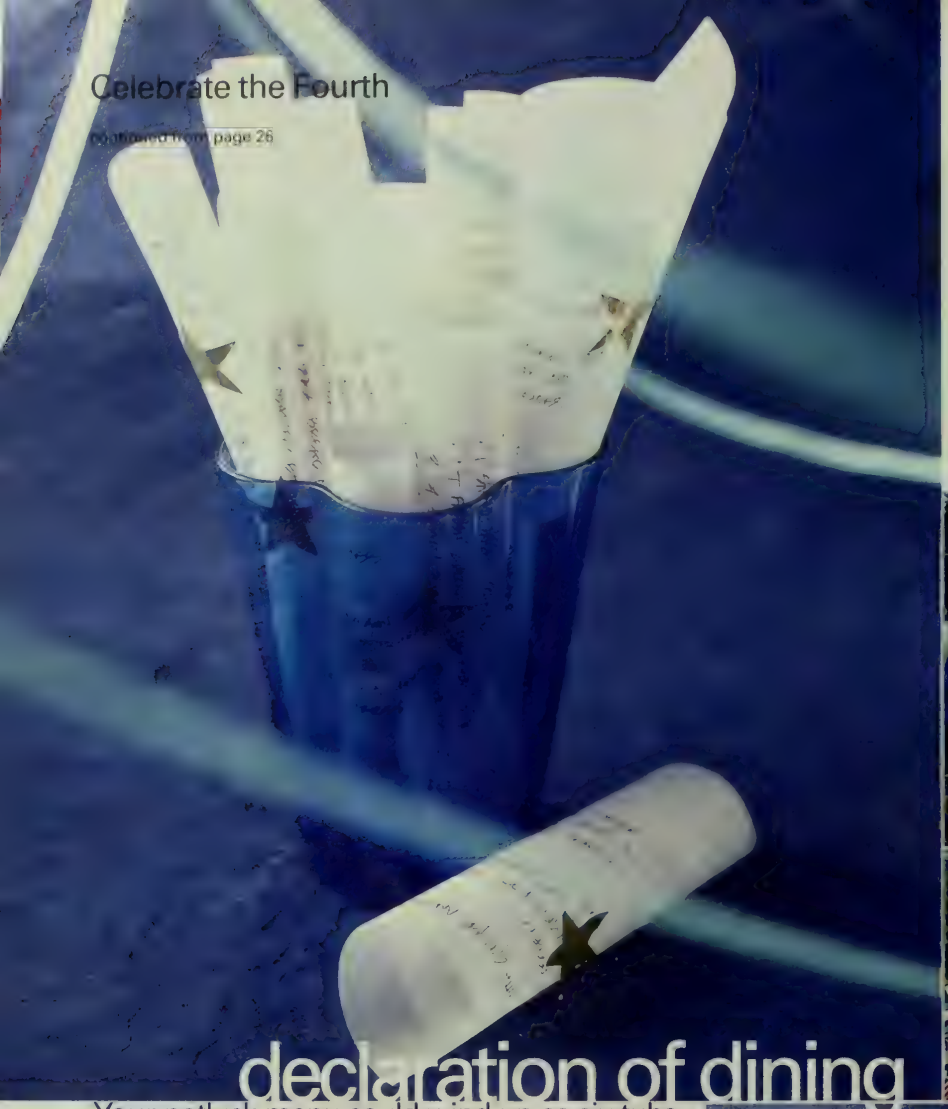
Mud

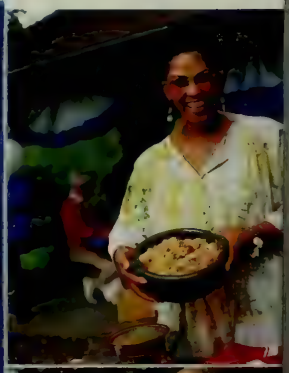
asher for this stain

Life is unpredictable. Stain removal isn't. The Maytag® Neptune® Washer. It's almost like having a Maytag Man™ at your side. The exclusive StainBrain™ feature gives you one-button, step-by-step instructions to take the guesswork out of removing over 50 different types of stains, like mud. Plus, Maytag Neptune is so powerfully efficient, it can actually pay for itself through water and energy savings. Neptune. Another dependable idea from Maytag. For information, visit Maytag.com.

MAYTAG®

continued from page 26

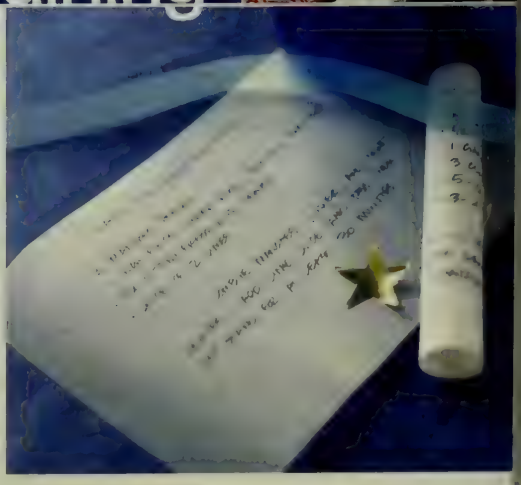






declaration of dining

Your potluck menu could wind up as six tubs of potato salad, five pans of brownies, and not a single baked bean in sight if you don't plan ahead. Balance the menu by making suggestions about what friends should bring.



Treat recipes like official pronouncements. Print recipes on pretty paper or vellum, roll them up, and seal with stars (*right*). Fill a vase or bucket with the scrolls (*above*) so everyone gets to take home new ideas. And here's a good trick for avoiding potluck panic: Have everyone clearly name the dishes they bring. No one wants to bite into what they think is plain corn bread, only to discover there is a jalapeño pepper surprise in the center. Buy metal, plastic, or wooden garden markers, and wash them well. As cooks arrive, have them mark these decorations to label their dishes.

continued on page 3

THE NATIONAL HIGHWAY TRAFFIC SAFETY
ADMINISTRATION'S HIGHEST RATING IN ALL FOUR CATEGORIES

"★★★★★"

-frontal driver impact, frontal passenger impact, side front impact, side rear impact

THE 2002 SEDONA.

ITS 5-STAR SAFETY RATING PROTECTS YOU.
ITS 10 YEAR WARRANTY PROTECTS YOUR INVESTMENT.



W

see, as far as minivans are concerne

e government's highest safety rating in all four crash-test categories. But only one

protection of Kia's 10 year/100,000 mile limited warranty and a starting price

l check out the new Kia Sedona or an

10 YEAR/100,000 MILE LIMITED POWERTRAIN WARRANTY

5 YEAR 24-HOUR ROADSIDE ASSISTANCE
5 YEAR/60,000 MILE LIMITED BASIC WARRANTY

KIA
kia.com

"Hanging up my walking shoes is not an option."



"That's why I use Osteo Bi-*Flex*®. Most pain relievers only offer temporary relief. The nutritional ingredients in Osteo Bi-*Flex* work naturally over time to repair cartilage and keep my joints healthy and flexible."*

Nobody offers more nutritional solutions than Osteo Bi-*Flex*. With our patent-pending, easy-to-swallow, triple strength caplets, we understand your needs.

Osteo Bi-*Flex*. The #1 doctor recommended supplement brand for joint health†



PROUD SPONSOR of the ARTHRITIS FOUNDATION®

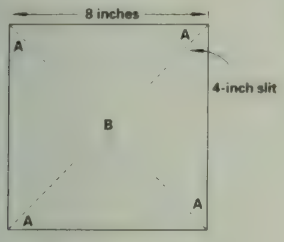
The makers of Osteo Bi-*Flex* are proud to support the Arthritis Foundation's efforts to help people take control of arthritis. For information about arthritis, contact the Foundation at 800-283-7800 or www.arthritis.org

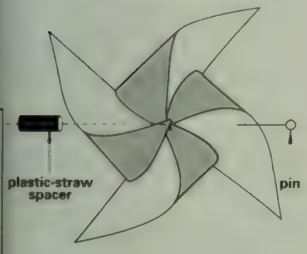
For more information, visit osteobiflex.c

*These statements have not been evaluated by the Food & Drug Administrati
This product is not intended to diagnose, treat, cure or prevent any disea

†Based on the results of the National Drug and Therapeutic Index syndicated
among physicians who recommend a branded glucosamine supplement, Decemb

continued from page 28





To form the classic pinwheel shape, bend each Point A down until these four corners meet at Point B. Push a pin right through that junction point, through the spacer, and into the pinwheel's handle. Now, spin away.







blowin' in the

Any holiday centered around such lines as "...and the rockets' red glare; the bombs bursting in air..." begs for whirligigs and blasts of color. For early Americans, firing off muskets punched up the festivities. But these are calmer times. A homemade pinwheel works fine.

To make pinwheels (*above*), cut heavy paper or Mylar into 8-inch squares. Draw lines from opposing corners, making a giant X. Cut 4 inches along each line of the X from the corners toward the center. Pierce every other corner with a ball-headed pushpin, then stick the pin through all these holes and into the center of the X (*above, left*). Push the pin into a balsa wood stick, which serves as the handle. Use a ½-inch piece of drinking straw as a spacer between the pinwheel and the stick. Kids will go wild if you set up a crafts table at your picnic so they can make colorful pinwheels and assemble kites (*left*). Allow plenty of time for play by partially preparing projects.

For more about the fabulous Fourth, visit www.bhg.com/july4

A Jewel to Treasure Forever

Plays the uplifting melody of "Wind Beneath My Wings"

Premiering at only **$29.95**

Inscribed inside the lid is a message that lasts a lifetime for a

- *daughter*
- *mother*
- *sister*
- *friend*
- *granddaughter*
- *grandmother*
- *special person*

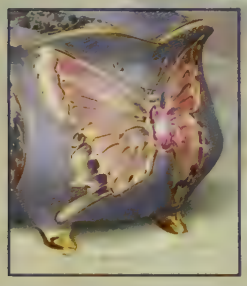


Opalescent butter motifs glimmer with 22K gold ar iridescent glaze

Sculptural porcel butterfly toppe with shimmerin golden accents

22K gold bands and feet

Bavarian glass gems with 22K gold settings



Raised-relief butterflies on the sides shimmer with opalescent glazes

Shown actual size of about 3¾ in. w

"Enchanted Wings" Heirloom Porcelain™ Music Bo

Delicate butterflies are treasured for their timeless grace and joyful flight. Now acclaimed artist Lena Liu succeeds in capturing their fragile beauty in her masterpiece artwork.

Crafted of lustrous, hand-underglazed *Heirloom Porcelain* and lavished with 22K gold, "Enchanted Wings" features raised-relief butterflies set with Bavarian glass gems. The heartfelt message "You are a Special Treasure to Cherish Forever" appears underneath the lid in golden script.

Urgent Notification: Availability Is Strictly Limited. Time-intensive hand-crafting may restrict availability. Strong demand is expected. So order now, and be one of the select group to get this music box at only $29.95 (plus shipping), backed by our 365-day guarantee. ***Your prompt response is critical.*** Send no money now. Just complete and mail the coupon.

collectiblestoday.com
Home of Ardleigh Elliott and All Things Collectible

© 2002 Ardleigh Elliott 72231-BD

ARDLEIGH ELLIOTT®

Please Respo Promptly

Ardleigh Elliott
9204 Center for the Arts Drive
Niles, IL 60714

YES. Please enter my order for the "Enchanted Wings" music box. I understand I need SEND NO MONEY NOW. I will be billed $29.95* with shipment

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Your Address _____

City _____ State _____ Zip _____

*Plus $4.99 postage and handling. Illinois residents add state sales tax. Pending credit approval. Offer valid in the U.S. only

72231-E8

Music Box Purr-fection!

Plays the charming melody of "All I Have to Do is Dream"

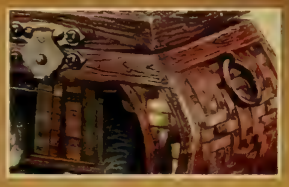
Premiering at only $29.95

aturing the work
celebrated
nericana artist
arles Wysocki

nd-painted
pper crafted to
semble library
ooks

ch limited
ition comes
mplete with a
nd-numbered
rtificate of
thenticity





Antique look coppertone clasp and handles

Shown actual size of about 4 inches wide.

©2001 Charles Wysocki. Licensed through MOSAIC LICENSING. All rights reserved.

"Frederick the Literate" Music Box

les Wysocki's storytelling depictions of Early American life his beloved Americana® calendar have made his artwork e of the most sought-after in modern memory. "Frederick literate," his whimsical cat portrait, is presented on a first-kind basketweave music box crafted of precious *Heirloom elain* and exclusively available from Ardleigh Elliott. uring antique-look coppertone "hardware," it plays the ming melody of "All I Have to Do is Dream."

nt Notification: Availability Is Strictly Limited. Time-nsive hand-crafting and the limited-edition presentation fect availability. The art of Charles Wysocki is revered by ns of collectors, and strong demand is expected. Your hase is unconditionally guaranteed for one year. *Your ipt response is critical.* To order at the issue price of 95, send no money now. Just complete and mail the on.

collectiblestoday.com
Home of Ardleigh Elliott and All Things Collectible

©2002 Ardleigh Elliott 72961-BD

Please Respond Promptly

ARDLEIGH ELLIOTT®

Ardleigh Elliott
9204 Center for the Arts Drive
Niles, IL 60714

YES. Please enter my order for the "Frederick the Literate" *Heirloom Porcelain* music box. I understand I need SEND NO MONEY NOW. I will be billed $29.95* with shipment.

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Your Address _____

City _____ State _____ Zip _____

*Plus $4.99 postage and handling. Illinois residents add state sales tax. Pending credit approval. Offer valid in the U.S. only

72961-E81201



sand pails

Collectible tin sand pails offer a revue of the nation's history, charted by children.

In the mid-nineteenth century, a prosperous economy gave families extra spending money and the time to enjoy it. Outings to the beach became popular indulgences. Children quickly took to the sea—even in their heavy woolen bathing suits—and toy companies produced pails for playing in the sand.

For about a century, the designs of these tin pails reflected societal changes: Images of transportation paralleled the Industrial Revolution. Patriotic motifs revealed America's pride, particularly during and after the World Wars. Cartoon characters echoed new media. Early on, artists painstakingly rendered motifs or scenes by hand. Later, lithographing was more efficient for mass production.

The following pages contain just a sampling of colorful pails to collect.

continued on page 36

Produced by
Catherine Kramer

ORIGINS

In the mid-1850s, tinsmiths applied their skills to the toy industry, creating durable, lightweight, mass-produced toys. At the same time, children headed seaside with their families and took their toys with them. Eventually, companies began making items specifically for the beach, such as shovels and pails.

VALUE

The value of a vintage tin sand pail ranges from about $125 to $1,250, depending on the pail's condition and age—pails made prior to 1930 are pricier. The intricacy or rareness of the decoration is also a factor.

AVAILABILITY

Look for these relatively rare collectibles at flea markets and antique stores. Collectible toy dealers and online auctions, however, offer more targeted searches.

CHARACTERISTICS

Sand pails were generally 3 to 6 inches tall, with a few pails as tall as 12 inches. Most had a fold-down handle made of thick wire or a band of tin. Many pails had a manufacturer's name or logo embossed across the bottom (*below*).




DoveBar
"Should I? Shouldn't I?"
For the love of Dove® treat yourself.

continued from page 34

Patriotic

Patriotic themes were always a favorite subject, particularly during and after the World Wars. Also, they were common because the Fourth of July was peak beach time for families. The red pail (*below, left*) depicts an Independence Day children's parade and reads, "Hooray for the Red, White, and Blue."







Circus

Whimsical and imaginative, circus illustrations were especially appealing to children and, as such, were oft-used decorations. Subtleties in a pail's construction, such as the gold button where the handle attaches to the green pail (*far left*), can reveal its maker and age.

continued on page 38







Lost in his own world. Not in the processing.





When pictures come out too dark, often it's because of your processing. When you develop with KODAK, your pictures are true to life, true to the moment. So don't trust your memories to anyone else. Ask for KODAK.

Share Moments. Share Life.™

continued from page 36

Beach

Companies decided the natural design for a sand toy was a beach scene featuring children. The only character produced specifically for pails was Sandy Andy, depicted on the blue pail (*below, left*). Unique to the Wolverine Supply and Manufacturing Company, Sandy Andy pails are highly collectible.







Seaside

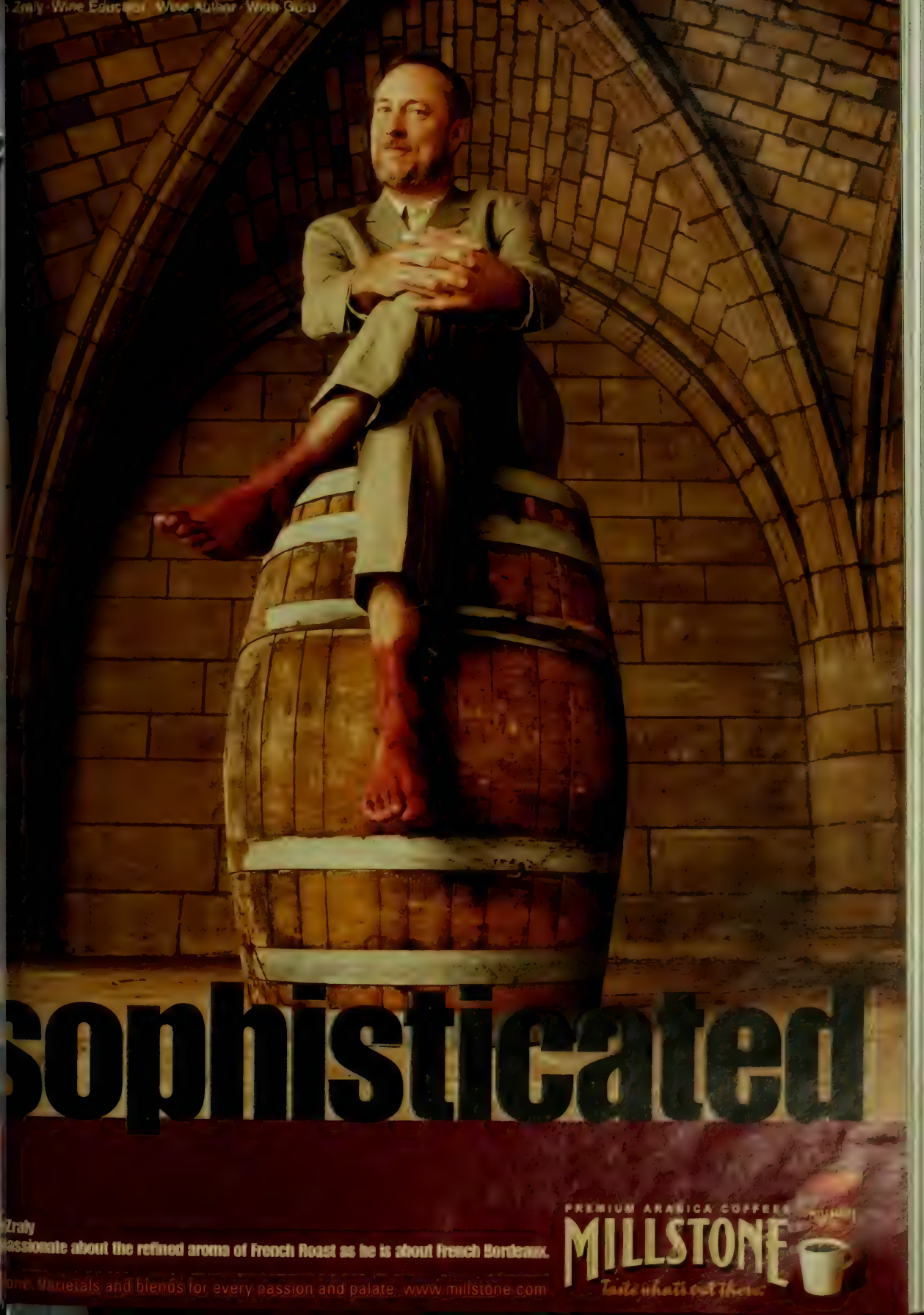
A child lucky enough to go to the seashore might have brought back one of these enviable souvenirs to show friends. As the patriotic seaside pail (*far left*) shows, some manufacturers combined motifs from more than one theme in decorating an enticing pail.

continued on page 40








sophisticated
PREMIUM ARABICA COFFEES
MILLSTONE
Taste what's out there.
assionate about the refined aroma of French Roast as he is about French Bordeaux.
one. Varietals and blends for every passion and palate. www.millstone.com

continued from page 38

Cartoons

Early decorative themes were replaced by storybook and comic characters in the 1930s when Disney began licensing its images to Ohio Art in Bryon, Ohio. The popularity of these motifs persisted through the 1950s, buoyed by the advent of television.









"What other toy reminds you more of a carefree time spent with family and friends at the water's edge?"

— SAND PAIL ENCYCLOPEDIA



MORE ABOUT SAND PAILS

Whether you're an expert collector or someone who simply wants to recall precious memories from childhood, you'll find the ***Sand Pail Encyclopedia*** to be a comprehensive identification guide for sand pails and other tin-litho toys. Rich in historical and social trends, the book guides you through the early makers of sand pails. It also gives today's market values. With over 300 color photos, ***each 128-page softcover book is signed by authors Polly Minick and Karen Horman.*** The book costs $32.95, which includes shipping, handling, and tax.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. Or, visit www.bhgcatalog.com on the Web to order.



Finally, a backyard lantern that attracts humans and repels mosquitoes.

Introducing the OFF!® Hanging Mosquito Lantern. The candle creates a pleasant glow while activating the repellent pad. Each lantern protects an area up to 15' x 15'. Convenient refill packs of pads and candles will keep your yard virtually mosquito-free all summer long. It works so well, you can't help but be attracted to it. Unless, of course, you're a mosquito.

KEEPS BUGS OFF!™

Johnson
A FAMILY COMPANY



romance classics

by Sarah Egge

Romance is violin concertos, carriage rides, red roses—material things that flush your cheeks. Romance also can be as intangible as a design style, according to *Romantic Style*, a new *Better Homes and Gardens*® book. The elements of romance—excitement, sophistication, sweetness—help you fashion a personal and heartfelt home.

continued on page 44


NEED A NEW APPLIANCE?
WE HAVE THE ONE YOU WANT.
(AND 249 MORE JUST IN CASE.)
LOWE'S
Appliance advantage
Shopping at Lowe's for appliances definitely has its advantages. Our team of experts can help you choose from over 250 name brand appliances. They're in-stock and ready to go. So you get the appliance you want, when you want it. We'll also deliver your new appliance within 24 hours.* And we'll even haul your old one away for free. Stop by today or visit lowes.com for more information.
LOWE'S
Home Improvement Warehouse
Improving Home Improvement
EVERYDAY LOW PRICES. GUARANTEED!*

continued from page 42



Decorating with ***layers*** builds a sense of intrigue. Spark conversation with a stack of travel books that hints at exotic journeys or a grouping of collectibles that suggests hobbies. Fill bare surfaces with artwork, vases of flowers, throw pillows, and area rugs, but choose items that have simple forms and low-key patterns to avoid fussiness. Refreshing ***color*** can sweep you off your feet. Pick a hue that has complexity, such as this rich crimson (*above*), which gives the room depth and drama.

continued on page 46

romantic...design eras

- In 18th-century Europe, Rococo style shed the heavy ornamentation of the previous Baroque period. Promoted by architects and artisans, the movement was characterized by linearity, refinement, elegance, and natural motifs.
- A decorative arts culture called Art Nouveau drifted to America in the early 20th century. Its dreamlike forms and asymmetrical, exotic embellishments captured the imaginations of glassmaker Louis Tiffany and architect Louis Sullivan.
- Since the mid-1800s, Eclecticism has been used as an umbrella term to describe unheralded pockets of design, such as Shaker. Today, most homeowners decorate in a form of eclecticism—a mix of styles, periods, and pedigree that is personal and expressive. What could be more romantic?



HERE WHEN YOU'RE
EDED. OUT OF SIGHT
WHEN YOU'RE NOT

Introducing our retractable Rolscreen™ for patio doors.
It appears when you need it. And rides out of sight when you don't. It's a function fanatics can relate to easily. And it's why we say it's not just home improvement, it's life improvement.™

1-800-54-PELLA WWW.PELLA.COM

Pella

VIEWED TO BE THE BEST

©2002 Pella Corporation



romantic...

bed dressings

- Linen sheets. The Europeans have it right with their preference for 100 percent linen sheets. These grow even more supple with washing.
- Silk pillow shams. Rest your cheek on the caressing gentleness of silk.
- Bed curtains. Draw them closed to create a quiet hideaway. Hang them from a four-poster frame or from hooks in the ceiling.

late-night movies

- *An Affair to Remember* with Cary Grant and Deborah Kerr. Black-and-white is a more sentimental version.
- *Out of Africa* with Meryl Streep and Robert Redford. Better keep tissues handy.
- *Chocolat* with Johnny Depp and Juliette Binoche. A great choice for a stay-at-home date.

Furnishings with *old-world* sensibility—such as antiques or reproductions—tell a story. Imagine yourself a part of high society in this substantial four-poster (*above*), which would have displayed the owner's wealth in the 18th century. Another way to conjure a time and place is with wood furniture that has *patina*. Hand-planed surfaces, hand-rubbed stains, or worn paint finishes like on this newly made bureau (*right*), hint at past travels and fabled histories.

continued on page 48




CANOE
WHEN WE FIND
BAD BREATH,
WE KILL IT.
eclipse

continued from page 46



romantic...

bathtub potion

- Mix 1 cup each of baking soda, Epsom salts, and citric acid (available at drugstores) in a large bowl.
- Gradually add a drop each of various essential oils to the mixture. Lavender relieves anxiety. Rosemary and thyme revitalize. Stir ingredients thoroughly.
- Transfer ingredients from a bowl into a glass container, such as a jam jar. Seal tightly, and shake well.
- Draw a warm bath, adding 1 to 2 tablespoons of the mixture. Sink in and soak for at least 20 minutes.

—recipe by Kate Carter Frederick

mid-soak reading

- *Wuthering Heights,* by Emily Brontë. A novel of complex, passionate love.
- *I Love You, Ronnie,* by Ronald Reagan. His tender love letters to Nancy.
- *National Geographic Traveler.* Take a honeymoon in your daydreams.

Set a romantic scene with furnishings and accessories that have refined *flourishes*. An antique planter (*above*) becomes sculpture when its woven wire sides are set off by plain white towels. The flirty sconces above the tub are accented by silk shades and curled tendrils. The imprecise hand of a charcoal sketch contributes an artistic, sensual quality. Much of romantic style is about the *mood* created by layers of texture, color, patina and evocative details, such as flickering candlelight casting shadows on the wall or a sheer curtain that dances in the breeze. With these elements, romantic is not only a style, but a state of mind.

For more romantic style ideas, visit www.bhg.com/romanc

To order *Romantic Style,* see page 5



Today's Purple Pill is NEXIUM

from the makers of Prilosec® (omeprazole)

Relieve the heartburn
Heal the damage

For many, it's possible with NEXIUM.

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

Control heartburn for 24 hours.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.

Talk with your doctor or health care professional to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

For a FREE Trial Offer
call 1-888-PURPLEPILL
purplepill.com

Zeneca

ad the important Product Information about NEXIUM
ec on the following page and discuss it with your doctor.

Prilosec are registered trademarks of the AstraZeneca group of companies.

Nexium®
(esomeprazole magnesium)

Please read this summary carefully, and then ask your doctor about NEXIUM and PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

Nexium® *(esomeprazole magnesium)*
20-MG, 40-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However at that time the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects. Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system:
Body as a Whole: abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors; ***Cardiovascular:*** flushing, hypertension, tachycardia; ***Endocrine:*** goiter; ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting; ***Hearing:*** earache, tinnitus; ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease; ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect; ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis; ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria; ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion; ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert **ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

Prilosec® *(omeprazole)*
20-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND** *Erosive Esophagitis* PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the healin esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** **Omeprazole** PRILOSEC Delay Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PRECA** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastrit noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information for** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushed, and shou lowed whole. For patients who have difficulty swallowing capsules, the contents of a PRILOSEC Delayed-Release Capsule ca to applesauce. One tablespoon of applesauce should be added to an empty bowl and the capsule should be opened. All of the p the capsule should be carefully emptied on the applesauce. The pellets should be mixed with the applesauce and then swall diately with a glass of cool water to ensure complete swallowing of the pellets. The applesauce used should not be hot and sh enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellets/applesauce mixture sh stored for future use. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, warfarin and drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (eg, cyclospo firam, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that omeprazol fere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, amp digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Carcino** **Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenicity studies in rats, omeprazole at da 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg a dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untr addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were 13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for one year, then followed for an additional year witho No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46 but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one r similar tumor was seen in male or female rats treated for two years. For this strain of rat no similar tumor has been noted his a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not sho tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimu* an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 62 human dose gave a borderline result, as did an in vivo bone marrow chromosome aberration test. A second mouse micron at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general r performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose) v or deletenous to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology studies conduc nant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to 6 (approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential of omeprazole. In rabb zole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal de toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approxim 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have b of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazo used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers:** It is not kn omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excret milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potentia genicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pedia have not been established. **Geriatric Use:** No overall differences in safety and efficacy were observed between the younger individuals, and other reported clinical experience has not identified differences in responses between the elderly patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinic labon of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adv ences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percen adverse experiences considered by investigators as possibly, probably or definitely related to the drug:

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in internati blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole and 120 patients took a place relationship was not assessed. The percentages are given omeprazole then placebo, respectively. *Body as a Whole, site* Abdominal Pain 5.2% and 3.3%, Asthenia 1.3% and 0.8%. *Digestive System* Constipation 1.5 and 0.8, Diarrhea 3.7 and 2. 2.7 and 5.8; Nausea 4.0 and 6.7; Vomiting 3.2 and 10.0; Acid regurgitation 1.9 and 3.3: *Nervous System/Psychiatric:* Head 2.5. Additional adverse experiences occurring in < 1% of patients or subjects in domestic and/or international trials, or occ the drug was marketed, are shown below within each body system. In many instances, the relationship to PRILOSEC was u *As a Whole:* Allergic reactions, including, rarely, anaphylaxis (see also *Skin* below), fever, pain, fatigue, malaise, abdomi *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral edema. Gas Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidiasis, mucosal atrophy o dry mouth. During treatment with omeprazole, gastric fundic gland polyps have been noted rarely. These polyps are benign be reversible when treatment is discontinued. Gastroduodenal carcinoids have been reported in patients with ZE syndrome treatment with PRILOSEC. This finding is believed to be a manifestation of the underlying condition, which is known to be as such tumors. *Hepatic* Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl tra alkaline phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepatocellular, c mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional* H hypoglycemia, weight gain. *Musculoskeletal:* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervo Psychiatric:* Psychic disturbances including depression, aggression, hallucinations, confusion, insomnia, nervousness, tre somnolence, anxiety, dream abnormalities, vertigo, paresthesia, hemifacial dysesthesia. *Respiratory* Epistaxis, pharynge Rash and, rarely, cases of severe generalized skin reactions including toxic epidermal necrolysis (TEN; some fatal) Stev syndrome, and erythema multiforme (some severe), purpura and/or petechiae (some with rechallenge), skin inflammati angioedema, pruritus, alopecia, dry skin, hyperhidrosis. *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial ne with positive rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, prote turia, glycosuria, testicular pain, gynecomastia. *Hematologic* Rare instances of pancytopenia, agranulocytosis (some fatal) topenia, neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. **OVERDOSAGE** Reports have b of overdosage with omeprazole in humans. Doses ranged up to 2400 mg (120 times the usual recommended c Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, vomiting, diaphore headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (See ADVERSI Symptoms were transient, and no serious clinical outcome has been reported when PRILOSEC was taken alone. No specifi omeprazole overdosage is known. Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the e dosage, treatment should be symptomatic and supportive.

All trademarks are the property of the AstraZeneca group
©AstraZeneca 2002
205646 1/02

AstraZeneca

NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with



Romantic Style, a new book from *Better Homes and Gardens®*, features lovely homes, pretty rooms, and gentle settings for those who want unstructured design with a softer and lighter look. This 216-page hardcover book includes the comfortable and personal style of nine houses from Maine to California. Beautiful photography showcases whole houses filled with ideas and inspiration to live the romantic, carefree life. How-to projects make the looks achievable. Styles include Tuscan, European Country, French, and summer-house seaside. Tips on furniture, fabric, and accessory selection are given and International and American sources are cited when appropriate. The price of the book is $41.95, which includes shipping, handling, and sales tax. For more, see "Romance Classics" on *page 42*. ⌂

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 0207, Box 9128, Des Moines, IA 50306-9128. Or, visit www.bhgcatalog.com to order on the Internet.

The Easiest Way To Feed & Water At The Same Time!



Your garden will thrive during hot summer days when you use the Miracle-Gro® Garden Feeder.

Get FREE gardening tips and more info at miracle-gro.com

Have You Used Miracle-Gro Lately?

© 2002 Scotts Miracle-Gro Products, Inc
World rights reserved



Moss Appeal



Meandering down a woodland path prompts reflection—just ask Thoreau. A ceiling of branches shields the sun, and a carpet of moss pads your steps. Brought inside, moss evokes the same serenity with its velvety texture and soothing natural colors. Various species of the plush plant are available in a range of hues, depending on whether it's live, dried, or freeze-dried, such as these spheres (*above*). Introduce the tactile treat into your home by purchasing decorative accessories, or cultivate a tabletop garden with moss and other forest fodder.

The texture of fuzzy moss-covered spheres contrasts with a sleek glass bud vase and a silver tray to form this sensory-pleasing centerpiece.

continued on page 54



JAMBALAYA FOR SIX OR CRÈME BRÛLÉE FOR ONE?

NOW THERE'S A DISHWASHER THAT CAN TELL THE DIFFERENCE.

Until now, dishwashers couldn't figure out the difference between a large load and a small one. Introducing Kenmore Elite® Ultra Wash® with SmartWash™ technology. The beautiful brainiac of dishwashers. The only brand with a microchip that calculates the size and soil level of every load. And uses just the right amount of time and w... and energy to give you America's cleanest dishes.* For more, call

SEARS Where else?™

1-888-KENMORE. Or pick its brain at kenmore.com.

Kenmore

Moss Appeal

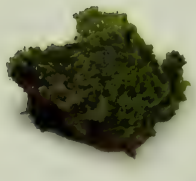
continued from page 52

Forest Preserved

Assemble a dish garden from moss, polished stones, lilliputian ferns, and curly willow branches. Most items, including preserved moss, are available at crafts and floral supply stores. Buy live ferns at nurseries, or look for silk ones at crafts stores. Search for live moss in shady, damp areas on your property, such as near streams, in dense woods, and under porches. (Be sparing—collect small pieces so the patch soon regrows.) Casually arrange the items in a wide, shallow vessel, such as this elegant footed glass bowl (*right*), which elevates the display to centerpiece status.

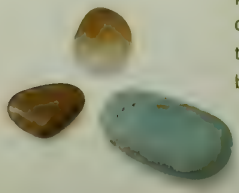
Buying information, page 212











To plant a tabletop garden, first choose a wide bowl that is 4 to 6 inches deep. Plant small ferns in potting soil in the bottom of the bowl. Tear live sheet moss into pieces and use to cover soil. (To make the moss pliable and refresh its color, soak it in warm water for about 30 minutes, then wring it dry.) Arrange twigs and rocks on top. Place the arrangement in a cool spot out of the sun, and spritz with water daily. Note: This is a temporary arrangement. After a few days, the ferns will need to be planted in deeper containers, and the moss will begin to dry out.

The first yogurt rich and creamy enough to make ice cream take a long hard look at itself.



www.dannon.com

©2002 The Dannon Company, Inc.

DANNON

better every day

Introducing Dannon la Crème.™ It's creamy. It's smooth. And believe it or not, it's actually yogurt. Dannon la Crème is incredibly mild, not at all tart. It's yogurt masquerading as dessert or vice versa. Ooo-la-la-Crème!





A number of craft-store paints adhere to glass and tiles; read the instructions carefully before buying. Some require that the painted pieces be cured in the oven, while others call for a pre-paint conditioner and a sealer. Stock up on brushes, readymade stencils, masking tape, contact paper, and spray adhesive (*below*) before embarking on the project.

Painted Glass

With the advent of paint products designed to stick to slick and translucent surfaces, it's easy to transform everyday glassware into spirited works of art. Whether it's a colorful polish or a frosty etched finish you crave, the ingredients for boosting the appeal of ordinary canisters, milk bottles, champagne flutes, mirrors, florist vases, and even recycled mayonnaise jars are as close as your nearest hobby shop.

Here, different-sized canisters are marked with initials signaling the staples—flour, sugar, coffee, tea—stowed inside. Print out letters in several sizes; if needed, enlarge the printouts on a photocopier. Trace the letters onto self-adhesive vinyl. Cut out the letter and stick it on the canister. Using masking tape, outline a larger square around the letter. Clean the glass inside the square with glass cleaner. If directed, prime the glass surface with a conditioning product.

After choosing paint hues that coordinate with your kitchen, apply the paints inside the masked-off square using a crafting sponge or paintbrush. Before the paint dries, remove the tape and letter. Let the paint dry completely. If directed, apply a topcoat to seal the design.

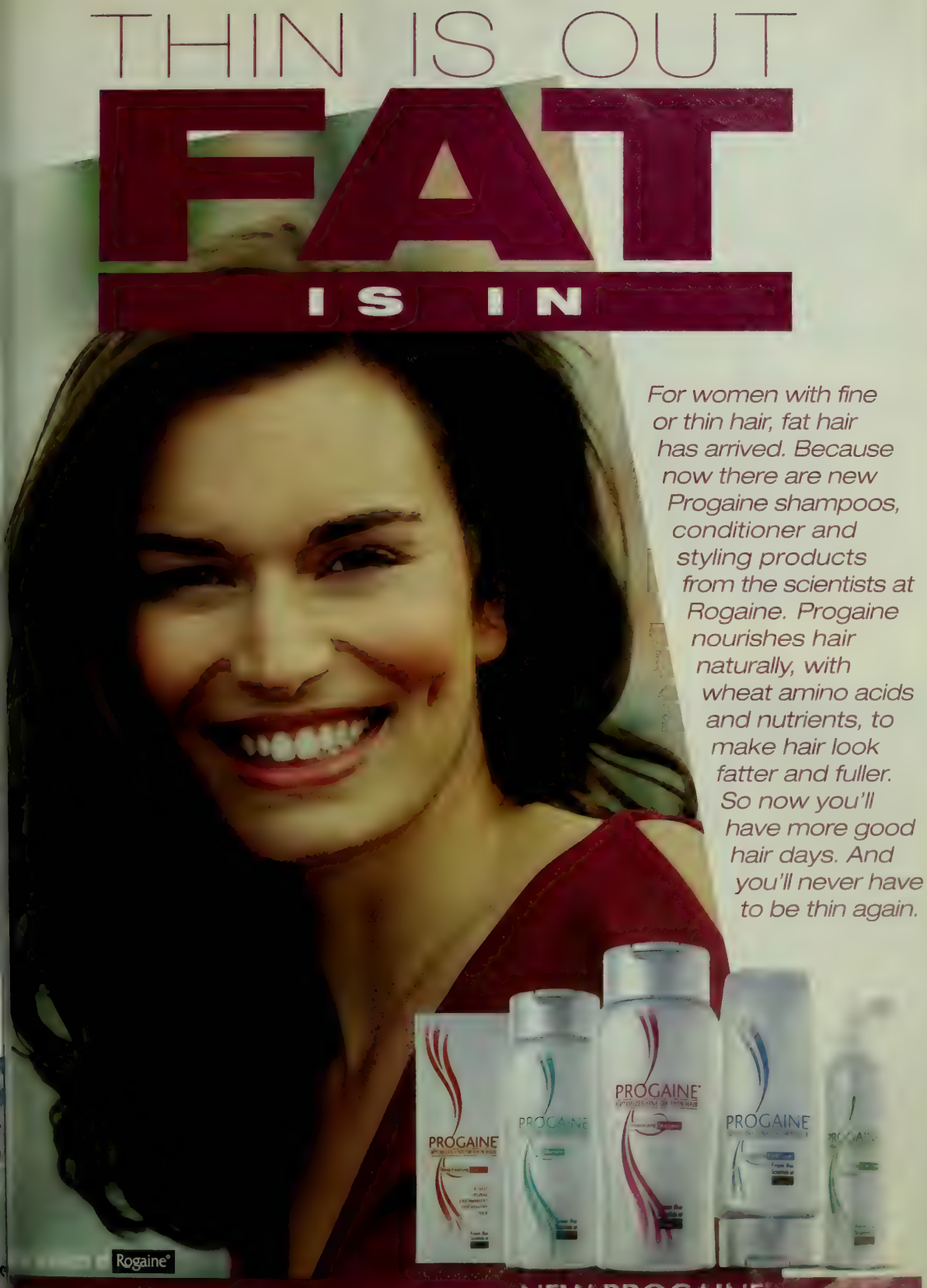
continued on page 58



THIN IS OUT

FAT

IS IN



For women with fine or thin hair, fat hair has arrived. Because now there are new Progaine shampoos, conditioner and styling products from the scientists at Rogaine. Progaine nourishes hair naturally, with wheat amino acids and nutrients, to make hair look fatter and fuller. So now you'll have more good hair days. And you'll never have to be thin again.

NEW PROGAINE

THE WORLD'S MOST **FATTENING** HAIR CARE.

progaine.com

ne does not regrow hair.
2 Pharmacia Corporation



Painted Glass

continued from page 56

Pleasingly shaped bottles made for milk, olive oil, vinegar, or wine can be upgraded to flower-vase status with frosted embellishment. Applying a white glass paint that mimics an etched look will help you avoid using acid-etching creams, which can be difficult for home crafters. Also, thick tempered glass, such as these vintage milk bottles, will not take etching creams.

Clean the glass bottles thoroughly. Define the areas to be painted with masking tape (for stripes) or self-adhesive vinyl stencils (for motifs). If directed, brush conditioner on the glass to be painted and let dry. Apply the paint with a brush or a small, relatively nonporous crafting sponge. Apply at least two coats, allowing the paint to dry between coats, until the frosted effect becomes

THE SMOOTHER, FILTERED

PALL MALL FILTER

PALL MALL LIGHTS

PALL MALL LIGHTS MENTHOL

KING SIZE BOX

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Lights Menthol: 12 mg. tar, 1.0 mg. nicotine; Lights: 12 mg. tar, 0.9 mg. nicotine; Filter: 16 mg. tar, 1.3 mg. nicotine, av. per cigarette by FTC m
Actual deliveries will vary based on how you hold and smoke your ciga
For more product information, visit our website at www.bw.com

apparent. Remove tape strips or stencil before the final coat of paint has dried.

These glass-painting techniques transfer easily to many different glassware pieces. Other ideas include adding frosted or painted flower borders to clear glass plates (for pieces that will hold food, apply paint to the undersides). Outfit special-occasion barware—tumblers, carafes, goblets, or martini glasses—with perky polka dots, stripes, checks, or holiday-inspired motifs, such as holly leaves and berries. Remove the glass from a photo frame and perk it up with phrases that complement a family snapshot. You can even frame a mirror with a stenciled border treatment or a frosted "bevel." Since these paint products are safe for kids to use with adult supervision, invite them to add their own creative touch.





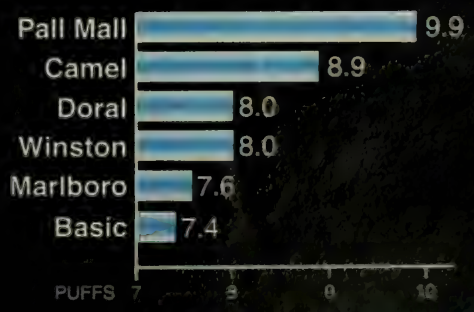
Some glass paint kits call for applying a surface conditioner to the glass before painting (*right*). The conditioner helps the paint adhere to the glass surface.

The more coats of frost-white paint you apply (*left*), the more opaque the etched look appears.

© 2002 B&WT Co.

BURNS SLOWER
LASTS LONGER

Filtered Pall Mall gives you more puffs than other major brands



Avg. Puffs Per Cigarette
Source: B&W Analytical Test Results (FTC Method)
Comparison of Pall Mall, Marlboro, Winston, Camel, Doral and Basic King Size Filter Box

Marlboro, Pall Mall and Winston are registered trademarks of Philip Morris Incorporated. Camel, Doral and Basic are trademarks of R. J. Reynolds Tobacco Company.



quick collections

Put together a quirky and compelling display using ordinary objects that are inexpensive and easy to find.

artful utensils

Shadow boxes turn a mishmash of old serving spoons into works of art. Shop antiques and thrift stores for utensils with interesting shapes and detailed handles. For a speedily assembled display, look for shadow-box frames at hobby or framing stores. Vary the number and direction of spoons in each box, and glue them in place with household epoxy. For a graphic arrangement, hang the frames in a level row using thick wire or thin chain.

continued on page 62



THE POLITE WAY TO EAT FOUR KRAFT® CHEESES AT ONCE.



New Four Cheese Kraft Cheese Nips are the only cheese crackers to combine four Kraft cheeses in every bite; Cheddar, Mozzarella, Parmesan & Romano.

a few flavors
to tickle
your fancy

Crystal Light
five fruity calories*

©2002 KF Holdings *Per 8 fl. oz. serving
**20 servings per bottle. Artificially flavored



Simple clear-glass vases from a hobby or crafts store transform game balls into treasures. Placed in inexpensive cylinders, the balls become a jumble of colors and textures that makes a bright design statement. Various balls—billiard, croquet, marbles, boccie, or bingo—are readily available at flea markets, antiques stores, and online auction sites. Because they are typically sold in bulk, you can amass a collection quickly. For a successful presentation, display one kind of ball per container and gather a variety of sizes.

continued on page 64




never stop being
tickled pink
CRYSTAL LIGHT
Pink Lemonade
five fruity calories*
at's the beauty of
Crystal Light
KRAFT
kraftfoods.com

Quick Collections

continued from page 62



Showcased as *objets d'art*, vintage timepieces from different design eras tell the story of time. This effortless, disappearing shelving method lets them speak for themselves. Paint wood brackets from a home improvement or hardware store the color of your wall, and stagger them to invite the eye to linger on each clock. Query relatives for old clocks, or cull them from antiques stores.

continued on page 67

COLLECTING TIPS

The trick to quick gathering and arranging boils down to this bit of folk wisdom: Make the most of what you've got.

Gather inspiration from your talents and interests. Old metronomes appeal to musi lovers. Your grandmother's recipes take on new significance in matching mats and frames. Matchboxes from special destinations kindle memories.

Know when to stop. Add to an assemblage of collectibles only when it's justified for display. Small items corralled into a single container, such as the marbles on *page 62*, look best en masse. A large piece, such as a clock (*left*), may need its own space for individual attention.

Display simply. Exhibit a collection in a manner that complements the items, elevates them artlike status, and doe not overwhelm them with size, scale, or col

NOVATION IS SEEING WHAT EVERYBODY SAW,

UT THINKING WHAT
IOBODY THOUGHT.

ovative, original ideas require unconventional thinking. Which is
ctly the strategy behind the totally new 2003 Ford Expedition.
had to forget what we knew about SUVs and think without
ndaries. The result – 123 major innovations.

eceive personalized information on the
lly new 2003 Ford Expedition,
fill out the attached business reply
and drop it in the mail.



E TOTALLY NEW
003 FORD EXPEDITION.
HAS NO EQUAL.



INNOVATION>01
PowerFold™ 3rd-Row Seat* > Expedition is the only full-size SUV with a 3rd-row seat that folds completely flat into the floor at the push of a button.



INNOVATION>02 IRS
Expedition is the only full-size SUV with a fully Independent Rear Suspension.

INNOVATION>03 Safety
Canopy™ System** > Expedition is the only full-size SUV with this new safety canopy and rollover sensors.

-SUV-FORD See all 123 innovations
fordvehicles.com/expedition.

ssist optional for 3rd-row seat. **Optional.

Ford no boundaries

REAL LOVE.



And his friends said he wasn't ready for a commitment.

Here's the real story. Hartz® Advanced Care™ Brand Flea & Tick Drops Plus work fast to protect your pet against fleas and ticks. Nothing means more to us than helping you care for your pet.

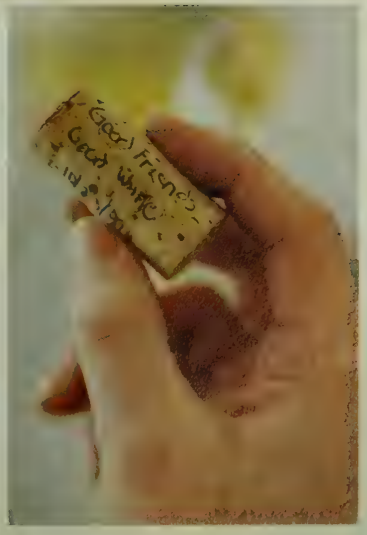
HARTZ
Every Pet's Best Friend®
www.hartz.com

ontinued from page 64



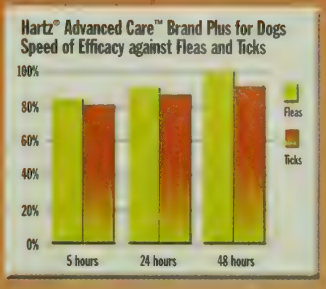
Whether they are valuable for their collectible worth or for their sentiment, ems that remind you of a special trip, me, or person should be readily acces- ble. These wine-bottle corks are at our fingertips in a wooden bowl that hoes their color and texture. One ouple started this tradition early in eir marriage: For every bottle of wine pened, they wrote the date and event n the cork using permanent marker. sed as a centerpiece, the bowl sparks eminiscing.

Buying information, page 212

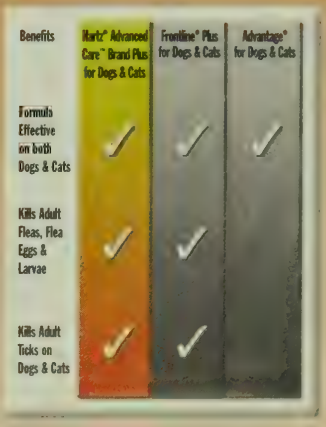


REAL SCIENCE.™

Hartz® Advanced Care™ Brand Plus kills fleas and ticks fast.



When compared with other leading brands, Hartz® Advanced Care™ Brand Plus couldn't be beat!



Real Love. Real Science.™ From Hartz.® And don't forget regular visits to your veterinarian to keep your pet healthy.



HARTZ®

Every Pet's Best Friend®

www.hartz.com



seaside dreams

Make an ocean view—whether real or imagined—part of your decorating scheme. Gather shells on the beach or purchase them from crafts stores, then use them on curtains, boxes, frames, and mirrors to bring the image of quiet moments and gentle mists into your home.

Valancing Act

A window shade as wispy as a morning fog is topped with a gentle swag of pearls, shells, and sand dollars. Purchase shell ornaments where holiday decorations are sold, or make your own by gluing bell caps (available in the jewelry-supply section of crafts stores) to the top of shells. Press the bell cap so the shape fits the shell tightly, then glue it in place with epoxy.

You'll need: two 7-foot strands of pearl beading, five shell ornaments, eight sand dollars, gold cording, gold embroidery ribbon, a hot-glue gun, two small nails, and a hammer. The length of pearls and number of shells will vary according to your window size.

How to: Arrange the sand dollars and shell ornaments along one strand of pearls in a pleasing configuration. Tie the shell ornaments to the strand with cording and the sand dollars with ribbon. Secure the ties to the strand with hot glue.

Tie the pearl strand around small nails tacked into the top of the window frame. Add a second strand of pearls below the first, swagging it gently.

continued on page 70

Prepare to start
a new habit.



Chicken
BLT
Salad

Wendy's® New Garden Sensations™

Wendy's
OLD FASHIONED
HAMBURGERS

We've Raised The Bar On Salads





Seaside Dreams

continued from page 68

Edge and Ties

A plain curtain takes on the charm of a seaside cottage with an ove lay of netting and a shell, pearl, and button embellishment (*left*).

You'll need: white clamshells with predrilled holes (available crafts stores), four-hole shell buttons, pearl buttons, large pea beads, No. 5 perle cotton (a needlework thread available in craf stores), a tapestry needle, pushpins, a hot-glue gun, decorative fis netting (available at party goods stores), and a large starfish.

How to: Cut strands of perle cotton slightly longer than neede for the tieback and the curtain length. String shells onto the thread randomly insert pearl beads or buttons between the shells.

Drape the fish net over the curtain and trim it to size. If desire finish the edges with fray-checking liquid. The netting can be le hanging freely or stitched to the back side of the rod pocket.

Tie one end of the shell strand to the curtain rod and drape th strand along the edge of the curtain, letting it hang loosely ar catching it in the tieback. (The strand can also be stitched to th curtain edge.) Secure the tieback around a pushpin in the windo frame. Hot-glue the starfish to the pushpin.

Sea Memories

Nineteenth-century sailors and crafty Victorian ladies on the East Coast started the craze of gluing shells to boxes, frames, chests, and other decorative items. Now revived, the look is easier to create than ever.

You'll need: a small decorative chest, fan-shaped shells (such as scallops), small shells (such as rose cups), and epoxy or a hot-glue gun.

How to: Choose a small boxy chest that will not get a lot of hard use—these shells are fragile. Working on one side at a time, lay out the large shells along the design lines of the chest (*right*), spacing them evenly. Glue them in place. Place the smaller shells between the large shells to fill in any gaps.



SHELL SEARCHING

Living close to a seashore has many merits—not the least of which is the availability of seashells. However, even if you're landlocked, these resources prove shells are easy to find.

- Craft stores sell small bags of shells in their beading and jewelry-making aisles: Michaels; 800/642-4235; www.michaels.com. Hobby Lobby; www.hobbylobby.com.
- Internet sites devoted to shells offer armchair purchasing—even for bulk amounts not available at crafts stores. Type "seashells" into a Web search engine to find dozens of companies.
- For those of you wanting to roll up your pants and get your toes wet, communities in Florida, such as Sanibel Island and Lee Island Coast, have renowned shelling. In some parts of the country, shelling is illegal. Always check first.

continued on page 72





Seaside Dreams

continued from page 71

Reflections of the Coast

The cool sparkle of a mirror is a natural companion to the gentle colors and shapes of common shells. When the shells are layered, they bring to mind bucketfuls gathered on a warm summer day.

You'll need: a small mirror with a wide, flat frame; white latex or acrylic paint; a foam paintbrush; epoxy glue or a hot-glue gun; and small shells in various shapes.

How to: Remove mirror from frame or mask off mirror with painter's tape. Paint the frame with one or two coats of white paint, and let it dry.

Glue the larger shells, such as these clamshells (*left*), to the inner and outer edges of the frame. Fit them together snugly. Stagger the shells, if needed, so they do not extend very far beyond the frame edges. Add medium-size shells, such as spiral shells, in the spaces between the first rows of shells. Fill in any gaps with clusters of small shells.





Colors of the Sea

Brilliant shells or those with highly unusual shapes and textures are often hard to find on beach walks. Purchase a few of these treasures to use as highlights on a frame (*right*), then fill in the blanks with rows of plainer shells.

You'll need: a narrow, flat wooden frame; white latex or acrylic paint; four large shells or clusters of shells for the corners; four large shells or clusters of shells for the centers; smaller shells; and epoxy or a hot-glue gun.

How to: Paint the frame white. Glue the corner shells in place and the center shells to the center of each side. Glue straight rows of small shells in the open areas.

Buying information, page 212



Stylish storage

We started with single storage components, multiplied them, and factored in a sense of fun. It all equals positively fresh storage ideas—minus the fuss.



continued on page 7


Y TO GET A HOLD OF TIDE'S NEW SCENT
INTRODUCING TIDE CLEAN BREEZE
ALSO AVAILABLE IN DOWNY
Tide
Tide

SURELY SHE WOULD
NEVER CONSIDER
SMOKING, RIGHT?



Any kid can make a bad decision. Talk to your kids about not smoking. Do it early and often.

For a little advice on how to give advice, call 800-662-3177 or visit www.philipmorrisusa.com for a free Start Talking brochure.

Written and Produced by Parents, Interrupted for Philip Morris USA Youth Smoking Prevention
©2002 Philip Morris USA

continued from page 74



All this storage adds up to one neatly organized room. The cubes let you hide clutter in plain sight, and they provide a large, flat surface that becomes a sociable place to set drinks or a tray of snacks.

Sofa, cubed

Plastic milk crates often serve as flexible storage units for penny-pinching college students. The same idea goes uptown with modular cubes that can be stacked and arranged in any number of configurations. Here, we've used them to create wraparound storage for a free-floating sofa.

Available at furniture, storage supply, or home stores, these boxes come with open shelves, doors, or drawers. For a wrap that fits just right, the storage pieces you select should stack up to about the same height as the back of the sofa. We used two rows of four boxes for the back storage unit. Each side storage unit is made from a 29-inch-long rectangular base unit topped by two 14½-inch cubes. These boxes also come with optional feet, which add about 4 inches in height. (We used two footed cubes for a coffee table, *right*.)



The ideal sofa for this kind of storage has clean, straight lines, and a back and arms of uniform height. So the units look like natural extensions of the sofa. Armless sofas would work well, too—or you might line just the back of the sofa with storage components.

continued on page 78



TALK TO YOUR KIDS ABOUT NOT SMOKING. THEY'LL LISTEN.

For a free brochure to help you talk to your kids about not smoking, please visit our website at www.PhilipMorrisUSA.com or call 800-662-3177.

Youth Smoking Prevention Philip Morris USA

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, And Emphysema

continued from page 76



To mount the unit to the wall, screw through the backs of the side units into wall anchors. Lay the long shelf on top, fastening with screws if desired. Patch and paint holes.



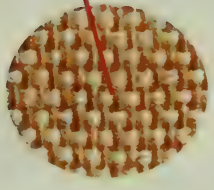
A shoe-ir

Readymade shoe stackers—turned upside down and topped with shelves—make a storage headboard. For each side of the bed, cut a center shelf from 1×12 pine lumber. The shelf should equal the width of the long stacker plus 1½ inches. Invert a long and short stacker, and sandwich the shelf between. Cut shelf backing from ¼-inch hardboard. Assemble stackers, shelf, and backing with screws. Cut a top shelf from 1×12 pine lumber equal to the width of the mattress and both short stackers plus 3 inches for overhang. From 1×2 pine, cut two side rails equal to the length of the side units and a top rail equal to the mattress width. Fasten side rails to side units and top rail to top shelf 2 inches from front edge. Cut a headboard from ½-inch hardboard. (The headboard should extend to the floor behind the bed.) Paint all parts with white enamel. Lay both side units face down and screw the headboard to the side rails. To attach the unit to the wall, screw it into studs.

continued on page 80



ıtroducing
TOUGH-STRIPS™
from BAND-AID® Brand


heavy-duty weave

Forget the duct tape. Now there's a bandage that holds up in the toughest situations. New BAND-AID® Brand TOUGH-STRIPS™ are fabric bandages, made with a heavy-duty weave that helps block out dirt and oils for heavy-duty protection. Plus, TOUGH-STRIPS™ have super-stick adhesive, so they stay put, keeping your cuts protected until the job is done.



the better healing brand

N & JOHNSON Consumer Companies, Inc. 2002

continued from page 78





Use a router to cut a trough (*above*) in the top of your plate rails. The trough keeps plates from slipping.

Bold plated

Three door headers routed for plate rails turn a blank wall into a dapper doorless cupboard. Look for old headers at architectural salvage stores. Or, make your own from hardware store materials. Our 36-inch-long rails have backs made from 1×6 clear pine boards topped by 1×3 boards, which have been routed for plates. Center the top rails on the backs, with back edges flush. Fasten with wood screws, then trim with decorative molding. (We chose dentil molding.) Use a miter saw to cut the molding, then glue and nail it in place. Paint each plate rail with primer and two coats of white enamel. Countersink two sets of screw holes on the face of the back boards 1½ inches in from each end. Screw the plate rails to the wall, leaving 12 inches between each rail. Wood buttons (available in the dowel section of home centers) make snappy covers for screw holes.

Buying information, page 212

Find more organizing ideas at www.bhg.com/organize



X® HELPS KEEP BLOOD PLATELETS STICKING TOGETHER AND FORMING S, WHICH HELPS PROTECT YOU FROM HER HEART ATTACK OR STROKE.

ve had a heart attack or stroke, the last thing you s another one sneaking up on you. PLAVIX may LAVIX is a prescription medication for people who ad a recent heart attack or recent stroke, or who oor circulation in the legs, causing pain.

X OFFERS PROTECTION.

(is proven to help keep blood platelets from g together and forming clots, which helps keep lood flowing. This can help protect you from r heart attack or stroke.

X IS A SMALL PILL YOU TAKE ONCE A DAY.

ave a medical condition that is causing bleeding, s a stomach ulcer, you should not use PLAVIX.



Side effects include itching, rash, diarrhea and bruising. Additional rare, but serious, side effects could occur.

TALK TO YOUR DOCTOR ABOUT PLAVIX.

For more information, visit www.plavix.com or call **1-888-763-7373.**

ONCE-A-DAY

Plavix®

(clopidogrel bisulfate) 75mg tablets

PROVEN TO HELP PROTECT FROM ANOTHER HEART ATTACK OR STROKE

Please see important product information on the following page.

tol-Myers Squibb/Sanofi Pharmaceuticals Partnership

sanofi~synthelabo

Bristol-Myers Squibb Company

PLAVIX®
clopidogrel bisulfate tablets

BRIEF SUMMARY — Please see package insert for full prescribing information.

INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.

CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.

WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In world-wide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.

PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.

Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.

Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.

Drug/Laboratory Test Interactions: None known.

Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).

Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.

Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.

Pediatric Use: Safety and effectiveness in the pediatric population have not been established.

ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below

Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

Adverse events occurring in ≥2.5% of patients on PLAVIX in the CAPRIE controlled clinical trial are shown below regardless of relationship to PLAVIX. The median duration of therapy was 20 months with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX Patients

Body System Event	% Incidence PLAVIX [n=9599]	% Incidence Aspirin [n=9586]	% Discontinuation PLAVIX [n=9599]	% Discontinuation Aspirin [n=9586]
Body as a Whole - general disorders				
Chest Pain	8.3	(0.2)	8.3	(0.3)
Accidental Injury	7.9	(0.1)	7.3	(0.1)
Influenza-like symptoms	7.5	(<0.1)	7.0	(<0.1)
Pain	6.4	(0.1)	6.3	(0.1)
Fatigue	3.3	(0.1)	3.4	(0.1)
Cardiovascular disorders, general				
Edema	4.1	(<0.1)	4.5	(<0.1)
Hypertension	4.3	(<0.1)	5.1	(<0.1)
Central & peripheral nervous system disorders				
Headache	7.6	(0.3)	7.2	(0.2)
Dizziness	6.2	(0.2)	6.7	(0.3)
Gastrointestinal system disorders				
Abdominal pain	5.6	(0.7)	7.1	(1.0)
Dyspepsia	5.2	(0.6)	6.1	(0.7)
Diarrhea	4.5	(0.4)	3.4	(0.3)
Nausea	3.4	(0.5)	3.8	(0.4)
Metabolic & nutritional disorders				
Hypercholesterolemia	4.0	(0)	4.4	(<0.1)
Musculo-skeletal system disorders				
Arthralgia	6.3	(0.1)	6.2	(0.1)
Back Pain	5.8	(0.1)	5.3	(<0.1)
Platelet, bleeding, & clotting disorders				
Purpura	5.3	(0.3)	3.7	(0.1)
Epistaxis	2.9	(0.2)	2.5	(0.1)
Psychiatric disorders				
Depression	3.6	(0.1)	3.9	(0.2)
Respiratory system disorders				
Upper resp tract infection	8.7	(<0.1)	8.3	(<0.1)
Dyspnea	4.5	(0.1)	4.7	(0.1)
Rhinitis	4.2	(0.1)	4.2	(<0.1)
Bronchitis	3.7	(0.1)	3.7	(0)
Coughing	3.1	(<0.1)	2.7	(<0.1)
Skin & appendage disorders				
Rash	4.2	(0.5)	3.5	(0.2)
Pruritus	3.3	(0.3)	1.6	(0.1)
Urinary system disorders				
Urinary tract infection	3.1	(0)	3.5	(0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parenth

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below reg relationship to PLAVIX. In general, the incidence of these events was similar in the aspi group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole disorders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and periphe system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastr system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disor* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorder* Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respirat disorders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulcerati *system disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serio events which may be of clinical interest but were rarely reported (< 1%) in patients wh PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidenc events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Ga perforated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* he hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrha ative wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocyto *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorde* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorde* eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticulo system disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils

Postmarketing Experience: The following events have been reported spontaneously fro postmarketing experience: fever, very rare cases of hypersensitivity reactions including angioe chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TT reported as part of the world-wide postmarketing experience, see **WARNINGS**.

OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) w in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg dos (equivalent to 14 standard 75-mg tablets). There were no associated adverse events. therapy was instituted, and she recovered without sequelae. No adverse events were re single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PLAVI volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to th observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose of at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to baboons. of acute toxicity were vomiting (in baboons), prostration, difficult breathing, and gas hemorrhage in all species.

Recommendations About Specific Treatment: Based on biological plausibility, plate sion may be appropriate to reverse the pharmacological effects of PLAVIX if quick required.

DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once without food.

Distributed by:
Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership
New York, NY 10016

sanofi~synthelabo Bristol-Myers Squibb C

PLAVIX® is a registered trademark of Sanofi-Synthelabo.

Revised March 2001 1081251B1

69-2011 0



the philosophy behind our Premier Service. Trusted agents who deliver unparalleled customer service.
commitment that is so superior, you won't think of buying or selling your home with anybody else.
To locate an agent in your area visit gmacrealestate.com

GMAC Real Estate

Service you deserve. People you trust.℠



beyond baby steps



As children grow, learn, play, and explore, their environment should respond. Cathy Kramer knows how to create just such a space better than most parents. As an interior designer for *Better Homes and Gardens®* magazine, Cathy used her expertise to shape a big-boy bedroom for her son, Danny, with a loving eye toward his future.

Like all practical parents, Cathy and her husband, Mark, wanted a room that would last a whil "We didn't want to have to redo it two years," Cathy says. "If we chose theme that was dated or strong, might grow tired of it."

Whether your child is 18 months 8 years, a dancer or a sports fanat Cathy's tips and techniques for dev oping a timeless space are universal

Go easy with the theme

Danny's love of water was the inspi tion for the sea theme. "It provide soft, timeless palette of blues, and l room for fun features like stenciled s boats and clouds," Cathy says. Oth references to the theme are subtle a can be removed if Danny grows tired them. Cornice boards with curv edges and fabric embellishments on TV cabinet curtains, lampshades, a bedding refer to waves. A growth ch is decorated with stenciled tropical fi

continued on page

G.Q. marries I.Q.

ira tall dispenser • fast thaw • full extension freezer baskets • gallon door storage • electronic tem



partial to style, you'll find it here. From sleek curves
oured handles to the drama of high gloss finishes.
when it comes to refrigerators, style does matter.

If you're partial to intellect, you'll find it here. From quick thawing and chilling to the remarkable power of turbo-cooling. After all, when it comes to refrigerators, intellect does matter.

Profile™

We bring good things to life.

ces.com

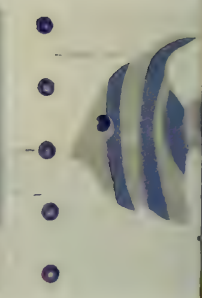
Beyond Baby Steps

continued from page 84





A sailboat stencil (*above*) sets the palette of red, yellow, and blue primary colors. The beauty of stencils: Use them sparingly or repeatedly.



A woodworker cut the design for a wav shaped growth char from plywood (*belo* Stenciled fish (*abov* encourage Danny to measure his height.



The bottom two-thirds of each wall is devoted to the pale green "sea" (*above, left*), allowing brilliant sailboat stencils to float over more of the wall.

A 12-inch blue bord adds interest to wall-to-wall carpeti (*above*). Added dur installation, a borde costs about $4 per square foot.

Invest in versatile furniture

Danny's room is furnished with a few basic pieces to allow plenty of floor space for playing. And there's room, later, for a desk. The furniture is practical in its clean design lines, which won't look dated in a few years, and its built-in safety features (see "Safety Counts" on *page 88*). A hardy enameled paint finish in energizing bright colors resists marks and scuffs. The bunk bed provides extra sleeping space for guests, and it engages this 2½-year-old in fantasy play, such as fishing off his top-bunk "pier" or building a fort on the bottom bunk.

To order the wall stencils, see page 97

continued on page 88


IN THE BATTLE between wholesome snacks and ones that taste devilishly delicious...only Kudos® balance the goodness of granola with a tempting taste of chocolate and candy pieces.
Kudos.® Now everybody's happy.™
2002 GOLD TASTE AWARD
Kudos
SNICKERS
10 Bars
Kudos
® Kudos is a trademark of Mars, Inc. and its affiliates. ™ Mars, Incorporated 2002

Beyond Baby Steps

continued from page 86









SAFETY COUNTS

Two accident-prone areas in a child's room—th windows and the bed—need special attention.

Avoid strangulation with window-blind cords b installing breakaway tassels (*below*). If your blind aren't already outfitted with this feature, adapte kits are available at home stores and home im provement centers.

To choose a bunk bed that meets the highes safety standards, look for a label with safet recommendations and follow these guidelines:

- Top bunks need guardrails on each side leaving no more than 15 inches open at each end
- Rails should extend at least 5 inches above th top of the mattress.
- Slats or spindles on the head- or footboar should be spaced no more than 2⅜ inches apart

Encourage play and learning

After addressing Danny's future needs with the furniture, Cathy creatively addressed his current activities with some handmade extras. For their bedtime reading, she dressed up the ticking-stripe bed skirt with fabric pockets to keep favorite books and toys handy. Curtains around the lower bunk provide fodder for endless hours of peekaboo, play-acting, and fort-building. Cathy screwed hooks into the backside of the top bunk's bottom rail. Danny just loops the large clip-on rings attached to the curtains over the hooks. "If he grows tired of them, we can take them down," she says. Because with kids, flexibility ensures smooth sailing.

"These sleeves are easy and convenient for Danny to reach," Cathy says of the fabric envelopes she sewed onto the dust ruffle (*left, top*). Rickrack sewn to the edges of the sheets and pillowcases (*above*), and a blue border on the bed curtains (*left*) add wavelike details.

For dozens more kids' room ideas, visit www.bhg.com/decoratingcenter

Buying information, page 212

Discovery CHANNEL

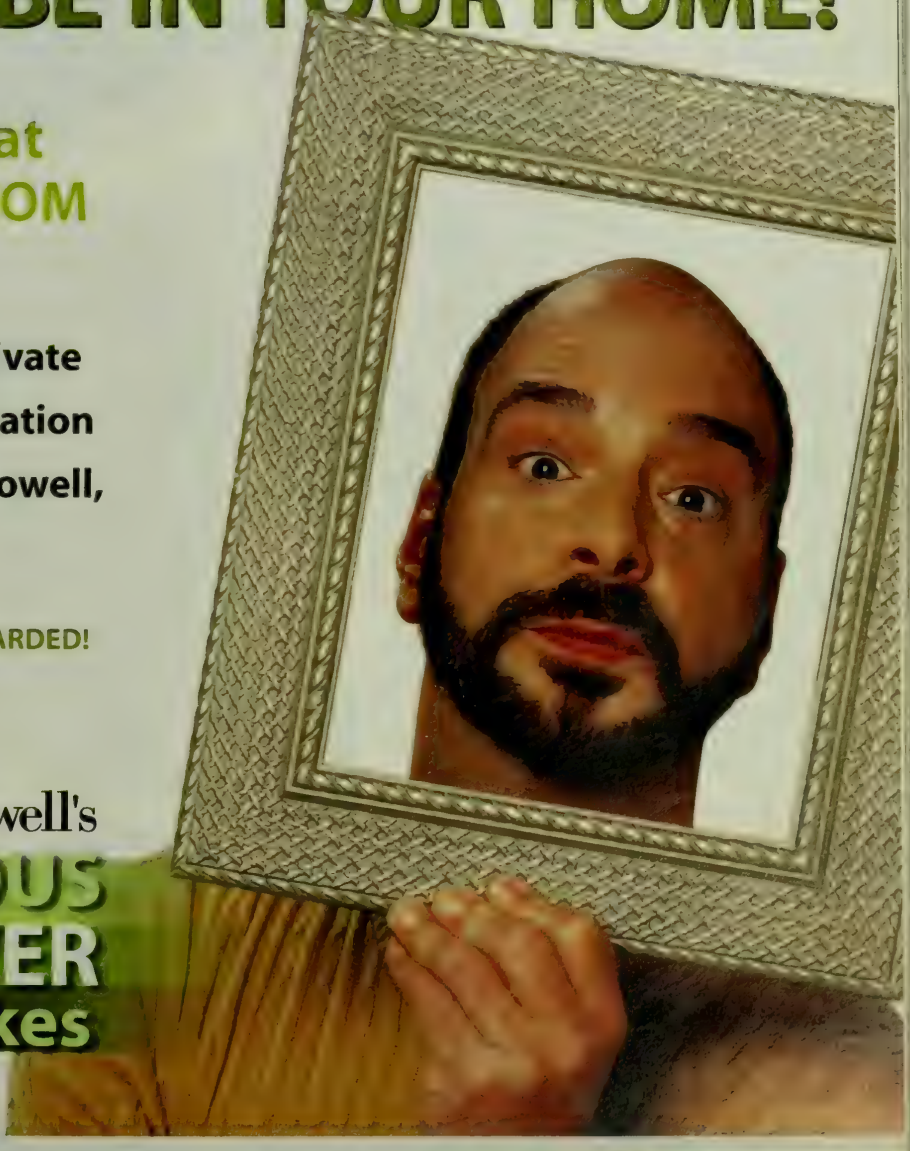
hristopher Lowell's next appearance
OULD BE IN YOUR HOME!

Enter now at
ISCOVERY.COM

ou could win a private
ecorating consultation
ith Christopher Lowell,
lus $5,000.

EEKLY PRIZES ALSO AWARDED!

hristopher Lowell's
MARVELOUS
MAKEOVER
weepstakes



the hristopher owell Show

Watch Weekdays at 2pm and 3pm

Put up a playhouse and you'll always know where to find your children—plus their neighborhood friends. Here are two kid magnets that are bound to attract fun and foster memories.

by Cynthia Pearson

Find Me in My Playhouse



continued on page 92


got milk?
Try this at home.*
*We mean the drinking milk part.
Lowfat milk helps prevent osteoporosis
and keeps your bones supple.

continued from page 90





Cassie Bennett (*right*) and friends clamber up a climbing net to a loft and then scoot down a slide (*above*). A stairway inside the house also leads to the loft. They head to the 7-foot-tall, 6-foot-wide gazebo (*below*) when it's time to rest.

It's a jungle gym in there

Rob Bennett loved the challenge of designing a playhouse to suit his Victorian home in Indiana. But he respects 5-year-old daughter Cassie's tomboy style—and her love of physical activity. So rather than create a tea-party atmosphere, he equipped the 8×13×10-foot-tall structure with playground components. Rubber mats line the floor to cushion falls, acrylic plastic windows provide a safe alternative to glass, and an enclosed attic fan keeps the inside cool. Aside from play items and siding purchased from a home center, Rob built the house with materials salvaged from an old restaurant. He did the work himself and estimates a total cost of $3000. "I don't expect Cassie to fully appreciate her playhouse right now," he says. "But when she grows up, I hope she'll think of the fun she had with it."

continued on page 94



To order a plan for this playhouse, see page 96

Chicken, meet Alfredo.





Chicken Breast Cuts & Creamy Alfredo Sauce.
Ready for a great meal?

continued from page 92



In order a plan for the playhouse, see page 9

Caribbean dreamin'

As a child who adored the summers she and her sister spent in a playhouse, Kathleen van den Akker knew she had to design one for her own children, Ariana and Nick. The 14×8¼×9-foot-tall clubhouse in the family's California backyard is meant to grow with the kids, holding appeal as a place for reading, crafting, and listening to music. "No one tells them to turn down the boom box out there," Kathleen says. The space is cozy too: It's equipped with big pillows and full-size chairs, plus windows that tilt open and a Dutch door to draw in cool afternoon breezes. Construction costs totaled approximately $6,000.

continued on page 96



Kathleen van den Akker drew on Key West colors and Caribbean style to design the playhous (*above*). The whimsical look continues on the inside (*left*), in the form of hand-painti window shutters ar funky, kid-friendly furnishings.

New Luxuriously soft Quilted Northern Ultra®



One silky-smooth layer underneath, for ultra softness.

Topped with a layer of ultra-absorbent microquilts,™ for the ultimate clean.



It's the softest Quilted Northern ever!



The ultimate QUILTED clean™

Georgia-Pacific
We make the things that make you feel at home.®

My Playhouse

continued from page 94



A garage on one side of the structure keeps kiddie cars, scooters, and bikes parked out of sight. Above the storage space is an interior loft that Ariana and Nick use for sleepovers. Three-dimensional murals featuring an island motif decorate the loft ceiling and walls downstairs. For versatility, the house was also wired for electricity. "Nick and Ari spend hours out there, always talking," says Kathleen. "They're each others' best friend." ⌂

Buying information, page 212





A half-circle window over the garage (*left*) lights up the loft space, which is reached from the ladder (*above*).

TO ORDER PLAYHOUSE PLANS

Duplicate these playhouse designs with our easy-to-use *Better Homes and Gardens®* Project Plans. The professionally drawn blueprints are available *exclusively* from us and are not sold in stores. Each plan contains a photo, a list of materials, construction diagrams, and clear instructions. One plan costs $19.95; additional plans are $17 each. Specify Victorian Playhouse with Gazebo (*p. 90* and *92*) or Colorful Coastal Playhouse (*p. 94* and *left*). To order with your Visa, MasterCard, Discover, or American Express card, call 800/881-4066. Or, visit the Web at www.bhgcatalog.com to order.

Trash Crash # 47

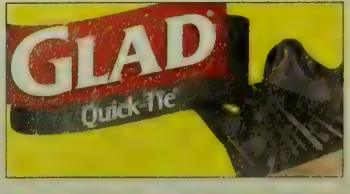
THE SPLIT PEA SOUP





Next time, use Glad® Quick-Tie® trash bags. They're the only bags with 3-ply strength to help protect against messy breaks.

Don't get mad. Get Glad® kitchen and large trash bags.



DON'T GET MAD. GET GLAD.

© 2002 The Glad Products Co.

summer in the great wide open

a family road trip survival guide

STEP 1

WHERE ARE WE GOING?



Whether you and your family are in the mood for a day trip or a week-long vacation, proper planning is in order...

- KNOW YOUR ROUTE and have an alternate plan in case of heavy traffic
- Don't forget your HOTEL CONFIRMATION and contact information
- Drink plenty of fluids, dress in comfortable, loose clothes
- Travel with a cellular phone (but remember, never use it while driving)
- TAKE BREAKS for 15-20 minutes every few hours
- TAKE YOUR TIME AND ARRIVE SAFELY



BEFORE PILING IN FOR THE BIG TRIP, MAKE SURE THE CAR IS COMFORTABLE AND CLEAN. ***NO MESS MEANS NO STRESS*** AND FOR PEOPLE ON THE GO ***ARMOR ALL WIPES*** ARE A PERFECT SOLUTION.

EMERGENCY KIT 101

- JUMPER CABLES
- FLASHLIGHTS WITH FRESH BAT
- BLANKETS
- CLOTH or ROLL OF PAPER TOW
- FLARE or REFLECTIVE TRIANGL
- FIRST-AID KIT
- WATER
- SMALL SHOVEL

STEP 2

THE fun FACTOR

With kids comes enthusiasm and boundless energy. Make sure you are ready with plenty of fun distractions. Designate a large, soft bag as the toy tote, and fill it with simple games, toys, puzzles and books. For munchies, include easy-to-eat foods such as cereal, fruit slices, and juice boxes. And don't forget the clean-up kit!



COUNTING COWS



Play as individuals or teams. First, decide on a destination where you will stop counting. Then, count the cows on your side of the car while the other pla count cows on their side of the car. The goal is to have th highest number when the destination is reached. Pass a la your side and you have to start over. If there aren't any co your route, try counting red cars, mailboxes, or phone bo

DOUBLETREE®
HOTELS·SUITES·RESORTS·CLUBS

STEP 3

WIN A FREE TRIP FOR YOU AND YOUR FAMILY!

Armor All [illegible] DOUBLETREE® Hotel

OFFICIAL RULES No purchase necessary to enter or win. A purchase does not improve your chances of winning. VOID WHERE PROHIBITED. These rules apply to the "FAMILY FUN" Sweepstakes ("Sweepstakes") ho by The Armor All/STP Products Company, 1221 Broadway, Oakland, CA 94612 ("Sponsor"), and administered by Marden-Kane, Inc., 36 Maple Place, Manhasset, NY 11030 ("Administrator"). This Sweepstakes starts June ends August 31, 2002. 1. HOW TO ENTER: Hand print your complete name and address and day & evening telephone number on a 4"x5" card and mail to: Armor All Wipes "FAMILY FUN" Sweepstakes, P.O. Box 1018, MN 55440-4018. Enter as often as you wish, but only one entry per envelope, which must be mailed separately. Entries must be postmarked by September 1, 2002 and received by September 8, 2002. Mechanically reproduced ing name and address labels will not be accepted. Entries become the property of the Sponsor and will not be returned. No other form of entry will be accepted. 2. JUDGING: Winner will be selected on or about September all eligible entries received in a random drawing to be conducted by Marden-Kane, Inc., an independent judging organization whose decisions are final on matters relating to this Sweepstakes. The prize will be awarded. 3. CONDITIONS: The estimated odds of winning are 1 in 5,992,826, though the actual odds of winning will be dependent upon the number of actual eligible entries received. 4. NOTIFICATION: Winner will be notified by certified mail requested, and may be required to complete and sign an Affidavit of Eligibility and Liability Release and, where legal, a Publicity Release, that must be returned within 14 days after prize notification or prize will be forfeited an alternate winner. Entrants who win a prize valued at $600 or more will also be required to furnish their social security number, which will only be used for the purpose of reporting the winnings to the IRS, as required by la or prize notification is undelivered or returned as undeliverable, the prize will be forfeited and awarded to an alternate winner. Travel companions of the winner must be 18 years or older, unless they are an immediate family mem be required to sign a liability release prior to the awarding of the prize. Entry constitutes winner's permission to the use of their name, photograph/likeness for advertising and promotional purposes for this and similar promotions (including and without limitation, the internet) without additional compensation, except where prohibited by law. 5. One (1) GRAND PRIZE: A seven (7) day/six (6) night stay at a DOUBLETREE® hotel of the winner's choi availability. Accommodations include a one (1) bedroom suite and one standard room with two double beds. Location to be determined by winner where DOUBLETREE properties exist. Transportation and travel is the sole of the winner. No cash redemptions, substitutions, transfers, or assignments of prizes allowed except by Sponsor, who reserves the right to substitute a prize of equal or greater value if the prize or any portion of the prize becom All taxes and any incidentals and other expenses associated with the prize and not specified herein are the winner's sole responsibility. Trip and travel insurance is not included. Blackout dates and any other applicable restrictions apply. Hotel accommodations must be reserved at least forty five (45) days in advance of the departure date. Approx. Retail Value: $4,680.00. Trip must be completed within one year from date of prize notification. 6. GENERA TIONS: All entrants agree to be bound by all applicable U.S. laws and regulations, as well as these official rules and the decision of the judges. By participating in this promotion, all entrants and prize winners release, dischar harmless The Armor All/STP Products Company, its parent company, Hilton Hotels Corporation, and their respective partnerships, subsidiaries, divisions, branches, affiliates, and agencies (including, without limitation, Marden and their respective officers, directors, shareholders, employees and Hilton Hotels Corporation (collectively "Releasees") from and against any and all liability or claims for any injury, loss, illness, litigation, or damages arisin participation in the Sweepstakes and/or the receipt or use, misuse, non-use or possession of the prize. Releasees are not responsible for printing or typographical errors in any Sweepstakes or related materials or for stolen, lost rected, damaged, incomplete, postage due, and/or illegible entries/e-mail. If, in the Sponsor's opinion, there is any suspected or actual evidence of tampering with any portion of the Sweepstakes, or if fraud or actions by com mise corrupt or affect the administration, integrity, security, fairness, or proper conduct of the Sweepstakes, the judges reserve the right at their sole discretion to disqualify any individual and/or void any entries submitted fr modify or suspend the Sweepstakes, or to terminate the Sweepstakes and conduct a random drawing to award the prize using all non-suspect eligible entries received as of the date of such action. In the event that any dispute o the meaning or interpretation of these official rules, participants agree that the dispute shall be resolved by applying the laws of California and that it shall be resolved by and within the courts of that state. The Doubletree logo are registered trademarks of Hilton Hospitality, Inc. 7. ELIGIBILITY: Sweepstakes open to legal residents of the 50 United States and the District of Columbia 18 years or older. Employees of The Armor All/STP Products Com entr companies, Hilton Hotels Corporation, their subsidiaries, affiliates, advertising and promotion agencies, including Marden-Kane, Inc., and their immediate families (spouse, parents, children and siblings re ide, spouses and individuals living in the same household of such employees are ineligible. Void where prohibited or restricted by law. This Sweepstakes is subject to all applicable federal, state, local laws and regulations. 8. W lists (one per one of the winners, available after 9/30/02), and self-addressed stamped envelope to: Armor All "FAMILY FUN" Sweepstakes Winner, P.O. Box 711, Sayreville, NJ 08871-0711. 9. SPONSOR: The Sponsor of this Sweepstakes is Armor All/STP Products Company, 1221 Broadway, Oakland, CA 94612. 10. ADMINISTRATOR: Marden-Kane, Inc., 36 Maple Place, Manhasset, NY 11030.


Lysol
All Purpose Cleaner
Lysol
All Purpose Cleaner
Pine-Sol
LESS IS MORE.
Even 3 bottles of Lemon Lysol® can't beat the cleaning power of just One 1 bottle of Pine-Sol® Cleaner.
Choose the Power of Pine-Sol.

The only difference
between these strawberries

and these strawberries

is this Glad® bag.



New Glad™ FreshProtect™ bags helped keep these strawberries fresher longer.*
They're the only bags with a Double-Lock™ green seal and textured barrier to seal in freshness.
For more tips on keeping strawberries and other foods fresh, visit www.glad.com.

DON'T GET MAD. GET GLAD.®

©2002 The Glad Products Company *Versus original packaging after 8 days in refrigerator. Results may vary.

better by design

by Laura O'Neil ▪ Shawn Gilliam ▪ James A. Hufnagel



cabin fever

Working within a strict budget, an architect revitalized his family's old vacation cabin. It's now a retirement nest for his parents, who appreciate the beauty and tranquility that comes when living side-by-side with nature.

in nature's studio

Walls of window screens open this 480-square-foot retreat to the outdoors. Even on warm summer days, breezes off a nearby lake provide the air-conditioning.



esh take on flooring

eck out the latest fashion trends in natural and thetic, nature-inspired flooring materials.



Cabin fever

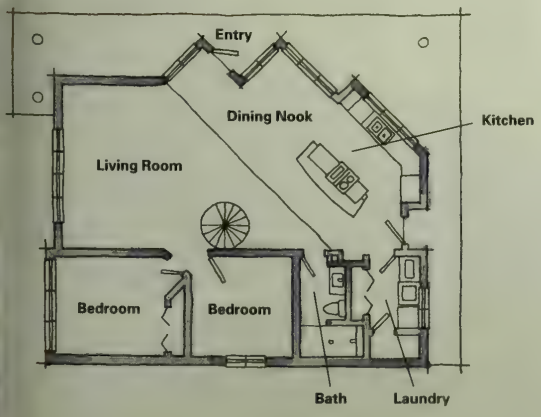
veryone has a cabin memory. Or a cabin dream. The play-ouse that dad built in the backyard. Tiny cot-filled cottages t summer camp. The cozy getaway mom and dad want to uild when the kids are grown.

But Beth and Clyde Mehr took daydreaming one step fur-ıer. They had their son, architect Michael Mehr, turn the ımily's special place in the woods of Holland, Michigan, into ıe retirement home of their dreams.

"I was eight years old when my parents used to come to this :ry area and spend vacation time," Beth says. She always reamed of having a place up here one day to share with her wn family. Then in the late 1970s, Beth brought husband lyde to this spot. "I'm from Brooklyn, New York, and there's world of difference between there and here!" Clyde says. "I ved it, so we bought the house—believe it or not—it was a wiss chalet." For many years the family enjoyed the cabin's cation along the shores of Lake Michigan, making few ıanges to the dwelling. But as Michael grew up, he had other ans for the nearly 900-square-foot cabin.

Because of the house's lush woodland surroundings, Michael rected his parents to open the cabin up more to the outside. Money was tight, so we had to come up with a simple idea," ichael says. He turned to modern Japanese architecture, here "the designs are so holistic and so simple, and there isn't lot of excess baggage." He wanted it to seem connected to e environment and possess a spiritual quality.

continued on page Z4











Beth and Clyde Mehr's new dining nook (*far left*) illustrates how their son, architect Michael Mehr, wanted to take the views outside and serve them up as natural artwork inside. All the Mehrs enjoy the revitalization of the 30-year-old vacation cabin. Pictured (*from the top*) are daughter-in-law Betsy and granddaughter Jesse; Clyde, Beth, and their dog, Max; oldest grandson, Jacob; and grandson Sam with son, Michael.

continued from page Z3





An existing loft was extended across the width of the house (*left*) to allow space for the master bedroom. Michael built a contemporary-style railing (*below*) using inexpensive stainless steel boat deck hardware, cable, and wood.

"The feeling of the original house was so closed in, even though the house was in the middle of all this beautiful nature," Clyde says. "The house was very cut up." The barriers came down inside, once the architect started thinking beyond the home's basic rectangular plan. "I pushed out three of the exterior walls, then created the angles to frame the views of the surrounding nature," Michael explains. The added walls allowed for a new entry area, and improved the living room, dining nook, and kitchen. "This home gives us new freedom with regards to how we're going to use it," Beth says. Within the open space, angles define each area. Maple finish materials unite and refine the interior. The generous use of windows floods light and wonderful views into every square foot.

continued on page Z6





MAY 4, 1971: YET ANOTHER COMPANY CREATES AN OFF-ROAD VEHICLE BY COPYING JEEP® 4x4 TECHNOLOGY.

America's lunar roving vehicle—the technological masterpiece that transported our astronauts on the surface of the moon—was inspired, in part, by a Jeep® 4x4. It is a stunning tribute to the legendary capability of Jeep vehicles. Capability that lives on today in our Jeep® Wrangler, Grand Cherokee, and the all-new Liberty. The only 4x4s with 60 years of off-road leadership behind them. The only 4x4s that are routinely Rubicon Trail-tested. The only 4x4s with the kind of inspired technology that not only excels off-road but off-Earth as well.

Jeep®

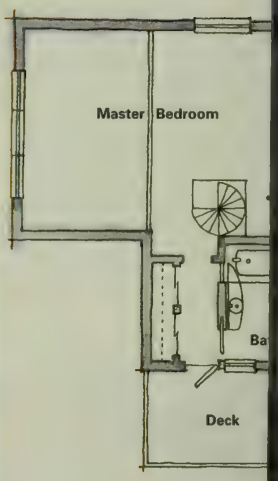
THERE'S ONLY ONE



For more information, call 1-800-925-JEEP or visit jeep.com. Jeep is a registered trademark of DaimlerChrysler.

continued from page Z4



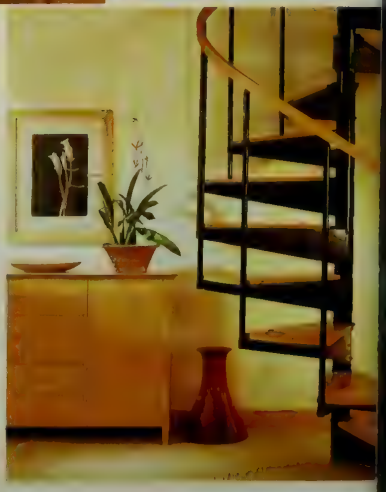


Recycled from the old building, the spiral staircase helps save space, yet adds exciting curve appeal. The treads are particleboard, which is almost maple in color when lacquered. This low-cost material is easy to maintain—just sand it off and lacquer it again.

A spiral staircase takes Beth and Clyde up to their new master bedroom loft—extending the cabin's usable living space to 1,400 square feet. The room is like a tree house. "You are connected with the whole space when you have a loft for a bedroom, rather than being divorced from the space in a traditional rectangular room," Michael explains. "This way you enjoy the entire house and its spirit of openness, and there's no wasted space."

Beth and Clyde enjoy the room's tranquil qualities, which emanate from the warm tones of the cedar ceiling and maple trim, abundant natural light, and tree-top views. The roofline is about all that remains of the original cabin. "The brass ring that forms the structure of the window was salvaged from a restaurant being torn down," Clyde says. "It was used to hang pots and pans." The roundness of the opening softens the space, which has the same grids and straight lines found throughout the home's interior design. "The curves take the edge off," Michael says.

continued on page Z8



Whirlpool
Home Appliances
JUST IMAGINE



INTRODUCING THE WHIRLPOOL® DUET™ FABRIC CARE SYSTEM

Imagine your clothes being cleaned so well, yet so gently, they stay looking new longer than you ever thought possible. Imagine safely washing all your clothes, even your delicates, at home. Then imagine saving two-thirds the energy and water used by conventional washers and also gently drying your clothes in the time it takes to wash them. Finally, performance and efficiency without compromise.

KEEP CLOTHES LOOKING NEW LONGER.

A REVOLUTION IN FABRIC CARE



ed trademark/™ Trademark of Whirlpool, U.S.A. ©2002 Whirlpool Corporation.

Enter the Future at WWW.WHIRLPOOL.COM

continued from page Z6

In the master bath (*left*), everything is proportional to the room size. "It's about scale and fitting that scale within a confined space," Michael says. The storage cabinet (*below*) is recessed into the attic to gain a bit of space for this room.



Given the ceiling-height limitations, the master bathroom was a lesson in creating the illusion of space. The lavatory cabinet has a winglike countertop, which created a nice, long sink surface to draw the eye across the room. Transoms used along the top of the walls enhance the distribution of natural light into this private area. The entry to the bath is a pocket door made of opaque glass that looks like rice paper. "The idea is that the door acts as a privacy screen, but it may or may not be used," the architect says. Either way, light comes through into the bath, so the room avoids feeling dim and isolated. It seems more a part of the master bedroom loft. "A theme for the house is that you're always a part of all of the structure as well as the outside, this space included," Michael says.

continued on page Z10

ays a week.

24 hours a day.









TUESDAY
Kids forgot to let Rex out (again).

SATURDAY, p.m.
Pasta & chianti for all—carpet included.

NDAY
ıu...carpet

SATURDAY, a.m.
He shoots, he...scores!





Anso® nylon

TOUGH by nature • ***fashionable*** by design

LEES For Living® Carpet is hard at work—standing up to coffee and red wine, indoor soccer games and that gift Rex left next to the couch. In colors, textures, and patterns that complement your style and an unprecedented 25 year warranty* that suits the way you live. LEES For Living Carpet, made with Anso® nylon, is one of the best investments you can make for your home. Interested? You'll find best-selling LEES For Living exclusively at Carpet One

LEES FOR LIVING HOME COLLECTION

FINE CARPETS SINCE 1846

*See actual warranty at store for details.

IE STORES ARE CONVENIENTLY LOCATED IN EVERY STATE. PLEASE CALL 1.800.CARPET.1
JR WEBSITE, CARPETONE.COM FOR THE STORE NEAREST YOU.

continued from page Z8





Moving the exterior walls greatly enhanced Beth and Clyde's kitchen. What was a small, isolated, U-shape configuration for one cook is now an expansive floor plan with an island that spills into the living room—so the whole Mehr family can get involved. The dining nook was born from a pocket created by the angled walls. The retro-style, curved island is clad with corrugated tin—a salvaged roofing material. "I like how the eating part of the island was raised, which hides any mess from the cooktop," Beth says. Most countertops are made from maple to integrate the island with the rest of the house. At the cooktop area (*above left*), a metallic surface was installed "to break things up."

"The refrigerator belonged to my grandparents," Michael says. "They were very modern people." Although the appliance is 40 years old, it holds many memories for him—as do many of the classic modern accents found throughout the house. "When talking about family cabins, to me it's the memories created that are important," Michael says. "When I see the refrigerator and remember those times, all of the good feelings come back." ⌂

continued on page Z14

Buying information, page Z32

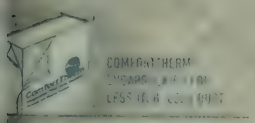


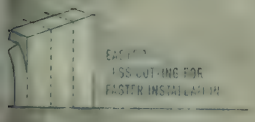
Light-maple-colo laminate flooring (*above*) was chosen to reinfor the design in the home. "Some people look at using a synthetic flooring material as a step down. I don't agree," Michael says. "It' a durable, easily- mopped, low-cos option." The san rice-paperlike gla used in the loft bath appears on the cabinetry doors (*left*) to he screen Beth's dishes inside.

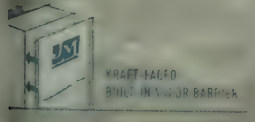


IT MAKES EVEN LESS SENSE IN YOUR INSULATION.

Why would you want formaldehyde in your insulation when you can get the same quality and performance without it? Introducing the world's only complete line of formaldehyde-free fiber glass insulation, only from Johns Manville. It's naturally white because we don't add any formaldehyde. And that means one less thing to worry about. Call 1-800-654-3103 or visit www.jm.com. Formaldehyde-free insulation from Johns Manville – a company that's been improving building products for over 144 years. JM. Smart ideas. Better insulation.









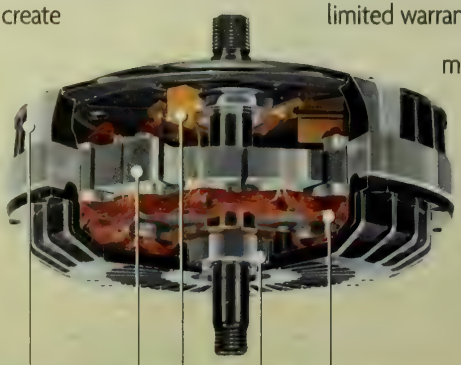
HUNTER.

A MARVEL OF MODERN SILENC

THE AIRMAX® MOTOR MEANS T

Precise, elegant design and quiet power create the ultimate blend of form and function: the Hunter ceiling fan, featuring the patented AirMax®* motor. Constructed with the highest quality materials and backed by a lifetime limited warranty, AirMax® is the quietest, most p motor we've ever created. There's si nothing else like it.

In addition to providing yo with a little extra peace and a Hunter fan can reduce your n



Rugged Die-Cast Aluminum Construction

High Grade Silicon Steel Laminations

Exclusive Internal Impeller Self-Cooling System

Heavy-Gauge Copper Windings

Precision Sealed Bearings



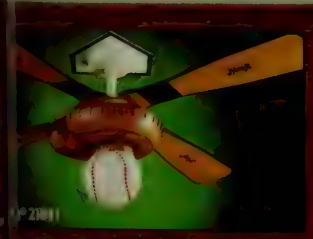
I E T F A N I S E V E N Q U I E T E R .

; as well. You'll save up to 40% on summer cooling
10% on winter heating costs.**
:ind of performance you expect from Hunter. After
)een manufacturing the world's most dependable
s since 1886. Today, Hunter offers fans in a
e variety of styles and finishes. So no matter what your décor, there's a quiet Hunter fan that's right for every room in your home.

For more information on the complete line of over 100 Hunter ceiling fans, or to find the dealer nearest you, call 1-800-4HUNTER or visit us online.

HUNTER
QUIET FOR LIFE

www.hunterfan.com







continued from page Z10



A cast-iron, wood-burning stove (*left*) warms the lakeside home on cooler days. Around the hearth, cedar decking gives way to a single piece of limestone (*below*).

In nature's studio



A boat dock and a ¼-mile-long footpath provide the only means of reaching this tiny summer retreat. Built on a peninsula that juts into an Iowa lake, the 480-square-foot structure blends into the surrounding woods. Not even a driveway interrupts the calm. "We tried not to disturb existing trees," says architect Doug Wells. "Before any design work was done, we spent time on site to see how environmental factors affected the quality of life." Wells noted how to best take advantage of the lush views, lake breezes, and sun/shade patterns. Walls made of window screens provided the answer. The screened openings, which can be covered with aluminum rolling shutters during inclement weather, are topped with custom-made, single-pane clerestory windows.

continued on page Z16


Some of the most beautiful things remain unseen.
So naturally beautiful, it's perfect in any environment. Introducing the Jenn-Air Luxury Series built-in refrigerator. Featuring a customizable exterior that can blend seamlessly with cabinetry or stand as the centerpiece of your kitchen. And the flexible design lets you personalize the interior with shelves and bins to perfectly suit your individual storage needs. Visit jennair.com for a design your own interactive experience. Or call 1-866-459-6298 and create a beautiful environment of your own.
Shhh
JENN-AIR

continued from page Z14

The limestone walking path (*below*) turns three corners before reaching the lakeside studio. Matching stone steps (*left*) provide the transition from the pathway down to the deck.



Preserving the forested environment was a top priority, so contractor Dan Venter built a narrow gravel road to the site and limited the use of power equipment to digging and pouring concrete for the foundation. He then built a cart to haul in the building materials, and workers constructed everything by hand. Limestone was later used to transform the roadway into a walking path.

The part of the structure that houses the kitchen and toilet (see plan, *right*) was built on a solid foundation. The screened portion, which encompasses the living and dining rooms, rests on three steel piers anchored in concrete. Small gaps between the cedar floorboards open to space just above the ground, aiding ventilation. "Breezes come right in off the water," Wells says. "On very hot days, it's quite cool there."

continued on page Z18







artha Stewart Signature™ Color Palette. 416 new colors available only at your orhood Sherwin-Williams® store. With oversized, punch-out color cards and nating palette cards that make decorating easy. Martha Stewart colors in quality Sherwin-Williams paints. 1-800-4-SHERWIN (1-800-474-3794).

How. Ask Now. Ask Sherwin-Williams.™

www.sherwin-williams.com



rinting process, colors shown may not be true to actual Martha Stewart Signature™ colors. ©2002 The Sherwin-Williams Company

continued from page Z16



Building materials are simple yet refined. Cedar decking makes up the floor, and durable mahogany was used to trim the window frames. Burnished block on the kitchen/bath side of the structure also provides an earthy but sophisticated look. Concrete blocks, which are made with heavy aggregate, feature smoothly polished faces that look and feel much like terrazzo. "We selected materials so that they would weather, developing a patina and age similar to the surroundings," Wells says.

In keeping with the simplicity of the architecture, furniture was kept to a minimum. The largest item is a table with chairs located near the kitchen. Across the room, a daybed invites an afternoon nap.

continued on page Z20



Clerestory windows wrapping the house (*above*) increase in size to accommoda the sloped roof, which creates a 13-foot ceiling height on the lakeside (*top*).

Grew up in big sky country.

ed to the big city.

Found a window that accommodates both.



vindows and doors are made for you. And only you. So they fit to your exact specifications, style, size yle. All handcrafted of beautiful wood, durable clad and a meticulous attention to every last deta learn more? Visit **www.marvin.com** or call us at **1-800-268-7644** (in Canada, 1-800 263 6761)

arvin Windows and Doors. All rights reserved. ®Registered trademark of Marvin Windows and Doors.

MARVIN
Windows and Doors

Made for you.®

continued from page Z18



Although the kitchen hides at the back of the house (*below*), a pass-through near the sink (*left*) connects to the main living space. The countertop also serves as a wet bar.

An outdoor grill handles most summertime cooking needs, so a refrigerator and microwave oven built into a single wall of mahogany cabinets suffices for the kitchen. Fresh water from a new well services the stainless-steel sink. The recycling toilet, however, is waterless. It is outfitted with an automated composting device, which ruled out the need for a sewer hookup or septic system.

A small generator and underground power lines provide electricity for the appliances, ceiling fans, and pendant lights. "The lights are ideal considering the informal, multipurpose use of the space," Wells says. "They're hung in a variety of arrangements, becoming abstract, illuminated shapes in the ceiling." To keep the look clean, he hid electrical wires by bending copper strips to fit the rafters. On most evenings, however, candlelight is the preferred lighting source.

continued on page Z22

Buying information, page Z32





MasterCard® is accepted most everywhere, whether it's homemade or home delivery.
Check out mastercard.com

there are some things money can't buy. MasterCard for everything else there's MasterCard.™

continued from page Z20



Crocodile-style sheet flooring (*left*) captures the look of tooled leather. Other designs in the Urban Settings line (*below*) mimic fabrics, stucco, and stained concrete.

Fresh Take on Flooring

Faux finishes

Today's floorings look to nature for design cues. Stone, stucco, leather, marble, slate, granite, and even sisal matting are showing up underfoot in America's homes. If natural materials are beyond your budget, check into vinyl look-alikes that cost much less than the real McCoy, and often are easier to maintain, as well.

Vinyl sheet flooring. Versatile vinyl now comes in more guises than ever. A case in point is Armstrong's Urban Settings line, which brings the great outdoors inside. Urban Settings takes its inspiration from exotic and exterior surfaces. These floors have earthy colors and rich textures in such looks as troweled stucco, stained concrete, even crocodile skin (*above*). The result: Sheet vinyl has easy-clean, easy-care durability, yet always seems rich and luxurious.

continued on page Z24



- Urban Settings from Armstrong
- Approximately $29.97 per square yard
- 800/233-3823 or www.armstrong.com

Whirlpool
Home Appliances
JUST IMAGINE™



Imagine tired and wrinkled clothes made fresh and ready to wear when you need them. Introducing the Personal Valet™ clothes vitalizing system, a breakthrough appliance that makes clothes ready to wear in about 30 minutes.* It's an appliance that delivers performance so powerful it can reduce trips to the dry cleaner and time spent ironing. Inside, a penetrating mist of Presiva® clothes care formula is created, then it circulates through every fiber of clothing to smooth wrinkles and clean away odors. Just imagine™. Visit us at WWW.PERSONALVALET.COM for more information.

REDUCES YOUR NEED FOR DRY CLEANING AND IRONING.





THE POWER TO GIVE NEW LIFE



Call 1-800-253-1301 for availability or talk to your architect or builder about including it in your home.

®Registered trademark/™ Trademark of Whirlpool, U.S.A. ©2002 Whirlpool Corporation.
®Presiva is a registered trademark of The Procter & Gamble Company. ®The Woolmark symbol is a registered trade mark of The Woolmark Company.
*For RegularCare cycles.

continued from page Z22

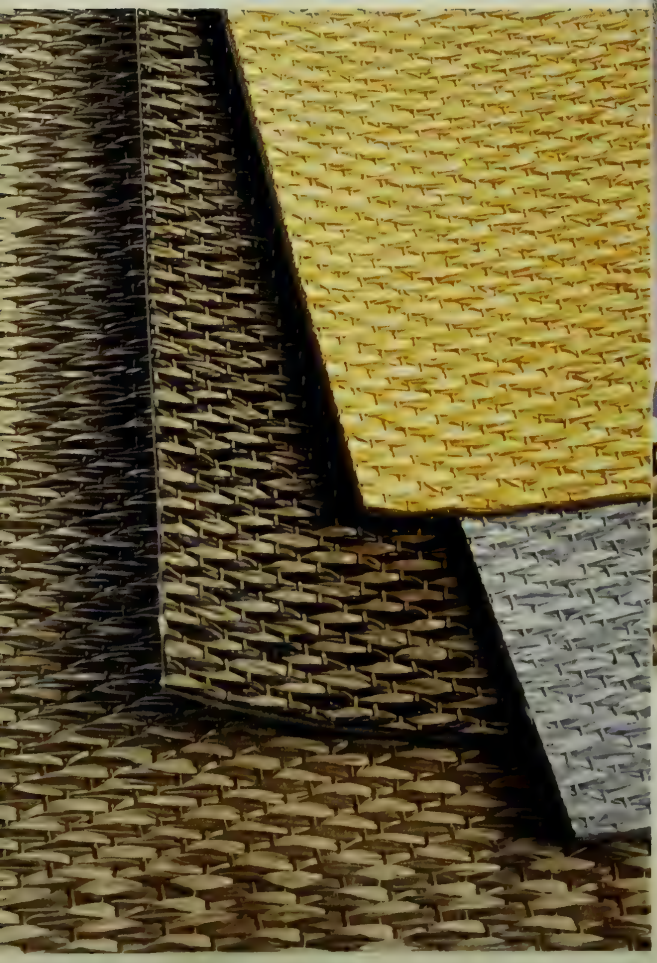
Plastic sisal carpeting. Another innovative vinyl floor covering resembles carpeting made with woven sisal fibers. The plastic fibers are woven by machine and bonded to a vinyl base, creating a surface that's more heavily textured and softer than vinyl sheet or tile flooring. Colors range from earth tones to bright yellows, blues, and greens, plus tweeds created by weaving two hues together. Plastic sisal carpeting is extremely strong and water-resistant.

continued on page Z26

Alternating blue and white stripes create a serpentine plastic sisal runner (*right*). Available in a wide variety of colors, plastic sisal is a treat for the feet as well as the eyes.







- Bolon
- $38 to $42 per square yard
- 206/932-8031 or www.bolon.com



ehind every door is a research and evelopment team committed to creating ew & innovative products.

r over 75 years the people at Masonite have been dedicated making new and innovative building products. And, there's better example than the Premdor Collection of premium ality doors. A line of interior and exterior doors specially signed and crafted to make every home more beautiful, ore enjoyable and safer for the entire family.

whether you are building, renovating, or just redecorating, u can be assured that doors from Masonite's Premdor llection will exceed everyone's expectations and standards r design and lasting durability.

r more information on what's behind every door, visit us **www.masonite.com**

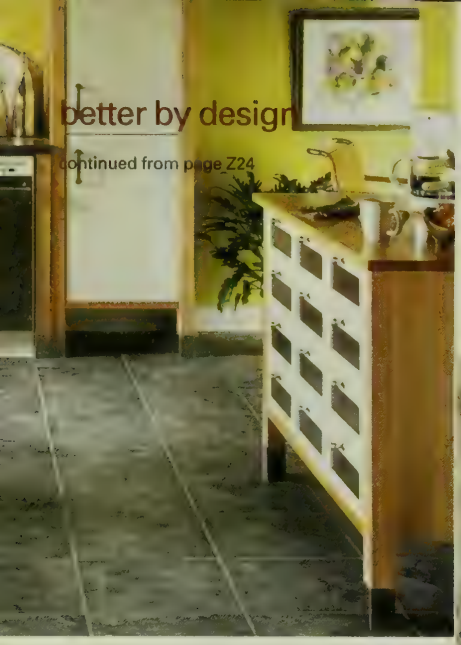


PremVu™ Series steel and fiberglass patio doors, with their expansive viewing area and energy efficiency, offer the look of wood and clad-wood patio doors at exceptional value.

clusively from Masonite®
Masonite International Corporation

sonite, Premdor and PremVu are registered trademarks of Masonite International Corporation.

continued from page Z24



Tiles from NAFCO and Armstrong (*below*, from top to bottom): Roman Stone Khaki (NAFCO), Nature's Gallery Graphite and Bronzine (Armstrong), Crackled Porcelain Mushroom and Elements Tuscan Marble Brown (NAFCO).



Stone-look vinyl tiles. For our final array of faux finish flooring, we once again turn to vinyl—in the form of embossed tiles that emulate the colors and textures of a variety of marble, slate, granite, stone, and porcelain surfaces. And though they look for all the world like ancient materials, installing these 9x9- and 12x12-inch vinyl tiles is an easy do-it-yourself proposition. In fact, Nature's Gallery stone-look tiles from Armstrong don't even require adhesive; instead, they lock together with strong, precise joints that align the installation and won't come apart. Other tiles come with a self-stick backing.

Lay stone-look tiles in a monochromatic installation, such as in the kitchen (*above*), or mix and match contrasting tiles to create varied field and border treatments. For even more design interest, intersperse wood-look vinyl planks in your layout. These are engineered to interlock with the tiles.

continued on page Z28

- Nature's Gallery from Armstrong
- $35.91 to $42.21 per square yard
- 800/233-3823 or www.armstrong.com

- NAFCO Luxury Vinyl Flooring
- $1.99 to $5.99 per square foot
- 800/248-5574 or www.nafco.com

ONE PART ROMANCE + TWO PARTS PASSION =



Each of our Victorian™ faucet spouts is carefully constructed out of solid brass, then meticulously put together by hand. This ensures flawless performance every time.

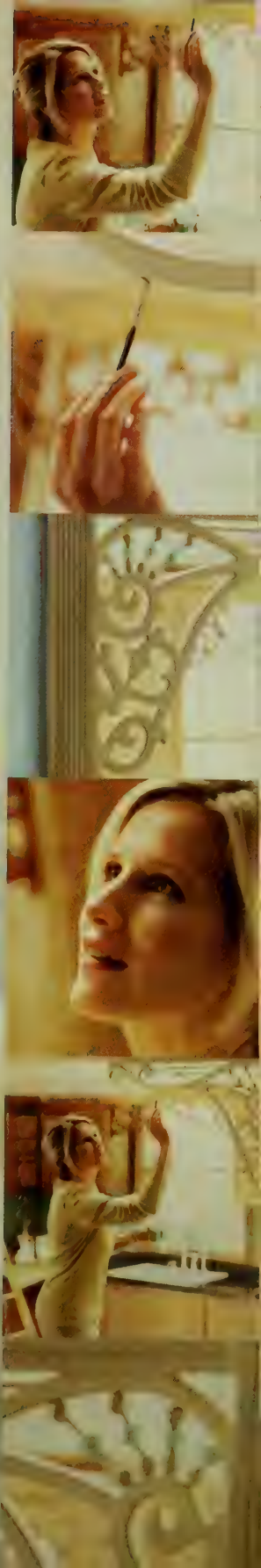
Create a consistent, romantic look and feel with our accompanying Victorian vegetable sprayer and soap dispenser.

Superb attention to detail has resulted in our durable stainless steel ball valve. Comprised of a single moving part, it provides years of uninterrupted use.

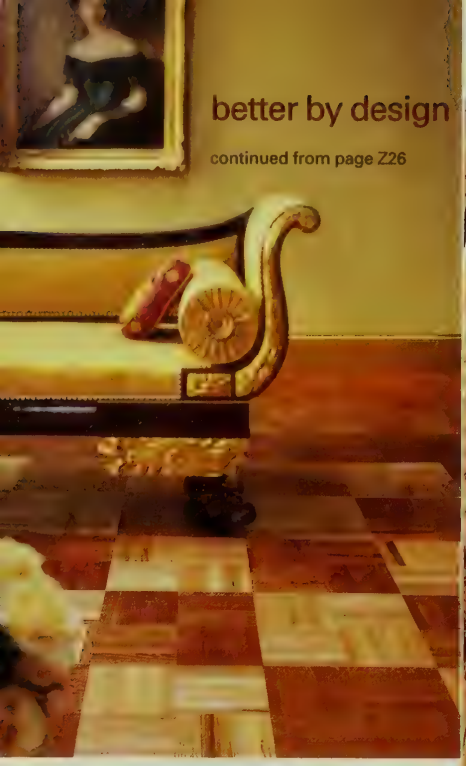
For a free product catalog and faucet buyer's guide, as well as information on model 156-WF pictured here, call **1.800.345.DELTA (3358)**. Or visit **www.deltafaucet.com/vk**.

DELTA

Beautifully Engineered.™



continued from page Z26





Alternating light and dark squares brings design interest to this installation of Hartco's Urethane Parquet flooring (*far left*). Harris Tarkett's Passport: Australia (*near left*), features prefinished strips and planks. Crossroads Distressed (*below*), also from Harris Tarkett, has a worn, old-lumber look.



Welcoming wood

Nothing warms a room visually like the mellow tones and rich grains of a wood floor. Wood isn't just beautiful. It's also durable, pleasant to touch, readily available, and a good insulating material.

Solid wood. Solid wood flooring has been around for centuries, but today you can choose from among more species than ever. The Passport: Australia line (*top right*) from Harris Tarkett, for example, features such woods as Australian Cypress, Jarrah, Sydney Blue, and Spotted Gum.

Engineered wood. Laminating three to five layers of hardwood creates flooring that's easy to glue, nail, or staple. Engineered wood (*bottom right*) comes in strips, planks, parquet squares, and short strips—often used for a herringbone pattern.

continued on page Z30

- Urethane Parquet from Hartco Quality Wood Flooring
- $3.50 to $4 per square foot
- 800/442-7826

- Passport: Australia from Harris Tarkett Wood Floors
- $8.50 to $11 per square foot
- 800/842-7816 or www.harristarkett.com

- Crossroads Distressed from Harris Tarkett Wood Floors
- $7.50 to $9.00 per square foot
- 800/842-7861 or www.harristarkett.com

OnStar
ON BOARD



ESTABLISHED 1935.



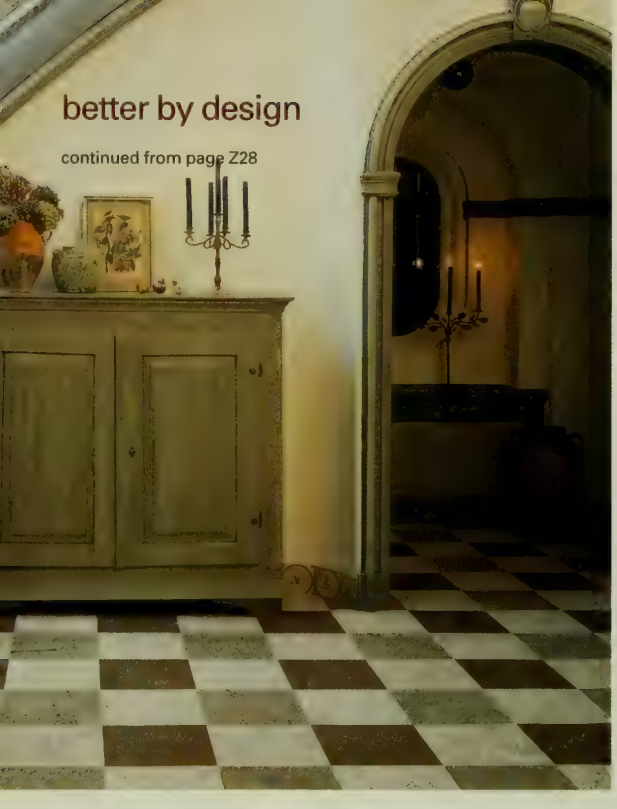
AS AHEAD OF ITS TIME BACK IN 1935. AND NOW, OVER 65 YEARS LATER, IT STILL IS. IT'S THE BEST
URBAN® YET WITH FOUR-WHEEL ANTILOCK BRAKES, AVAILABLE ONSTAR® * AND AUTOTRAC® 4X4 SYSTEM THAT
OMATICALLY SHIFTS INTO FOUR-WHEEL DRIVE ON DEMAND. IT'S THE CHEVY® SUBURBAN. AS LEGENDARY TODAY
T WAS OVER 65 YEARS AGO. CHEVY TRUCKS. THE MOST DEPENDABLE, LONGEST-LASTING TRUCKS ON THE ROAD.

SUBURBAN

LIKE A ROCK

*1-YEAR ONSTAR SAFETY & SECURITY SERVICE CONTRACT INCLUDED AS STANDARD ON SUBURBAN LT. CALL 1-800-ONSTAR-7. SOME SYSTEM LIMITATIONS AND DETAILS. †DEPENDABILITY BASED ON
RELIABILITY DATA FROM 1981–1999 FULL-LINE LIGHT-DUTY TRUCK COMPANY REGISTRATIONS. EXCLUDES OTHER GM DIVISIONS. ©2001 GM CORP. BUCKLE UP, AMERICA! 1-800-950-2438 OR CHEVY.COM

continued from page Z28



Earth-friendly finds

Though many varieties of vinyl and hardwood still dominate the flooring market, several "green" materials are gaining in popularity. Here's the scoop on three of them.

Bamboo. It has many of wood's properties, but bamboo is a grass that matures in three to five years, regenerates without replanting, and requires minimal fertilization or pesticides. Bamboo flooring is every bit as hard and dimensionally stable as lumber, and comes in tongue-and-groove strips that install in the same way. Harvested from forests in mainland China, bamboo has been used for flooring and structural materials throughout Asia for many years.

Cork. Harvested from the bark of cork oak trees, cork flooring is another renewable and sustainable resource. (The tree regrows its surface in nine years.) Cork flooring consists of a layer of cork veneer and a compressible cork core, protected by a hard-wearing surface layer. This results in a floor that's quiet, warm, mark-resistant, and comfortable to walk on.

continued on page Z32

NATURALLY **BEAUTIFUL,**
WE ARE A **POWERFUL BLEND** OF FLAVORS.

OUR APPEAL IS **EVERLASTING.**



© Reg. Tered Trademark/TM





"Land," "Olive," and "Salt" hues of Wicanders cork tile checker an entry hall (*far left*). Bamboo boards, from California Bamboo Flooring Company (*above*), come in natural blonde and carbonized, an amber color achieved by pressure-cooking.

- California Bamboo Flooring Company
- $5.40 to $5.60 per square foot (wholesale)
- 888/548-7548 or www.californiabamboo.com

- Wicanders
- $4 to $10 per square foot
- 800/828-2675 or www.wicanders.com

Other cork tiles from Wicanders (*above*) flaunt the material's natural beauty.



Velvet Fruit Smoothies.
Inspired by the powers of KitchenAid.

With the power to crush ice at any speed, KitchenAid® Blenders pass any test with flying colors. It's performance you'd expect from the creators of the legendary Stand Mixer. For this recipe, and to view the entire KitchenAid® line, visit KitchenAid.com, or call 1.800.541.6390.

KitchenAid™

FOR THE WAY IT'S MADE.™

continued from page Z31

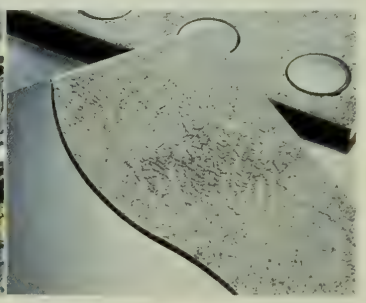


Linoleum. Linoleum is back in a big way, because it offers heavy-duty performance, vibrant colors, and natural beauty made from renewable raw materials. No environmental toxins are involved in its manufacture or disposal, and the combination of materials serves as a natural bacteria-killer. Only one drawback: Because its surface is porous, it needs to be sealed with one or two coats of acrylic and recoated annually.

Tantalizing tile

Ceramic tile. Today's tiles boast rich surface textures that beg to be touched. Innovative new formats include circular shapes, rectangular mosaics, even free-form configurations. Tile-makers are also alloying ceramics with other materials, such as metal and glass.





- Marmorette from Armstrong (*top*)
- $28 to $32 per square yard
- 800/233-3823 or www.armstrong.com

- Marmoleum from Forbo (*top*)
- $4 to $6 per square foot
- 866/627-6653 or www.themarmoleumstore.com

- Daltile (*left, above*)
- $7.75 to $125 each (Metal Signatures)
- 800/933-8453 or www.daltile.com

- Ceramic Tiles of Italy (*right, above*)
- $25 to $35 per square foot (Cotto Veneto Onda/Tondi)
- Hastings Tile & IL BAGNO Collection, 800/351-0038 or www.hastings30.com

buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Cabin Fever
Page Z1: exterior siding, Cedar Impressions—Certain Teed Corp., Siding Products Group, P.O. Box 860, Valley Forge, PA 19482; 800/782-8777; www.certainteed.com. **Table and chairs,** Metro Collection, similar styles available—Target Stores; 800/800-8800; www.target.com.
Pages Z2-Z3: windows—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Table and chairs—**House of Denmark, 5600 U.S. 31, Acme, MI 49610; 231/938-9694. **Rug—**Design Quest, 4181-28th St., SE, Grand Rapids, MI 49512; 616/940-0131. **Table runner,** similar styles available—Crate & Barrel; for more information call 800/323-5461; www.crateandbarrel.com.
Page Z4: windows—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Sofa and love seat; pedestal in corner,** similar styles available—House of Denmark, 5600 U.S. 31, Acme, MI 49610; 231/938-9694. **Two chairs with cushions—**IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Pillow on sofa; ceramic bottles—**Room & Board; 800/486-6554; Web site www.roomandboard.com. **Sconce,** Tolvan Wall Uplight—IKEA Home Furnishings; 800/434-4532; www.ikea.com.
Page Z6: bed and night tables—House of Denmark, 5600 U.S. 31, Acme, MI 49610; 231/938-9694. **Sconces—**IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Carpet—**Home Depot; for store locations go to www.homedepot.com. **Bedding,** similar styles available— Target Stores; 800/800-8800; www.target.com. **Ceiling fan,** similar styles available—Lowe's Cos., Inc.; 800/445-6937; www.lowes.com. (***Bottom***)**: buffet—**House of Denmark, 5600 U.S. 31, Acme, MI 49610; 231/938-9694.
Page Z8: sink, Vessel Collection; **faucet, bathtub fixtures,** Finial Fundamentals—Kohler Co.; 800/456-4537; www.kohler.com. **Cabinetry and mirror—**Tim Baar, 210-152nd Ave., Holland, MI 49424. **Sconces—**MP Lighting, 138 West Sixth Ave., Vancouver, BC, Canada V5Y 1K6; 604/708-1184; www.mplighting.com.
Page Z10: custom cabinets—Tim Baar, 210-152nd Ave., Holland, MI 49424. **Dishwasher—**Jenn-Air, 403 W. Fourth St., N., Newton, IA 50208; 800/536-6247; www.jennair.com. **Sink and faucet—**Kohler Co., 800/456-4537; www.kohler.com. **Floor—**Armstrong World Ind., Consumer Response Center; 800/233-3823; www.armstrongfloors.com. **Stools at island—**Design Quest, 4181-28th St., SE, Grand Rapids, MI 49512; 616/940-0131. **Vases on island—**Room & Board; 800/486-6554; www.roomandboard.com. (***Bottom***)**: glass,** Rice Paper Series, Sumiglass—American Glassmith, Inc., 195 Phillipi Rd., Columbus, OH 43228; 800/870-2519. **Door handles—**Hafele America Co., 3901 Cheyenne Dr., Archdale, NC 27263; 800/423-3531; or check their Web site at www.hafeleonline.com.

In Nature's Studio
Page Z14: wood-burning stove—Vermont Castings, Rte. 107, Box 501, Bethel, VT 05032; 800/227-8683. **Table and chairs—**custom.
Page Z16: Adirondack furniture—Wood Classics; 20 Osprey Ln, Gardiner, NY 12525; 845/255-7871; www.woodclassics.com.
Page Z18: chair, daybed—Room & Board; call 800/486-6554; www.roomandboard.com.
Page Z20: lighting—Louis Poulsen Lighting Inc., 3260 Meredian Pkwy., Fort Lauderdale, FL 33331; 954/349-2525. **Cabinetry—**Williams Millwork Co., 5676 NE. 22nd St., Saylorville Township, IA 50313; 515/262-2464. **Sink and faucet,** "Vola "—Hastings Corporate Office, 30 Commercial St., Freeport, NY 10003; 516/379-3500. **Toilet,** BioLet Composting Toilet—BioLet USA, 150 E. State St., P.O. Box 548, Newcomerstown, OH 43832.

architects & designers

Cabin Fever
Pages Z2-Z10: architect/builder—Michael Mehr; 248/446-1846.

In Nature's Studio
Pages Z14-Z18: architect—Douglas A. Wells, AIA; Wells Kastner Schipper; 1105 Grand Ave., Suite 200, West Des Moines, IA 50265; 515/327-0077. **Contractor—**Dan Venter, Venter Spooner, Inc., 6500 NW. Beaver Dr., Johnston, IA 50131; 515/331-2800.



Easy-to-use stencil packs make quick work of the nautical design in this room. It's a motif enjoyed by sailors and landlubbers alike.

Seaworthy Stencils

The cloud, sailboat, and fish designs shown in "Beyond Baby Steps" on *pages 84–88* are available to our readers by special arrangement with Designer Stencils. The three-part **Cloud Stencil** contains four different designs and is 7¼ inches high by 30¼ inches wide. The two-part **Sailboat Stencil** contains four different sailboat designs and measures 5½ inches high by 18 inches wide. The three-part **Fish Stencil** includes 10 fish designs (four large and six small) and measures 4¼ inches high by 15½ inches wide. Each type of stencil costs $39.95, and additional stencils are $33 each. Prices include shipping, handling, and sales tax.

continued on page 98

TO ORDER with a MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify stencil(s) desired and send a check to: *BH&G*® Reader Shopping, Dept. D0207, Box 9128, Des Moines, IA 50306-9128. Or, visit the Internet at www.bhgcatalog.com to order.



advertisement

Introducing
SCOOBY-DOO!
MULTIVITAMINS
from One-A-Day® Kids.
Not only what kids need,
but what kids love.

Fun, great-tasting Scooby-Doo shapes with key vitamins active kids need to feel their best. All from a trusted brand.

Bayer Corporation Consumer Care Division. Morristown, NJ 07960 USA.
SCOOBY-DOO and all related characters and elements are trademarks of and ©Hanna-Barbera.
s02
Bayer

decorating shop™

continued from page 97

Peonies Step Out



You need not get out the carpenter's level when hanging prints; instead, let them echo the surroundings. Consider a stair-step arrangement when it complements the other elements of your decor. Here, the prints, candle, and display dish all "step down" from the tall lamp.

Each print is double-matted with a taupe inner mat and a lightly marbled, cream-colored outer mat. The prints are then mounted under glass and framed in sturdy wood that's painted flat gold and speckled with black. Each framed print is about 11×16 inches. From Art in Motion, the set of two costs $49.95, which includes shipping, handling, and sales tax.

Ordering information on page 99

Potted Posies



Hanging prints vertically can be a tasteful accompaniment to a bookcase or a corner cabinet. Here, the prints are arranged to provide side-by-side accent to collectibles and plants. The strong horizontal lines of the paneling provide contrast, and the pale blue color of the cabinet is enhanced by the shades of blue and violet in the prints.

Each print is double-matted with a sage green inner mat and a lightly marbled, cream-colored outer mat; mounted under glass; and framed in a brass-toned wooden frame. The size of each framed print is about 12×12 inches. From Art in Motion, the set of three prints costs $64.95, which includes shipping, handling, and applicable sales tax. ⌂

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify print set(s) desired and send a check to: *Better Homes and Gardens*® Reader Shopping, Dept. D0207, Box 9128, Des Moines, IA 50306-9128. Or, visit www.bhgcatalog.com on the Web.



advertisement



It's Easy Being Green

Honda's new gas-electric hybrid runs forever between fill-ups and barely budges the pollution meter.

Kermit the Frog, *Sesame Street's* famous amphibian, is renowned for croaking out, "It's not easy being green." He could have been singing about the difficulty of finding a gas-saving, environmentally friendly car that performs up to today's standards. Most of us will consider a clean-air car only if it comes with generous dollops of comfort, convenience, and roominess.

The 2003 Honda Civic Hybrid, latest evolution of so-called green cars, will have Kermit crooning a new tune. It's the first save-the-planet vehicle to look, ride, and drive like a conventional car.

Civic Hybrid sips gasoline by the teaspoon. The automatic transmission model averages 48 miles per gallon overall and burns fuel so efficiently that the tailpipe exhaust is cleaner than the air we breathe in some smoggy cities. The car is called a hybrid because it has two power sources: a small four-cylinder

continued on page 102



It's indisputable. Healthy dogs start as healthy puppies. And healthy puppies start with new PEDIGREE PUPPY.® Not only does it provide all the nutrients they need, it comes with our exclusive ADVANCED ANTIOXIDANT RECIPE™: A blend of antioxidants proven to help protect a puppy's cells from damage, which can help reduce the risk of sickness later on. This all leads to something else indisputable (and downright remarkable): PEDIGREE PUPPY® can actually help your dog live a long and healthy life. Visit us at pedigree.com.

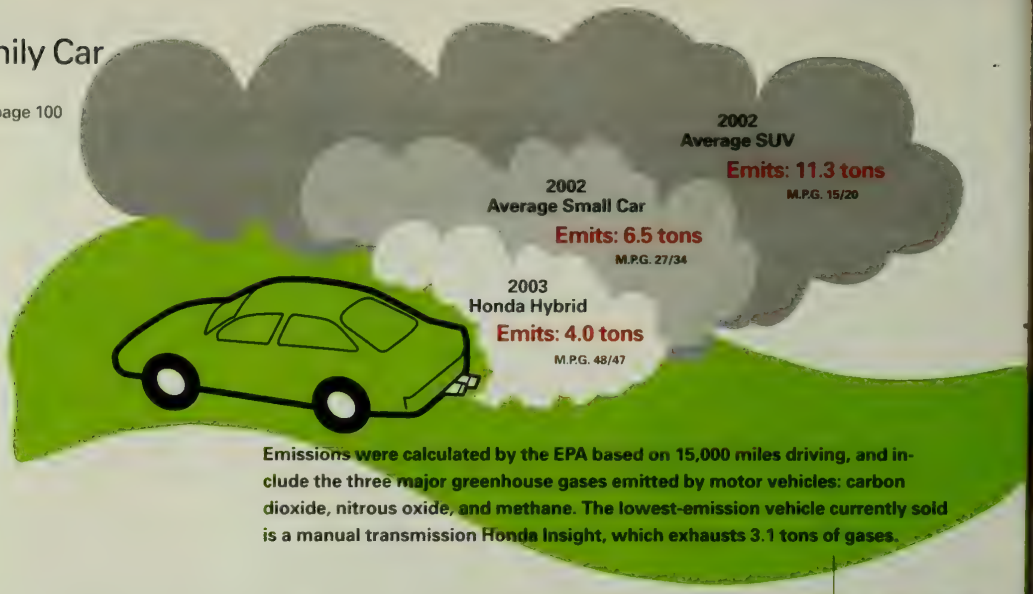




Raise them with love. Protect them with Pedigree Puppy.™

©2002 Kal Kan Foods, Inc. PEDIGREE PUPPY and ADVANCED ANTIOXIDANT RECIPE are trademarks.

continued from page 100



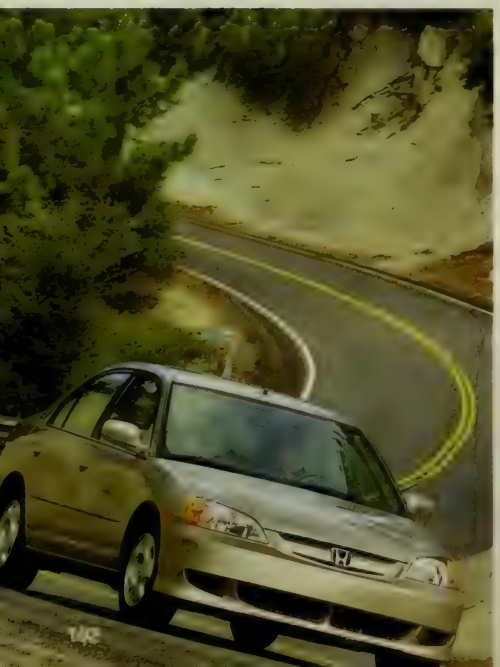
Emissions were calculated by the EPA based on 15,000 miles driving, and include the three major greenhouse gases emitted by motor vehicles: carbon dioxide, nitrous oxide, and methane. The lowest-emission vehicle currently sold is a manual transmission Honda Insight, which exhausts 3.1 tons of gases.

gas engine and a super-slim electric motor run by a 144-volt battery.

The 85-horsepower gasoline engine provides most of the power. It gets help from the 13-horsepower electric during acceleration, when a conventional car gulps the most gas. As you slow down or apply the brakes, the battery is recharged automatically, so the Hybrid doesn't have to be plugged in for rejuicing like an all-electric vehicle. The nickel-metal hydride battery pack is a giant relative of your cell-phone battery. Honda guarantees the auto version will last for at least eight years or 80,000 miles.

Honda's second-generation technology enables this Civic to achieve miserly fuel economy without being a flimsy little econobox. It feels more substantial and quieter on the road than first-generation hybrids Honda Insight and Toyota Prius. Acceleration is a tad slower than gas-only economy cars.

Compared to other Civics, one shortcoming is trunk space. Two cubic feet are stolen by the big battery and its control unit, which reside behind the rear seat. Still, at 10 cubic feet in size, the trunk will haul four 26-inch Pullman suitcases or a baby stroller.

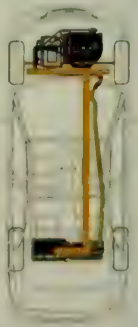


Civics are North America's best-selling compact cars and among the safest, based on crash tests. Honda engineers predict the Hybrid will deliver top five-star results in government safety tests, plus a "good" rating from the insurance industry.

There is a premium to pay, however, for this mainstream green machine. Civic Hybrids cost $19,550, about $2,950 more than a gas-only Civic LX. The Hybrid's standard equipment includes automatic transmission, climate control, CD player, power windows, and remote keyless entry.

If regular gas sells for $1.50 per gallon or less, the average 15,000 mile-per-year driver saves about $230 annually compared to the cost of fueling up a 33 mpg conventional economy car. At that rate, the payback for the steeper sticker price stretches to more than 12 years. That may seem like a high price, but how much do you value cleaner air?





The gas engine, ultrathin electric motor, and transmission are bundled together at the front of the car (*below*); the system's computer and battery pack are tucked behind the rear seat.

ONE POLICY, INDIVISIBLE

FOR *all* THE BELONGINGS *you* HOLD DEAR.



Your home. Your minivan. Your computer. Your mountain bike. Your engagement ring. Your Personal Digital Assistant. They're all protected with one unique insurance policy. THE ENCOMPASS UNIVERSAL SECURITY POLICY. End the tyranny and inconvenience of separate policies. Ask your Independent Insurance Agent today.

TO FIND THE AGENT NEAREST YOU
call toll-free 1-866-760-6050
or visit encompassinsurance.com/info

ENCOMPASS. INSURANCE

LIBERTY, JUSTICE, AND REALLY GOOD INSURANCE™

©2001 Encompass Holdings, LLC. Encompass Holdings, LLC is a subsidiary of Allstate Insurance Company, which is the exclusive administrator of the personal auto and homeowners insurance products issued through the insurance subsidiaries of CNA Financial Corporation. Home office: Chicago, IL. Subject to availability and qualifications.



Protecting your baby from SIDS

More babies die of SIDS in one year than all children who die of cancer, abuse, heart disease, pneumonia, AIDS, cystic fibrosis, and muscular dystrophy combined.

It was two days before Father's Day in 1998, and Tracy Weeks was going to run a few errands. After breast-feeding her 8-week-old daughter, Jenica, she took the sleeping baby to her day-care provider's house. She remembers setting the car seat on the living room floor and telling the woman that if Jenica got hungry to give her a bottle she had prepared.

Within hours, her daughter was dead. The day-care provider had laid Jenica on her back in a crib, and she never woke up.

"I was only going to be gone for three hours," Tracy says. "I didn't wake her. I didn't kiss her good-bye. I hated myself so long for that."

Sudden Infant Death Syndrome (SIDS) is a term doctors use for an unexplainable death. It's a diagnosis made when a healthy baby suddenly dies and an autopsy, review of medical and family history, and examination of the death scene reveal no clues as to why.

SIDS is a huge fear for many new parents. It kills 3,000 babies a year, most of whom are 6 months old and younger. Rare in the first month of life, the risk of SIDS is highest between 2 and 4 months of age and slowly declines after that.

What causes SIDS?

No one is exactly sure what causes SIDS, but a leading theory is that SIDS babies may have a developmental abnormality in their brain stem region. Research has shown that some victims have neurotransmitter deficiencies in the brain stem, where breathing, blood pressure, and sensing carbon dioxide are controlled.

The theory is that if a baby with this defect is placed on her stomach to sleep (less seldom on her back as in Jenica's case) and her face gets pressed against a mattress or toy, her body will not arouse itself to avoid a fatal outcome. The infant only has the pocket of air around her face, causing her to "rebreathe" carbon dioxide gas she has just exhaled.

"Most babies will wake up when the gas gets too high, but those with this brain stem defect never get the sign that something is wrong," says Henry Krous, M.D., pathologist at Children's Hospital and Health Center, San Diego.

However, new research announced in April suggests that SIDS deaths may be caused by a by-product of E. coli. Researchers found the bacterium in all 68 SIDS babies examined.

In up to 60 percent of SIDS cases reported around the world, babies were found on their stomachs with their faces covered by bedding, says Dr. Bradley Thach, M.D., a pediatrics professor and SIDS researcher at Washington University School of Medicine in St. Louis.

Although no one can prevent SIDS, there are things parents can do to minimize the risk.

continued on page 106



TRODUCING LIPTON ASIAN SIDE DISHES
ew way to get recognized for a great dinner

LABLE IN FIVE FAMILY PLEASING FLAVORS
se from: Beef Lo Mein Noodles • Teriyaki Noodles
and Sour Noodles • Chicken Fried Rice • Teriyaki Rice

avorites.com

Lipton New!
Asian Side Dishes
Beef Lo Mein Noodles

LIPTON SIDE DISHES
A LITTLE HELP WITH DINNER

continued from page 104

Always put your baby on his back, and instruct day-care providers to do the same

SIDS deaths have decreased by more than 40 percent since 1994 when the national "back-to-sleep" campaign began. The crib should be empty, with no blankets, pillows, soft materials, stuffed toys, sheepskin, or comforters.



Studies have found that a warm room, too much clothing, and bedding in the crib may increase the risk of SIDS.

Some people assume placing a baby on his side is safe, but it's not. "Side-sleeping is less risky than sleeping prone, but side sleepers can turn prone," says Dr. Thach. Baby stores sell wedges to help keep an infant on her side, but the American Academy of Pediatrics doesn't endorse them, he says. The wedges can act as pillows and block oxygen.

Babies who are used to sleeping on their backs are at a particularly high risk of SIDS if they are placed on their stomachs to sleep, Dr. Thach says. A study in the journal *Pediatrics* found that a significant percentage of SIDS deaths occur in day-care settings. One possible reason: Children in day care are more likely to be put to sleep on their stomachs or to be found sleeping on their stomachs.

Don't let anyone smoke around your baby

Exposure to cigarette smoke in the house doubles a child 's risk of SIDS. Smoke interferes with a baby's developing lungs and nervous system, and can disrupt her ability to wake from sleep, says pediatrician/author William Sears, M.D.

Avoid overheating

Research has found that a warm room, too much clothing, or bedding may increase the risk of SIDS. The American Academy of Pediatrics recommends keeping the bedroom temperature comfortable for lightly clothed adults (65 to 67 degrees is ideal) and taking care not to overdress a baby or put on too many blankets.

Many experts advise using sleepers instead of blankets and to skip a hat, even snug ones. During winter, always remove outerwear and blankets once you bring the baby inside a store or house. Some signs your baby is too warm: damp hair, sweating, heat rash, and rapid breathing.

Breast-feed if possible

Studies show that babies who died of SIDS were less likely to have been breast-fed. Breast-feeding protects against gastrointestinal and respiratory illnesses and infections. Dr. Sears theorizes that breast-fed babies have a more sensitive arousability from deep sleep. Gastro-esophageal reflux, which can cause a baby to stop breathing, is less severe in breast-fed babies, Dr. Sears says.

The good news for parents is that minimizing the risk factors are easy, affordable and, in many cases, effective. There are deaths in which babies were placed on their backs and no risk factors were present, as with Jenica, but Dr. Krous says most SIDS cases he has studied have involved stomach sleeping or cigarette smoke. "If you can get rid of the risk factors, you have gone a long way to minimize the risk of SIDS."

Tracy Weeks, who has since given birth to another baby girl, says she has learned not to blame anyone for Jenica's death, including herself. "I was the best mom I could be," she says. "You just have to love them every minute that you have them." ♦

WHAT TO SAY WHEN A BABY DIES

Say something. SIDS Alliance, a national nonprofit voluntary health organization, has compiled a list of Dos and Don'ts.

Do

- Say you are sorry about what happened.
- Allow them to express grief, but also accept silence.
- Let them talk about their baby.
- Reassure them that they did everything they could and that the medical care their baby received was the best.
- Remember the family on baby's birthday, anniversary of death, Mother's and Father's days, and other special occasions.

Don't

- Say you know how they feel (unless you've lost a child yourself, you probably don't know how they feel).
- Probe for details about the baby's death.
- Change the subject when they mention their dead child.
- Point out that they can have another child.
- Blame anyone for the death.

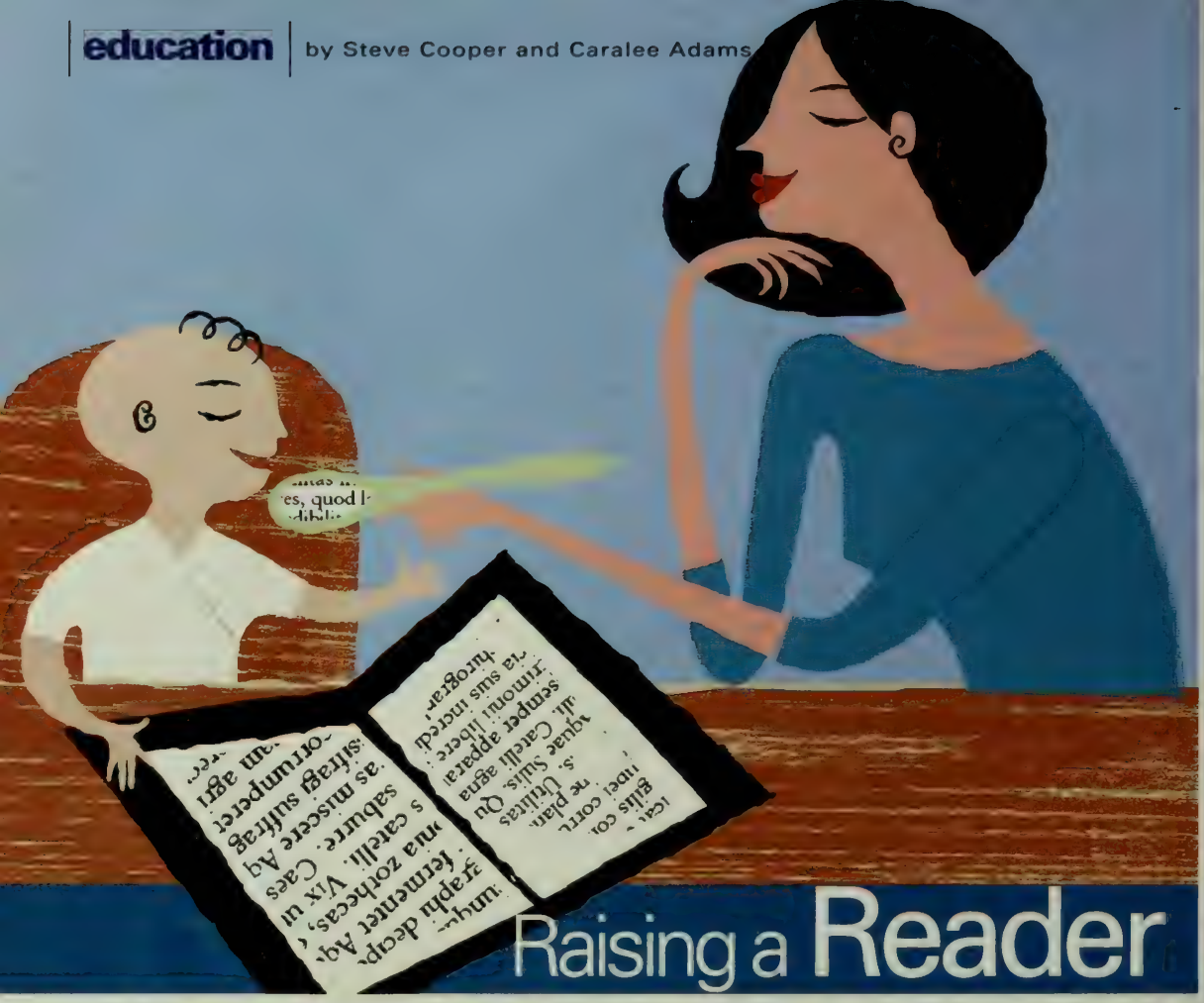
There could be more
irritants here
than in
new Snuggle Pure and Gentle.



You may not know what's in the air but you do know that Snuggle® Pure and Gentle™, with a clean scent, is dermatologist tested and proven not to irritate your skin.

©2002 Lever Brothers Company

by Steve Cooper and Caralee Adams



Raising a Reader

Children can hardly resist a book's talking ducks, spunky kids, and elves.

Henry the Duck helped my children become readers.

To this day, *Henry's Awful Mistake* by Robert Quackenbush comes up in family conversation, even though the Cooper kids are now adults. This silly story—it's about a duck trying to rid his cottage of a pesky ant—helped open books to my children. Mention of Henry recalls our family juggling towers of titles on library treks, and sweet moments when we all snuggled in bed with a book, while this dad struggled to stay awake through a story.

Of course, I had my own pivotal childhood book too. It was *The Wonderful Flight to the Mushroom Planet* by Eleanor Cameron. This 1954 tale told of two boys and a mysterious visitor from outer space. With Sputnik practically a night-light overhead, the story rocketed me away on a homemade spaceship.

What was your *Mushroom Planet*? Was it *The Hobbit*, *Black Beauty*, a Nancy Drew mystery, or something much more serious, such as *The Diary of Anne Frank*?

These books ignite passion about characters, places, and ideas, and trigger a desire for more books. They can transform a child with little interest in reading into a child who sneaks off to bed with a flashlight and a burning desire to find out what happens next.

It seems that the deck is stacked against parents who want to spark interest in reading. There are so many other blockbuster entertainments seeking kids' attention. How can parents make sure that kids don't miss out on *Anne of Green Gables* or *The Chronicles of Narnia*?

It's an environment issue

When it comes to reading, parents should think of themselves more as coaches than teachers. "Parents create the climate and context to support and nurture reading," says Linda Gambrell, director of the school of education at Clemson University in Clemson, South Carolina. Foster a love of reading by making it pleasurable, and avoid any intense tutoring at home.

Demonstrate the importance of reading and writing in your everyday life, says Catherine Snow, a professor in the

continued on page 110

It reads like a Who's Who of ingredients.



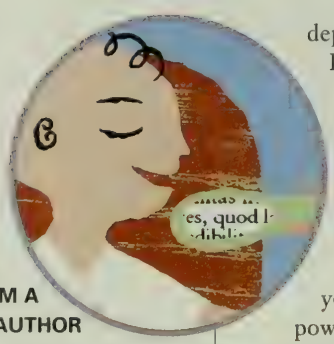
You've never seen anything like this before. Beneful® brand dog food from Purina has wholesome grains for energy, protein-rich beef that helps build strong muscles and vegetables with vitamins and minerals. You'll love the complete nutrition. Your dog will love the taste. He'll only think he's getting spoiled. Beneful from Purina.

HEALTHFUL. FLAVORFUL. BENEFUL.™

www.beneful.com

©2002 Ralston Purina Company

 continued from page 108



A WORD FROM A CHILDREN'S AUTHOR

Above all else, reading should be fun, says Cynthia Leitich-Smith, author of *Jingle Dancer*, *Rain Is Not My Indian Name*, and *Indian Shoes*. Here are some of her thoughts about books and kids:

Young readers want a compelling story, however long, that grabs them by the end of the first chapter, if not the first paragraph. They want to be tempted to skip ahead and find out what happens.

A successful children's book is one that entertains, inspires, and challenges. Today's children tend to resist writing that tries too hard to teach or preach to them. They long for stories written for their own sake, rather than as guidance tools.

Sometimes—even with the most attentive and encouraging caregivers, and the strongest schools and library system—an individual child will still resist reading.

Ask what subjects interest her and find stories that integrate them. For example, a youngster fascinated by the ocean might enjoy a mermaid story or an island setting. Try books set in your home state or featuring people from your ethnic group.

Reading aloud transforms a room, draws the listeners closer together.

My mother took me to the library every Saturday morning, and one of my fondest childhood memories is having won a reading contest.

Leitich-Smith offers a wealth of ideas for parents and young readers at www.cynthialeitichsmith.com.

department of Human Development and Psychology at the Harvard Graduate School of Education in Cambridge, Massachusetts. As you make lists, compose letters, or read the newspaper, you are conveying powerful messages about the value of writing.

Because words are all around us, you can prompt your kids to read anywhere, anytime. For instance, have them help you with road signs. "These are everyday visual flashcards," says Carol Rasco, president of Reading Is Fundamental, Inc., in Washington, D.C. "It's not a matter of making extra time—it's using the time you have."

Book 'em

Long before your children can read, start reading to them. This will give them a taste for a good story and the rhythm of language, while expanding their vocabularies. It's also fun.

When you read aloud, do so with enthusiasm, encouraging questions. Read the story yourself beforehand, so you can work out various voices and spot sections where you'll need to emote a bit. Put life into the author's words.

Involve children in the reading. For instance, if a phrase is often repeated, encourage your little ones to read that line out loud themselves. Also, always stop on difficult words to make sure everyone understands.

At the end of a book, ask what they thought of the story. "The more you engage the child in what has been read, the more internalized the learning will be," says Gambrell. "Also, continue the habit of reading aloud even when kids can read on their own." This feeds the reading habit, steers young eyes into the pages of books, and brings the family together.

If you have an unenthusiastic reader on your hands, keep an eye out for a "home run" book, says Jim Trelease, author of the *Read-Aloud Handbook* (2001). A winning story triggers excitement for a child. It's often tied to an interest, such as sports, animals, or a favorite hobby.

This happened in the Cooper household with my oldest son, Ben, when he discovered the *Encyclopedia Brown* boy-detective series. Ben had been a mere listener to Henry the Duck. But with Brown and the Hardy Boys after that, he discovered the joy of reading for himself.

Getting creative

There are other ways to make writing and language part of a child's life. If you have reluctant readers, try some of these tricks:

- Gather a well-stocked home library, perhaps through used-book stores, book fairs, and garage sales. And what finer institution is there than your local library? Children delight in having one place to go where no one says, "You get only one—and keep it under $20."
- Make reading a game, such as searching for words in the newspaper. Or dazzle your toddler with rhyming words, and challenge them to come up with simple rhymes.
- Buy books on tape, or read a book together and then rent the movie. Discuss them. If you are in the middle of a read-out-loud story and have to be gone for a day or two, record some readings so the story can continue.
- Reluctant readers may find fast-paced, humorous books with short chapters less intimidating.
- Encourage nighttime reading by allowing your middle schoolers to read an extra 30 minutes after their usual bedtime.
- Watch for announcements that children's authors are visiting your local library and bookstores. Getting to know a writer may trigger interest in reading his or her work.

Maybe there is a larger problem

If you feel your child is struggling too much with reading, discuss it with a teacher. Your child could have a vision or hearing problem.

Schools can provide assessments and special education plans. A tutor or learning center may be recommended.

I've been involved in 9,834 accidents.

Charles Craig LIBERTY MUTUAL AUTO SPECIALIST

BUSINESS AUTO HOME LIFE

"Nobody's perfect. And I've got the background to prove it. Fact is, when you've taken care of as many claims as I have, you know exactly what it takes to fix cars after an accident. It's something I learned back at our Collision Training School. Like all our experts, I was taught how to assess damage by repairing cars firsthand. It helps me get customers back on the road as quickly and safely as possible. So the next time you see a fender bender, don't be surprised to find me involved."



INSURANCE in ACTION *If you're involved in an auto accident: Get out of harm's way, call the police immediately and exchange information with the others involved. For a quote on auto insurance, call 1-800-4-LIBERTY.*

Liberty Mutual

VISIT WWW.LIBERTYMUTUALINSURANCE.COM AND START LIVING A LIFE WORTH SECURING

A Touch of Home
a visit to Gilda's Club®

Living with cancer? Come as you are.


Photo by Jeff Kaufman

GILDA'S CLUB WORLDWIDE

Living with cancer?
Come as you are.™

At Gilda's Club, you'll be welcomed with open arms. As soon as you walk through the bright red door of any Gilda's Club you'll notice the whimsical mural inspired by our muse, comedian Gilda Radner. You'll feel at ease in the homey, non-institutional environment. If you're there for a New Member Meeting, you'll join others in sharing your experiences and learning how to live with cancer. You'll learn about the free, customized Gilda's Club program where men, women and children with cancer, and their family and friends participate in support and networking groups, lectures and workshops. When you tour the clubhouse, you'll see where family meetings, potluck suppers, yoga, and quiet reading take place.

Visit www.bhg.com/gildadonation for a special book offer from Better Homes and Gardens

The Language of Cancer


Photo by Jeff Kaufman

What we say and hear impacts how we think, feel and relate to others about cancer, according to Gilda's Club founder Joanna Bull. Using words that communicate fear, dread and hopelessness influences our beliefs, and can cause added misery to people living with cancer—both the person with cancer and family members. Making just a few changes in the language you use can make a big difference. For example:

Instead of	Say
Cancer "victim" or cancer "sufferer"	Person living with cancer
"Fight," "battle" or "struggle" against cancer	Live with cancer
"Life-threatening" illness	Life-altering illness
"Hopeless" situation	Hope for comfort and ease
"Stay positive"	It's okay to feel what you are feeling

Gilda's Club Needs You

Gilda's Club provides free social and emotional support communities in i stand-alone clubhouses in fourteen cities in the U.S. and Canada. The organization depends on support fro individuals, foundations and corpora tions for the financial resources to d its work. Gifts to Gilda's Club Worldw may be made by check, money orde credit card, or via the printable form on our Web site.

For more information and to reach Gilda's Club Worldwide, Gilda's Clu affiliates, and Gilda's Club Online, visit www.gildasclub.org.



Even when living with cancer, you ca laugh at Gilda's Club, where there are special activities for children.

sponsored by PROCRIT®



CHEMO WAS STEALING THE ENERGY NEEDED FOR MY GRANDSON.

NTIL I TALKED TO MY DOCTOR ABOUT GETTING IT BACK.

chemotherapy making you weak? You may be anemic without knowing it. Anemia is a common de effect of chemotherapy; in fact, it affects 7 out of 10 chemotherapy patients. It means your body esn't have enough red blood cells. This can result in symptoms like extreme tiredness, dizziness, shortness of breath. However, there is an effective medicine. It's called PROCRIT® (Epoetin alfa).

ROCRIT is identical to a substance your body produces naturally. And it helps your body produce d blood cells that can restore your energy. PROCRIT has been proven safe and effective. In trials, nly diarrhea and edema occurred more often with PROCRIT than placebo. Please see the following ief summary of Prescribing Information. PROCRIT is available by prescription only and is for atients with most types of cancer, such as breast and lung (non-myeloid). Find out how PROCRIT n treat your anemia and help you get back the strength you need — *your strength for living.*

sk your doctor if PROCRIT is right for you.

all 1.866.434.7122 for your FREE information booklet or visit www.PROCRIT.com

PROCRIT®
EPOETIN ALFA
Strength for Living

BRIEF SUMMARY OF PRESCRIBING INFORMATION INDICATED FOR THE TREATMENT OF ANEMIA OF CANCER PATIENTS ON CHEMOTHERAPY

PROCRIT®
EPOETIN ALFA
For Injection

FOR FULL PRESCRIBING INFORMATION FOR ALL INDICATIONS, REFER TO THE *PHYSICIANS' DESK REFERENCE®*

INDICATIONS AND USAGE
PROCRIT® (Epoetin alfa) is indicated for the treatment of anemia in patients with nonmyeloid malignancies where anemia is due to the effect of concomitantly administered chemotherapy. PROCRIT is indicated to decrease the need for transfusions in patients who will be receiving concomitant chemotherapy for a minimum of 2 months. PROCRIT is not indicated for the treatment of anemia in cancer patients due to other factors such as iron or folate deficiencies, hemolysis, or gastrointestinal bleeding, which should be managed appropriately.

CONTRAINDICATIONS
PROCRIT is contraindicated in patients with:
1) Uncontrolled hypertension.
2) Known hypersensitivity to mammalian cell-derived products.
3) Known hypersensitivity to Albumin (Human).

WARNINGS
Pediatric Use: The multidose preserved formulation contains benzyl alcohol. Benzyl alcohol has been reported to be associated with an increased incidence of neurological and other complications in premature infants, which are sometimes fatal.

PRECAUTIONS
The parenteral administration of any biologic product should be attended by appropriate precautions in case allergic or other untoward reactions occur (see CONTRAINDICATIONS). In clinical trials, while transient rashes were occasionally observed concurrently with PROCRIT therapy, no serious allergic or anaphylactic reactions were reported. (See ADVERSE REACTIONS for more information regarding allergic reactions.)

The safety and efficacy of PROCRIT therapy have not been established in patients with a known history of a seizure disorder or underlying hematologic disease (eg, sickle cell anemia, myelodysplastic syndromes, or hypercoagulable disorders).

In some female patients, menses have resumed following PROCRIT therapy; the possibility of pregnancy should be discussed and the need for contraception evaluated.

Hematology: Exacerbation of porphyria has been observed rarely in patients with chronic renal failure (CRF) treated with PROCRIT. However, PROCRIT has not caused increased urinary excretion of porphyrin metabolites in normal volunteers, even in the presence of a rapid erythropoietic response. Nevertheless, PROCRIT should be used with caution in patients with known porphyria.

In preclinical studies in dogs and rats, but not in monkeys, PROCRIT therapy was associated with subclinical bone marrow fibrosis. Therefore, cancer patients should have hematocrit (HCT) measured once a week (QW) until HCT has been stabilized, and measured periodically thereafter.

Delayed or Diminished Response: If the patient fails to respond or to maintain a response to doses within the recommended dosing range, the following etiologies should be considered and evaluated: 1) Iron deficiency: Virtually all patients will eventually require supplemental iron therapy (see Iron Evaluation). 2) Underlying infectious, inflammatory, or malignant processes. 3) Occult blood loss. 4) Underlying hematologic diseases (ie, thalassemia, refractory anemia, or other myelodysplastic disorders). 5) Vitamin deficiencies: folic acid or vitamin B12. 6) Hemolysis. 7) Aluminum intoxication. 8) Osteitis fibrosa cystica.

Iron Evaluation: During PROCRIT therapy, absolute or functional iron deficiency may develop. Functional iron deficiency, with normal ferritin levels but low transferrin saturation, is presumably due to the inability to mobilize iron stores rapidly enough to support increased erythropoiesis. Transferrin saturation should be at least 20% and ferritin should be at least 100 ng/mL.

Prior to and during PROCRIT therapy, the patient's iron status, including transferrin saturation (serum iron divided by iron binding capacity) and serum ferritin, should be evaluated. Virtually all patients will eventually require supplemental iron to increase or maintain transferrin saturation to levels which will adequately support erythropoiesis stimulated by PROCRIT.

Drug Interactions: No evidence of interaction of PROCRIT with other drugs was observed in the course of clinical trials.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: Carcinogenic potential of PROCRIT has not been evaluated. PROCRIT does not induce bacterial gene mutation (Ames Test), chromosomal aberrations in mammalian cells, micronuclei in mice, or gene mutation at the HGPRT locus. In male and female rats treated intravenously (IV) with PROCRIT, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg.

Pregnancy Category C: PROCRIT has been shown to have adverse effects in rats when given in doses 5 times the human dose. There are no adequate and well-controlled studies in pregnant women. PROCRIT should be used during pregnancy only if potential benefit justifies the potential risk to the fetus.

In studies in female rats, there were decreases in body weight gain, delays in appearance of abdominal hair, delayed eyelid opening, delayed ossification, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. In female rats treated IV, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg.

Nursing Mothers: Postnatal observations of the live offspring (F1 generation) of female rats treated with PROCRIT during gestation and lactation revealed decreases in body weight gain, delays in appearance of abdominal hair, eyelid opening, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. It is not known whether PROCRIT is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when PROCRIT is administered to a nursing woman.

Pediatric Use: See WARNINGS, Pediatric Use.

Pediatric Cancer Patients on Chemotherapy: Published literature has reported the use of PROCRIT in approximately 64 anemic pediatric cancer patients ages 6 months to 18 years, treated with 25 to 300 U/kg subcutaneously (SC) or IV, 3 to 7 times per week. Increases in hemoglobin and decreases in transfusion requirements were noted.

Hypertension: Hypertension, associated with a significant increase in PCV, has been noted rarely in cancer patients treated with PROCRIT. Nevertheless, blood pressure (BP) in patients treated with PROCRIT should be monitored carefully, particularly in patients with an underlying history of hypertension or cardiovascular disease.

Seizures: In double-blind, placebo-controlled trials, 3.2% (N=2/63) of patients treated with PROCRIT and 2.9% (N=2/68) of placebo-treated patients had seizures. Seizures in 1.6% (N=1/63) of patients treated with PROCRIT occurred in the context of a significant increase in BP and HCT from baseline values. However, patients treated with PROCRIT also had underlying CNS pathology which may have been related to seizure activity.

Thrombotic Events: In double-blind, placebo-controlled trials, 3.2% (N=2/63) of patients treated with PROCRIT and 11.8% (N=8/68) of placebo-treated patients had thrombotic events (eg, pulmonary embolism, cerebrovascular accident).

Growth Factor Potential: PROCRIT is a growth factor that primarily stimulates red cell production. However, the possibility that PROCRIT can act as a growth factor for any tumor type, particularly myeloid malignancies, cannot be excluded.

ADVERSE REACTIONS
Adverse experiences reported in clinical trials with PROCRIT in cancer patients were consistent with the underlying disease state. In double-blind, placebo-controlled studies of up to 3-months duration involving 131 cancer patients, adverse events with an incidence >10% in either patients treated with PROCRIT or placebo-treated patients were as indicated below.

Percent of Patients Reporting Event: Event followed by Patients Treated with PROCRIT (N=63) first, Placebo-Treated Patients (N=68) second:
Pyrexia 29%, 19%; Diarrhea 21%,[a] 7%; Nausea 17%,[b] 32%; Vomiting 17%, 1
Edema 17%,[c] 1%; Asthenia 13%, 16%; Fatigue 13%, 15%; Shortness of Br
13%, 9%; Paresthesia 11%, 6%; Upper Respiratory Infection 11%, 4%; Dizzi
5%, 12%; Trunk Pain 3%,[d] 16%.
[a]*P*=0.041; [b]*P*=0.069; [c]*P*=0.0016; [d]*P*=0.017.

Although some statistically significant differences between patients treated with PROCRIT and placebo-treated patients were noted, the overall safety profile of PROCRIT appeared to be consistent with the disease process of advanced cancer. During double-blind and subsequent open-label therapy in which patients (N=7 total exposure to PROCRIT) were treated for up to 32 weeks with doses as high as 927 U/kg, the adverse experience profile of PROCRIT was consistent with progression of advanced cancer.

Based on comparable survival data and on the percentage of patients treated with PROCRIT and placebo-treated patients who discontinued therapy due to death, disease progression or adverse experiences (22% and 13%, respectively; *P*=0 the clinical outcome in patients treated with PROCRIT and placebo-treated pati appeared to be similar. Available data from animal tumor models and measurem of proliferation of solid tumor cells from clinical biopsy specimens in respons PROCRIT suggest that PROCRIT does not potentiate tumor growth. Neverthe as a growth factor, the possibility that PROCRIT may potentiate growth of s tumors, particularly myeloid tumors, cannot be excluded. A randomized contro Phase IV study is currently ongoing to further evaluate this issue.

The mean peripheral white blood cell count was unchanged following PROC therapy compared to the corresponding value in placebo-treated group.

OVERDOSAGE
The maximum amount of PROCRIT that can be safely administered in singl multiple doses has not been determined. Doses of up to 1500 U/kg 3 ti weekly (TIW) for 3 to 4 weeks have been administered to adults without any d toxic effects of PROCRIT itself. Therapy with PROCRIT can result in polycythe if the HCT is not carefully monitored and the dose appropriately adjusted. I suggested target range is exceeded, PROCRIT may be temporarily withheld the HCT returns to the suggested target range; PROCRIT therapy may ther resumed using a lower dose (see DOSAGE AND ADMINISTRATION). If p cythemia is of concern, phlebotomy may be indicated to decrease the HCT.

DOSAGE AND ADMINISTRATION
Baseline endogenous serum erythropoietin levels varied among patients in th trials with approximately 75% (N=83/110) having endogenous serum erythropo levels <132 mU/mL, and approximately 4% (N=4/110) of patients ha endogenous serum erythropoietin levels >500 mU/mL. In general, patients lower baseline serum erythropoietin levels responded more vigorously to PROC than patients with higher erythropoietin levels. Although no specific serum eryt poietin level can be stipulated above which patients would be unlikely to respon PROCRIT therapy, treatment of patients with grossly elevated serum erythropo levels (eg, >200 mU/mL) is not recommended. The HCT should be monitored weekly basis in patients receiving PROCRIT therapy until HCT becomes stable

Starting Dose: The recommended starting dose of PROCRIT for adults is 150 U SC TIW. For pediatric patients, see PRECAUTIONS, Pediatric Use.

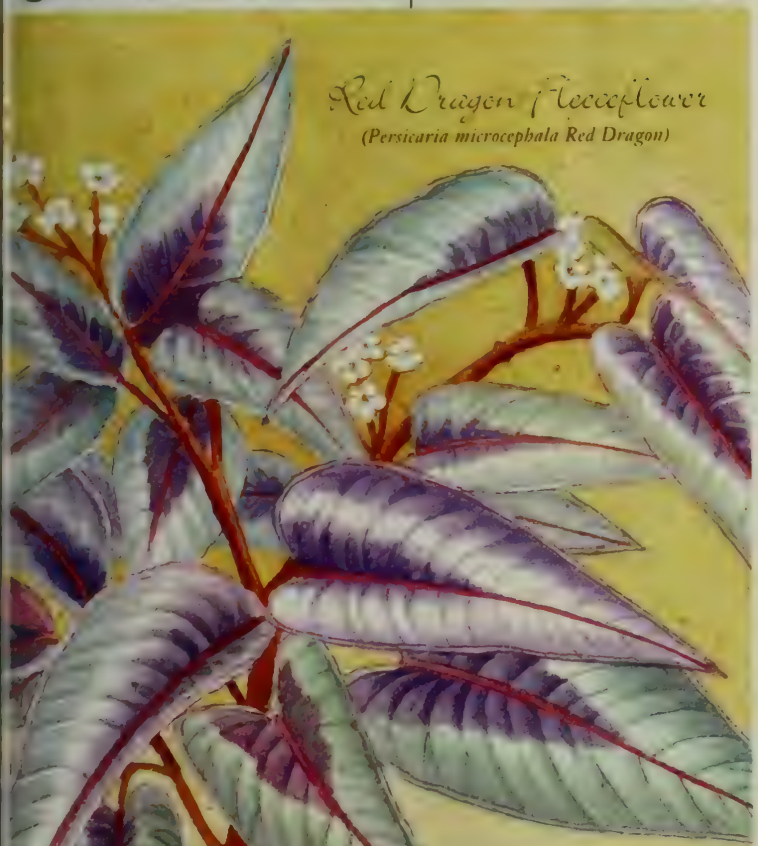
Dose Adjustment: If the response is not satisfactory in terms of redu transfusion requirements or increasing HCT after 8 weeks of therapy, the dos PROCRIT can be increased up to 300 U/kg TIW. If patients have not respon satisfactorily to a PROCRIT dose of 300 U/kg TIW, it is unlikely that they will resp to higher doses of PROCRIT. If the HCT exceeds 40%, the dose of PROCRIT sh be withheld until the HCT falls to 36%. The dose of PROCRIT should be redu by 25% when treatment is resumed and titrated to maintain the desired HCT. I initial dose of PROCRIT includes a very rapid HCT response (eg, an increas more than 4 percentage points in any 2-week period), the dose of PROCRIT sh be reduced.

STORAGE
Store at 2° to 8°C (36° to 46°F). Do not freeze or shake.

◆

ORTHO BIOTECH

Manufactured by: Amgen Inc., US Lic. # 1080, Thousand Oaks, California 91320-1
Distributed by: **Ortho Biotech Products, L.P.**, Raritan, New Jersey 08869-0670
December 2000 638-29-979-



editor's choice

Here There Be Dragons

The Red Dragon persicaria was definitely our favorite plant in the garden last year as we watched it change colors from a metallic dark burgundy in spring to a mix of green, red, and silver as the season progressed. Even the leaves' chevrons change color. Tiny cream fluffs like baby's-breath appear midsummer, but that's just a bonus. This fleeceflower is primarily a foliage plant, but like many leafy luminescents, one so colorful that it appears—even from a short distance—as a bouquet of flowers. When mapping out uncharted territory in your yard, Red Dragon makes a dramatic edger or front-of-border foil. You might try Ann Folkard geranium at its lanky legs.

Note that although this is a persicaria, the ever-changing Red Dragon variety grows in a tidy, if floppy, clump, and is not invasive. More reassurance: Seeds are sterile. Another note: Many northern gardeners report that they have little luck with winter survival. The solution is to plant the crown an inch or so below the soil line, like tender roses. And now, enter the dragon.

- **Light:** Sun or part shade. ■ **Hardiness:** To -20°.
- **Growth habit:** 24 inches tall by 30 to 40 inches wide.
- **Bloom time:** Early summer.

continued on page 116

by Craig Summers Black

DEAR MAGGIE,



My pan is in such hot water. I've a good mind to let it sit and soak all day, just to teach it a lesson. What do you think?

Furious
Tulsa, Oklahoma

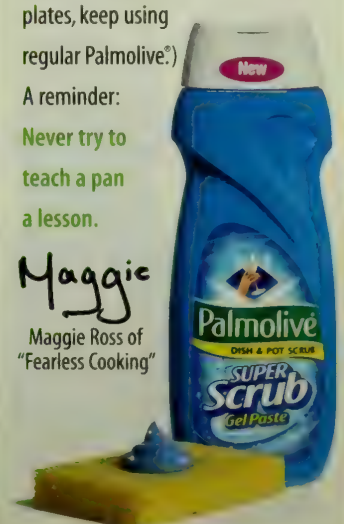
Dear Furious,



My, you sound really burned up. (Or was it the dinner?) Anyway, soaking's definitely not necessary. Get it out of the sink and back in your life with new Palmolive Super Scrub.™ Just squeeze a dollop of its crystal blue scrubbers onto a sponge and clean the burned-on food away. (For your well-behaved pans and plates, keep using regular Palmolive.®) A reminder: Never try to teach a pan a lesson.

Maggie

Maggie Ross of "Fearless Cooking"



Tough on Grease, Soft on Hands.®

For more of Maggie's tips, visit www.Palmolive.com

© 2002 Colgate-Palmolive Co.

DEAR MAGGIE,



My pan's become such a drag.
It's stuck on only one subject and the subject isn't me—
it's meat loaf!

Insulted
Bangor, Maine

Dear Insulted,



No woman has to play second fiddle to meat loaf. Use new Palmolive Super Scrub. Squeeze some onto a sponge and clean. Its crystal blue scrubbers will remove stuck-on meat loaf quickly and easily. Your pan will respect you for it. (And relax—not all pans get stuck and that's when you should use regular Palmolive®.)

Maggie

Maggie Ross of "Fearless Cooking"



Tough on Grease, Soft on Hands.®

For more of Maggie's tips, visit
www.Palmolive.com

©2002 Colgate-Palmolive Co

continued from page 115

looking good

Plan ahead, then plan below

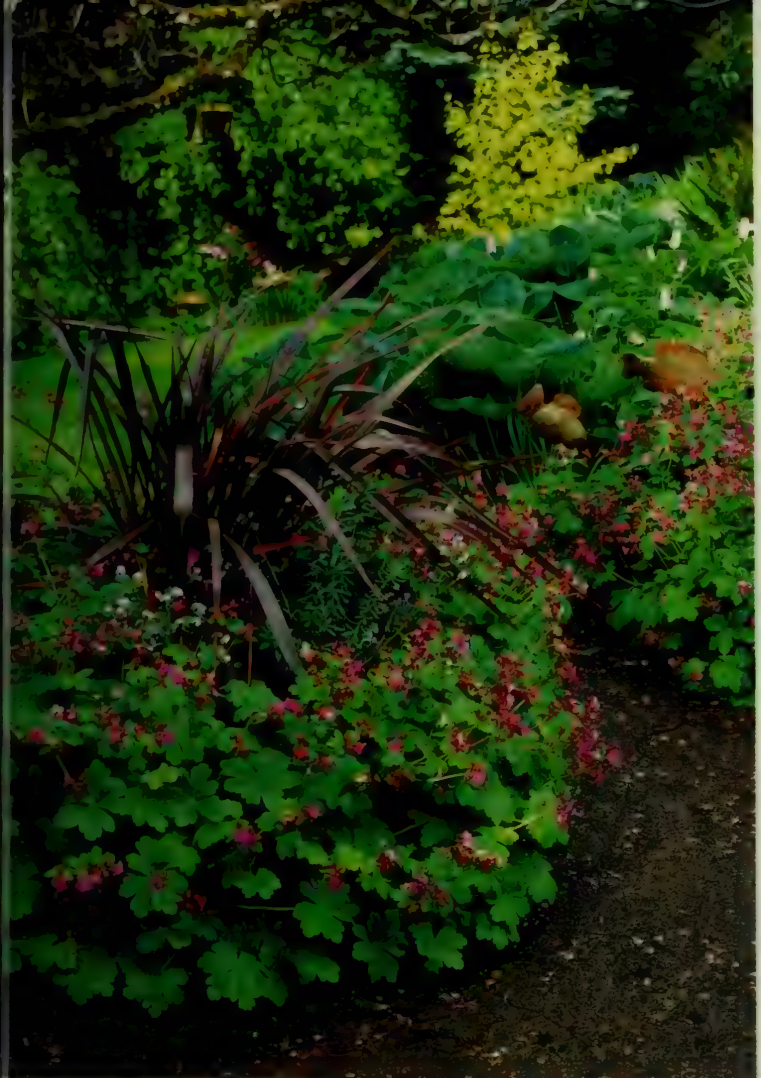
Garden designer Linda Engstrom started planting her wide-open property 25 years ago, starting with trees, not flowers. She wanted her large—and almost barren—acreage to blend in with the surrounding countryside and woodland. "It's important to read the landscape and create a garden that relates to it," she says.

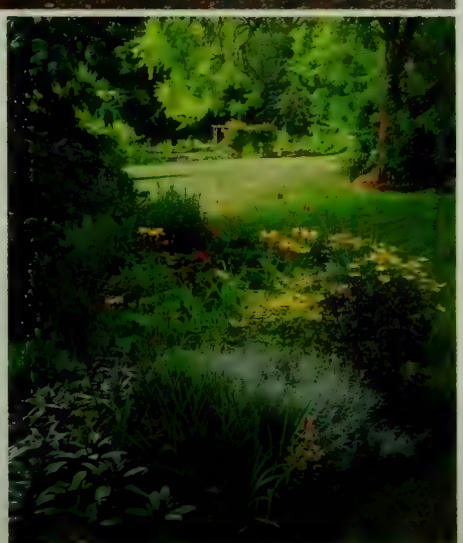
As firs, redwoods, and oaks matured in her Hillsboro, Oregon, landscape, she started sculpting her many perennial beds. "Now I'm having to edit," she says, "taking things out to create 'windows' through the trees so you can look through to the beds below."



A shady border sports swirls of geranium macrorrhizum and hosta sieboldii, punctuated by doronicum and leafy phormium (*right*).







arbors
rt climbing
ınd
g clematis,
defining
mal
s (*left*).
ıtive lights
ung above
rbena
ensis,
fennel, and
flowering
nials.

An oval bed glows softly with variegated sage, silver-gray santolina, golden spiraea, and dark purple hebe (*right*). Says Linda, "I love looking down from the deck onto the border plants and all their textures."

continued on page 118

DEAR MAGGIE,



The pan I love has formed an indecent attachment to lasagna. How can I win my pan back?

Concerned
Topeka, Kansas

Dear Concerned,



You just can't trust a pan. And although you might want to make it suffer, I suggest gentle, loving treatment. Just squeeze a dollop of new Palmolive® Super Scrub™—with its crystal blue scrubbers—onto a sponge and clean. That indecent attachment is history. (For pans and plates that aren't attached to food, use regular Palmolive®.) Remember, nothing should come between you and your pan.

Maggie

Maggie Ross of "Fearless Cooking"



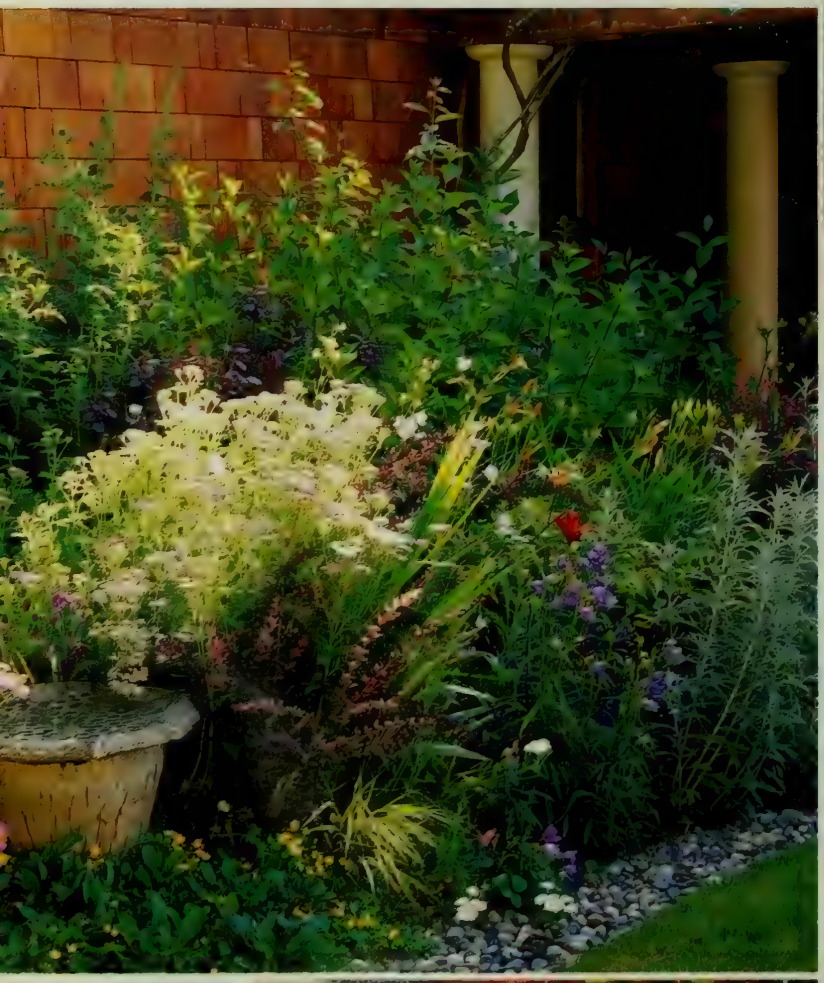
Tough on Grease, Soft on Hands.®

For more of Maggie's tips, visit www.Palmolive.com

© 2002 Colgate-Palmolive Co

continued from page 117

Cardoon makes a huge explosion in between mallow, barberries, carex, lamb's-ears, and—almost hidden—cordyline (*right*).





perfect pairs

Silver in sun, chartreuse in shade

Even as Elisa Corcoran describes her garden, you can see her mentally transplanting some of what she's talking about. "I had all this gray in the entry garden (*left*), and I wanted to introduce some bronzes and yellows. It wasn't my favorite garden. But I like the way the silver-gray keeps weaving itself around things. Now, I'm not real fond of the daylilies. They may have to come out. But it was kind of nice toward the end of the summer as all the daylilies kept on blooming." *Kind of* nice? Elisa, you see, often deals in understatement.

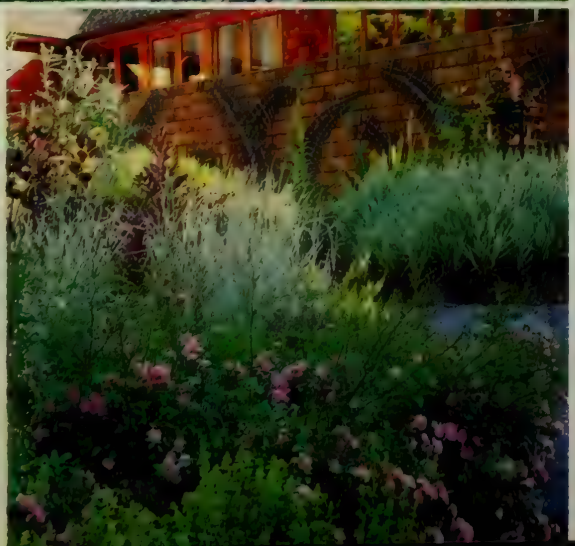
Overall, however, she does emphasize using shades of silver-gray in the sun ("It's so lacy") and lime-yellow, especially with variegation, in her shade gardens. ("It looks almost like sunlight, but it's a trick.")

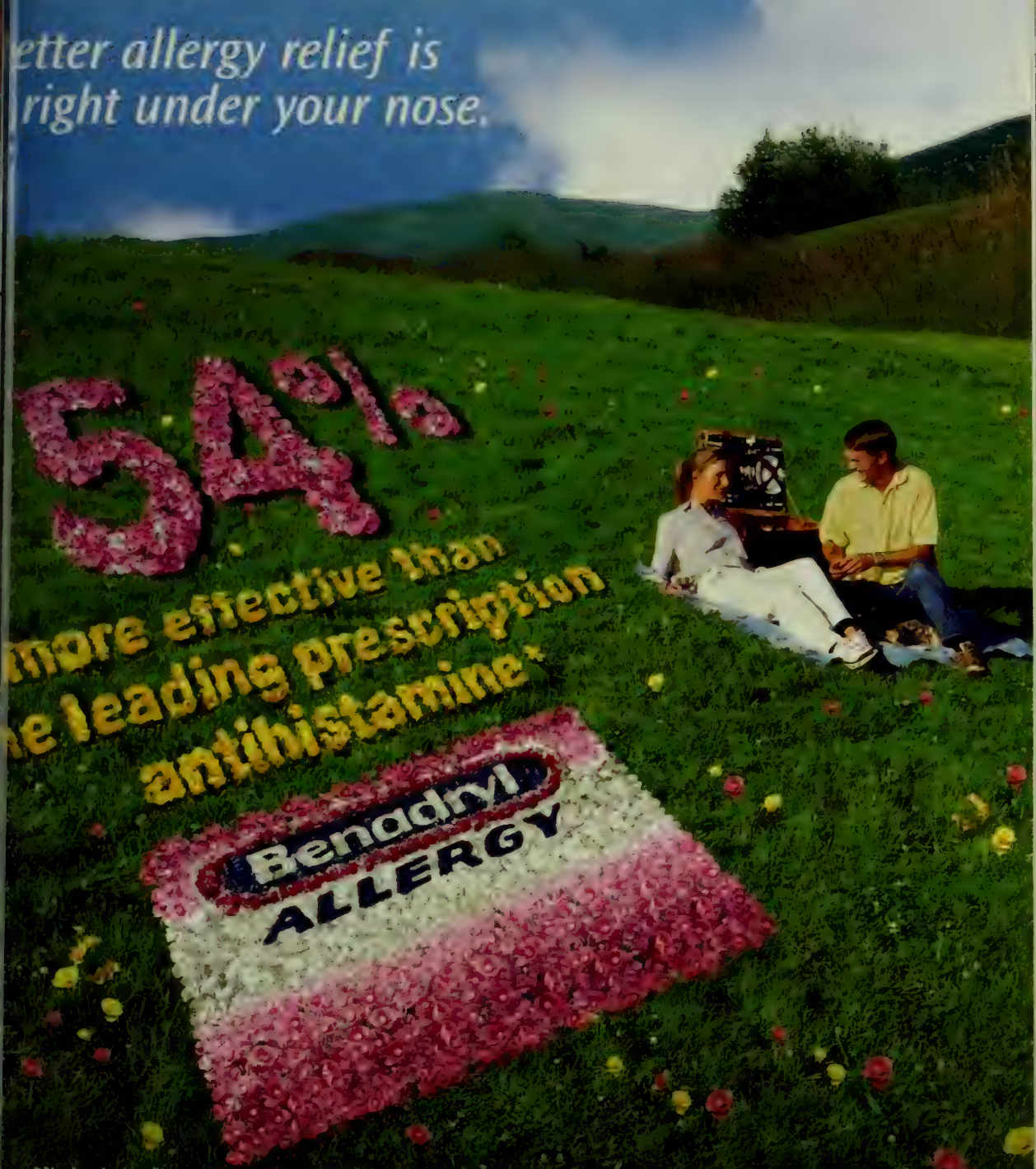
So is there a little transplanting in her future? "The garden is constantly changing," she says. "I move things around a lot."

continued on page 120

Purple barberries flank Silver Queen artemisia at the entry to Elisa Corcoran's home (*above*) on Bainbridge Island, near Seattle.

Diablo physocarpus backs ribbon grass, roses, and ornamental oregano in the backyard (*right*).





Clinical studies proved what allergy sufferers have known all along. Benadryl® is 54% more effective than the leading allergy prescription. More effective at relieving even your worst allergy symptoms like runny noses. If you're looking for better allergy relief, it's as easy as a walk in the park.

Benadryl®. The Histamine Blocker

www.benadrylusa.com

*Effects seen on total nasal symptoms with Benadryl® Allergy at 50mg dose three times daily. Use as directed. © 2002 Pfizer

Deciding is only the beginning of the adventure.

No matter which bold flavor of Hillshire Farm Smoked Links you choose, one bite and you'll know you've made a very good decision.

America's Favorite Sausage

Hillshire Farm


CheddarWurst®


Knockwurst


Hot Links


Beef & Cheddar


Beef Hot Links


Smoked Bratwurst

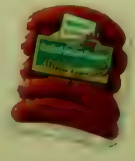

Smoked Sausage


Polish Sausage


Polska Kielbasa


Turkey Polska Kielbasa

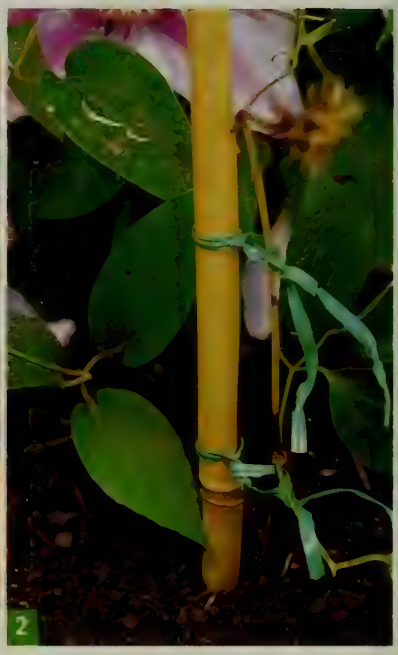

Fully Cooked Bratwurst


Fully Cooked Italian Sausage

©2002 Hillshire Farm

continued from page 118


1


2

test garden tip

Deep thoughts about clematis

As truly wonderful as just about any clematis is, planting one sure can give a gardener fits. Usually, the vines for sale are little sprigs in really tiny pots or, worse, lifeless-looking bare-root entities. Life is tough enough without slogging out to the back 40 to baby little clematis starts on a daily basis. Two things we like to do to ensure the ultimate survival of these showy climbers is to 1) plant them deep, and then 2) propagate our own. If you plant your clematis—store-bought or otherwise—below the soil line, roots will be protected and moist. And if you start an offspring, you can let the vine and roots grow long and sturdy before transplanting.

Your one clematis vine can become two if you bury one of the shoots (*Photo 1*), and then stake it in place (*Photo 2*). Nicking the shoot with a knife and wrapping it with a wad of sphagnum before burial often helps roots form. After a few months, give the new vine a tug to see if it has established itself. If so, snip the shoot from the mother plant, and transplant.

Buying information, page 212

She trusts me to be there for her... I trust Sundown to be there for me.



At Sundown, we are committed to helping you stay healthy...for all the things that are important to your life. So we focus on providing scientifically based supplements of the highest quality as well as the information you've been looking for. We take the guesswork out of choosing the vitamins, minerals and herbs that are right for you. For more information, see our new label or visit us at www.sundownnutrition.com.

Sundown

Dedicated To Your Good Health™

by Doug Hall

This open-to-the-sky front porch is the bright and breezy setting for pots overflowing with color and fragrance.

porch full of posies



As a way to bring her love of flowers onto her oversized front porch, Chris Schaul took up gardening in pots, planters, and hanging baskets. Now she's hooked on the artistic possibilities that containers offer. "Gardening is about plants, but container gardening is more about art," Chris says. "Plants are just the medium you use. And with the variety of plants now available, it is like having one hundred colors to make your artwork."

continued on page 124

Irresistible.



It's hard not to gravitate toward a brilliant white smile.

That's why Crest Whitestrips are so great. In just 14 days they get teeth noticeably whiter. That's a guarantee. They're simple little strips with a gel coating that contains the same enamel-safe whitening ingredient dentists use. 30 minutes twice a day is all it takes to get at stains below the enamel surface. Something whitening toothpastes just can't do.

start peel apply reveal*

www.Whitestrips.com

continued from page 122

"I made it as large as possible so we could really use it," Chris says of the new pergola-style porch. "We have family gatherings here and coffee every morning."



Chris quit her job as a computer consultant in St. Louis to move to the country and start a perennial nursery. She and her husband, Bill, bought 42 acres in a picturesque area of the Missouri River valley that is dotted with wineries. Bill wanted to tear down the decaying, 104-year-old farmhouse that came with their rural acreage, but Chris saw potential beneath the peeling paint. "Give me time, I'll make it charming," she promised. As part of the exterior renovation, the Schauls removed a tiny front porch and replaced it with a broad, wraparound porch. Its open roof admits plenty of light for Chris's pots of blooming annuals. Chris uses the surrounding perennial beds (*left*) to test new varieties of daylilies—the specialty of her nursery, Wine Country Gardens.

continued on page 126

Give it a swirl.



New Breyers 98% fat free Creme Savers Yogurt.
Creme Savers taste. Wholesome yogurt goodness.

"I CAN'T LET A MIGRAINE CALL THE SHOTS"

Porch Full of Posies

continued from page 124



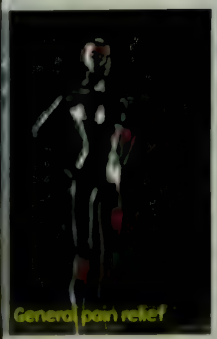
A partitioned wood box holds herbs and ornamental grasses, checkerboard style (*above*).

After years of gardening, Chris wields her trowel with ease, but she still remembers feeling intimidated as a beginner. Her advice to anyone who is new to growing things: Start with a container garden.

"If you look to containers, it's not that difficult to create something special—a sort of micro-universe that you have complete control over," she says. "That's easier than starting with the whole yard."

continued on page 128

Nurse portrayal





"SO I TARGET MY TOTAL MIGRAINE WITH IMITREX"

DISCOVER THE DIFFERENCE OF RESCRIPTION IMITREX

eral pain relievers are made for general ls of pain–like backaches or sore muscles. scription IMITREX is different. Made specif- y for migraines, it was the first medicine of kind believed to target the nerves and od vessels that can trigger your total raine–the throbbing pain, nausea, sensi- / to light and sound–without drowsiness. migraines are disrupting your life, tell your tor. And target your total migraine with TREX Tablets.

ou are nursing, talk to your doctor.

TREX is for the acute treatment of migraine cks in adults. You should not take IMITREX ou have certain types of heart disease, a ory of stroke or TIAs, peripheral vascular ease, Raynaud syndrome, or blood pressure is uncontrolled. If you have risk factors for rt disease, such as high blood pressure, cholesterol, diabetes, or are a smoker, you d to be evaluated by your doctor before ng IMITREX. Very rarely, certain people, even ne without heart disease, have had serious rt-related problems. If you are pregnant, nurs- or taking medications, talk to your doctor.

IMITREX is recognized as an effective treatment for migraine by the National Headache Foundation.

National Headache Foundation

Educational funding was provided in exchange for recognition by the NHF.



Available by prescription only.

ARGET YOUR TOTAL MIGRAINE

a free information kit: www.imitrex.com
all 1-877-IMITREX.

the important information on the adjacent page.

IMITREX® (sumatriptan succinate) Tablets
Patient Information about IMITREX Tablets for migraine headaches
Generic name: sumatriptan succinate
Please read this summary of information about IMITREX before you talk to your doctor or start using IMITREX. No summary can take the place of a careful discussion between you and your doctor. Only your doctor has the medical training and the complete prescribing information necessary to determine if this medicine is right for you. Once you read this summary, you should discuss with your doctor whether IMITREX is appropriate treatment for you and ask any questions you may have.

WHAT IS IMITREX?
IMITREX is the brand name of sumatriptan, a drug intended to relieve your migraine headaches but not to prevent or reduce the number of migraine headaches you experience. IMITREX should be used only to treat an actual migraine attack. IMITREX can be obtained only with a doctor's prescription and should be used by adults only after discussing the choice with your doctor, taking into account your individual preferences and medical circumstances.

HOW DOES IMITREX WORK?
How IMITREX works is not completely understood. IMITREX is a 5-HT_1 agonist that seems to relieve migraine headaches by acting like a brain chemical called 5-hydroxytryptamine, causing some blood vessels in the head that are swollen during a migraine to constrict (that is, to become smaller), which helps relieve migraine headache.

IMPORTANT SAFETY CONSIDERATIONS
Although the vast majority of patients who have taken IMITREX have not experienced any significant side effects, some patients have experienced serious heart problems and, rarely, considering the extensiveness of IMITREX use worldwide, deaths have been reported. In all but a few instances, however, serious problems occurred in patients with known heart disease, and it was not clear whether IMITREX was a contributing factor in these deaths.
Serious events relating to the blood vessels in the head (e.g. brain hemorrhage, stroke) have been reported in patients who were taking IMITREX. Some of these have resulted in death, however, the relationship of IMITREX to these events is uncertain. In a number of these cases it appears possible that patients were not experiencing a migraine but rather an event due to blood vessel disease in the head. IMITREX was given in the incorrect belief that the person may have been suffering a migraine. Therefore, you should not take IMITREX if the headache you are experiencing is different from your usual migraine attacks. People who suffer from migraines may be at increased risk of certain blood vessel events in the brain (e.g., hemorrhage, stroke, or transient ischemic attack).
Ask your doctor about these and additional safety considerations.

WHO SHOULD NOT TAKE IMITREX?
Some types of migraine headaches should not be treated with IMITREX, and some patients should not take IMITREX because of an increased risk of serious side effects.

- If you have had a heart attack, stroke, transient ischemic attacks, peripheral vascular disease (including ischemic bowel disease or Raynaud syndrome), or any sort of heart disease or symptoms that are associated with constriction of blood vessels, such as ischemic heart disease, angina, or coronary artery vasospasm, you should not use IMITREX.
- If you have uncontrolled high blood pressure, you should not use IMITREX.
- If you are taking certain drugs for depression, talk with your doctor. IMITREX should not be used if you take or have taken within the last 2 weeks monoamine oxidase inhibitors (MAOIs).
- Your doctor will discuss with you the type of migraine headaches you have. If you have hemiplegic or basilar migraine, you should not take IMITREX. IMITREX should be used only in patients who have been diagnosed by a physician as having migraine with or without aura.
- Tell your doctor about any other medications you are taking. If you are currently taking any migraine medications that include ergot alkaloids such as methysergide or dihydroergotamine, or other 5-HT_1 agonists, do not take IMITREX within 24 hours of taking these medications.
- Do not take IMITREX if you are allergic to sumatriptan or any of the ingredients in IMITREX.
- If you have severe liver disease, you should not use IMITREX.

WHAT MEDICAL PROBLEMS OR CONDITIONS SHOULD I DISCUSS WITH MY DOCTOR?

- If you have risk factors for heart problems, you should tell your doctor. Your doctor should examine you for heart disease to see whether IMITREX is appropriate for you. Risk factors include high blood pressure, high cholesterol, obesity, diabetes, and smoking. Other patients with risk factors for heart disease are women who are past menopause (whether natural menopause or menopause resulting from surgery), men over 40 years old, or patients with a family history of heart disease. If you have risk factors and your evaluation for heart disease is satisfactory, your doctor may ask you to take the first dose of IMITREX in the doctor's office.
- Tell your doctor if you have chest pains, shortness of breath, or irregular heart beats.
- Tell your doctor if you are taking selective serotonin reuptake inhibitors (SSRIs).
- Tell your doctor if you have a history of epilepsy or seizures.
- Tell your doctor if you have liver or kidney problems.
- Tell your doctor if you have ever had to stop taking any medication because of an allergy or other problems.

USE OF IMITREX DURING PREGNANCY AND BREAST-FEEDING
Do not take IMITREX if you are pregnant, think you may be pregnant, are trying to become pregnant, are not using adequate birth control methods, or are breast-feeding, unless you have discussed this with your doctor.

HOW TO USE IMITREX TABLETS
For adults, the usual dose is a single tablet taken whole with fluids. A second tablet may be taken if your symptoms of migraine come back or if you have partial response to the first dose, *but no sooner than 2 hours after taking the first tablet*. For a given attack, if you have no response to the first tablet, do not take a second tablet without first consulting with your doctor. Do not take more than a total of 200 mg of IMITREX Tablets in any 24-hour period.

The safety of treating an average of more than four headaches in a 30-day period has not been established.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF USING IMITREX?
Do not rely on this summary alone for information about side effects. Your doctor can discuss with you a more complete list of side effects that may be relevant to you. The most frequently seen side effects are tingling and warm/cold sensations with IMITREX Tablets.

- Some patients feel pain or tightness in the chest or throat when using IMITREX. If this happens to you, discuss it with your doctor before using any more IMITREX. If the pain is severe or does not go away, call your doctor immediately.
- If you have sudden or severe abdominal pain after taking IMITREX, call your doctor immediately.
- Shortness of breath, wheeziness, heart throbbing, swelling of the eyelids, face, or lips, or a skin rash, skin lumps, or hives happen rarely, but if they happen to you, tell your doctor immediately. Do not take any more IMITREX unless your doctor tells you to.
- Some patients have feelings of tingling, heat, flushing, redness of the face lasting a short time, heaviness, or a feeling of pressure after taking IMITREX. A few patients may feel drowsy, dizzy, tired, sick. Tell your doctor about these effects at your next visit.
- If you feel unwell in any other way or have any problem that you do not understand after taking IMITREX, tell your doctor immediately.

WHAT SHOULD I DO IF I TAKE AN OVERDOSE?
If you have taken more medication than you have been told, contact either your doctor, a hospital emergency department, or the nearest poison control center immediately.

HOW SHOULD I STORE IMITREX?
Be sure to keep your medicine in an area that cannot be reached by children. It may be harmful to children.
IMITREX Tablets should be stored at room temperature and do not require refrigeration. Do not store above 86° F (30° C) or below 36° F (2° C). Store away from heat and light. If your medication has expired (the expiration date is printed on the label), throw it away as instructed. If your doctor decides to stop your treatment with IMITREX, do not save any leftover medication unless your doctor tells you to do so. Throw it away as instructed.

©2002 The GlaxoSmithKline Group of Companies. All rights reserved.
Printed in USA MI/SSRM May 2002
GlaxoSmithKline
Research Triangle Park, NC 27709
Web site: www.GSK.com

Porch Full of Posies

continued from page 126



For a metal washtub with no drainage hole (*left*), Chris chose plants that thrive in boggy soil. Her selections include a large-leafed colocasia, parrot feather, and variegated Japanese iris, all presided over by a wooden stork. Purple paint dresses up an old laundry tub (*below*)—a flea-market find.



When it comes to containers, bigger is better, Chris advises. "The larger the container you put your plants in, the more successful it will be. Where people make a mistake is in buying the little 10-inch hanging baskets. It is a no-win from the beginning unless you are there to water it all the time." In large containers, plant roots have access to more nutrients and moisture, resulting in the lush growth and abundant flowers that Chris wants.

"Once you develop a taste for gardening, you can hardly wait for the next year to do it again," she says. "Every year the containers are different, just to amuse me." ⌂

Buying information, page 212

JULY 1942

UNITED WE STAND



n July 1942, America's magazine publishers joined together to inspire the nation by featuring the American flag on their covers.

Be Inspired.

Visit the 60th Anniversary exhibition of WWII magazine covers.

THROUGH OCTOBER 27, 2002
SMITHSONIAN'S NATIONAL MUSEUM OF AMERICAN HISTORY
WASHINGTON, DC

www.americanhistory.si.edu/1942

Smithsonian
National Museum of American History
Behring Center

MPA
MAGAZINE PUBLISHERS OF AMERICA

by
Craig
Summers
Black



Twelve hundred roses later



"I just plant what I like. I know it's against the rules. And I don't have any formal training: I've gotten everything I know from reading books and magazines."





Tallina George was already gardening intensively on 5 of her 10 acres when inspiration struck yet again. While touring France, Tallina was drawn to the quiet romance of the renowned Roseraie de l'Hay. She went so far as to pace off the century-old rose garden, noting the curves of the boxwood hedges, taking measurements of the pavilion. Once back home in Clackamas, Oregon, she laid out her own formal rose-garden-to-be with cups and saucers on the kitchen table. Fifteen pallets of bricks and 1,200 roses later, "People started coming in, wanting to get married here." Tallina, it should be noted, is a hands-on gardener. She lays all the brick; she bends plywood edging; she gets scratched and dirty planting. But to this day, "If I see a really neat plant, I buy two or three. Then I go out in the garden and look around." Sounds like more gardens in the offing.

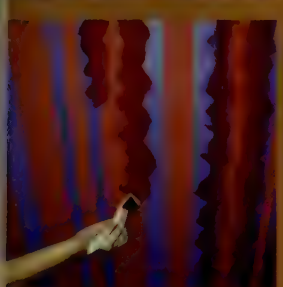
A Kelly-Moore Paints How-To . . .

ENTRY WAYS

Perfect for an accent wall, these vibrant colored stripes will greet your guests with a warm welcome. For a formal and classic look use conservative, traditional colors. Use bold, vivid colors to achieve a more contemporary look, like the foyer shown here.



1. Apply a base coat and allow to dry thoroughly. Mark out your stripes with a removable painter's masking tape. You can vary the width of the stripe by increasing or decreasing the space between two pieces of tape, or simply use a variety of tape widths.



2. With a paintbrush, feather the paint over the base coat working from top to bottom, using alternating diagonal strokes while overlaping the masking tape. To avoid runs and drips, do not over saturate your brush.



3. Continue to fill in solid stripes being sure to overlap the masking tape until desired look is achieved. Upon completion of painting stripes remove tape promptly to reveal edges.

Colors used in this project:
AC16-N Mars Red
KM108-D Georgian Earth
KM552-D Flemish Gold
AC14-N Henredon House



Bring in this ad and Save!

$20 Off a $75 purchase
(promo code 09999902006)

or . . .

$30 Off a $150 purchase
(promo code 09999902007)

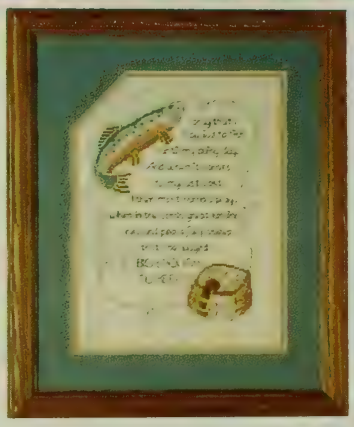
KELLY-MOORE PAINTS™

Offer good through 12-31-02. Offer cannot be combined with any other coupons or trade discounts. One discount per visit.

For the store nearest you call 1.888.KM.COLOR or visit www.kellymoore.com

Surprise your favorite fisherman with this attractive cross-stitch creation. . .made with love.

Fisherman's Prayer

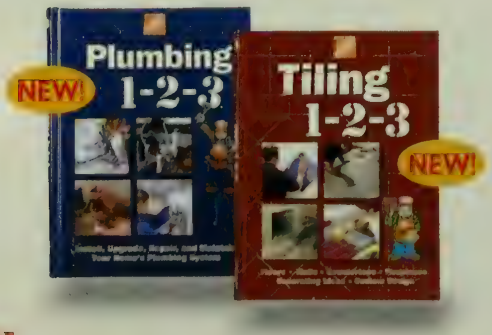


Our **Fisherman's Prayer Sampler Kit** is available *exclusively* from *Better Homes and Gardens*® magazine (not sold in retail stores). The kit, from Banar Designs, is available in stamped (printed) cross-stitch (finished size 11×15) or counted cross-stitch (finished size 9×12). Both kits come with a *bonus mini kit* for a fish motif, which can be stitched on the shirt or jacket of your choice. Each kit comes complete with full-color photos of both projects, silk-screened muslin fabric for the stamped version *or* 14-count Fiddler's cloth for the counted version, 8.5 count waste canvas for the fish motif, embroidery floss for both projects, two needles, charts, and complete step-by-step instructions.

TO ORDER the **Fisherman's Prayer Sampler Kit** (with bonus mini kit), send a check or money order for $17.95 to *Better Homes and Gardens* Reader Shopping Service, P.O. Box 9128, Dept. R9703, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express users may call 800/881-4066. *Be sure to specify stamped or counted version.* The price of the kit includes shipping, handling, and applicable sales tax.

Advertisement

NUTS & BOLTS ADVICE.



Two new books from The Home Depot® help do-it-yourselfers save money and take the guesswork out of home improvement projects. Easy instructions, step-by-step photos, and tips from The Home Depot experts ensure great results.

- ***Plumbing 1-2-3***
  90 projects to install, upgrade, repair, and maintain home plumbing systems.
- ***Tiling 1-2-3***
  Custom design primer with 80 projects for floors, walls, countertops, and fireplaces.

Look for these and other books at The Home Depot®, www.homedepot.com, or where quality books are sold.

Easy Pool Upkeep

No one installs a swimming pool because they enjoy maintaining it. But take heart if you've been deterred from taking the plunge by visions of tedious chores—or if you already own a pool and think you're stuck doing pool maintenance the laborious, old-fashioned way. New technology is making cleaning, heating, and lighting a pool easier than ever. Here's a rundown of what's available:

- Built-in, automatic pool-cleaning systems that silently and invisibly clean and circulate water.
- Devices that allow you to control the heating, lighting, and cleaning of your pool by pressing a button on your kitchen wall, a remote control, or even your cell phone.
- Natural water clarifiers, made out of crab shells, that cause dirt and other impurities to clump together for easy filtration.
- Water purifiers, including saltwater, bromine, and types of mineral water. These attach to pool vacuum hoses or simply drop right in the water.
- Skimmers that collect more dirt and debris because they have larger openings than older models.
- Automatic pool covers that glide along tracks installed at the side of the pool. At the turn of a key, they seal the pool water from debris, while conserving heat and reducing evaporation.
- Crablike and stingraylike robotic vacuums that silently and automatically roam the pool floor and walls, sucking up debris.

For more information about the latest in pool technology, look in the yellow pages section of your local telephone book under "Swimming Pool Equipment and Supplies—Retail." Or, contact the National Spa and Pool Institute at 800/323-3996, or log onto their Web site at www.nspi.org.

or the **way** it makes you feel





erfectly **clean**. naturally **gentle**.



cleans and **soothes** with chamomile and aloe. dermatologist recommended.

deep cleans and **refreshes** with mint, lemongrass and aloe.

basis®

fresh and clean



the way it feels to be surrounded by air

instead of walls. by trees instead of towers.

the peace and comfort you get from t

sound of rushing water, the rustling of grasse

an early morning birdcall. caring for your skin

can be as natural and

gentle as the feeling you get

from being part of nature.

basis®

perfectly clean.
naturally gentle.



available at: drugstore.com. CVS/pharmacy duane reade KMART RITE AID STOP & SHOP Walgreens



The sloppy flopper



The furry spotter



The snacking stainer

Introducing the 10-minute Makeover.



Shown: Red Cotton Duck with Contrast Trim

Your nearest and dearest can ruin your furniture in no time. And there are two things you can do about it. Replace it. Or recover it. At a fraction of the cost with machine washable Sure Fit Slipcovers. Available in a wide variety of fashionable upholstery fabrics to fit just about every type of furniture. Sure Fit Slipcovers. It's time for a change.

CALL FOR YOUR FREE CATALOG

1-888-SURE FIT

Ask for Dept. M115

www.surefit.com

Sure Fit, Inc.
Inc.
lustrial Blvd.
), PA 18106

SURE FIT
SLIPCOVERS BY MAIL

Bad hairball day? Now Iams® Hairball Care™ formulas are available for all adult cats.

© The Iams Company 2001

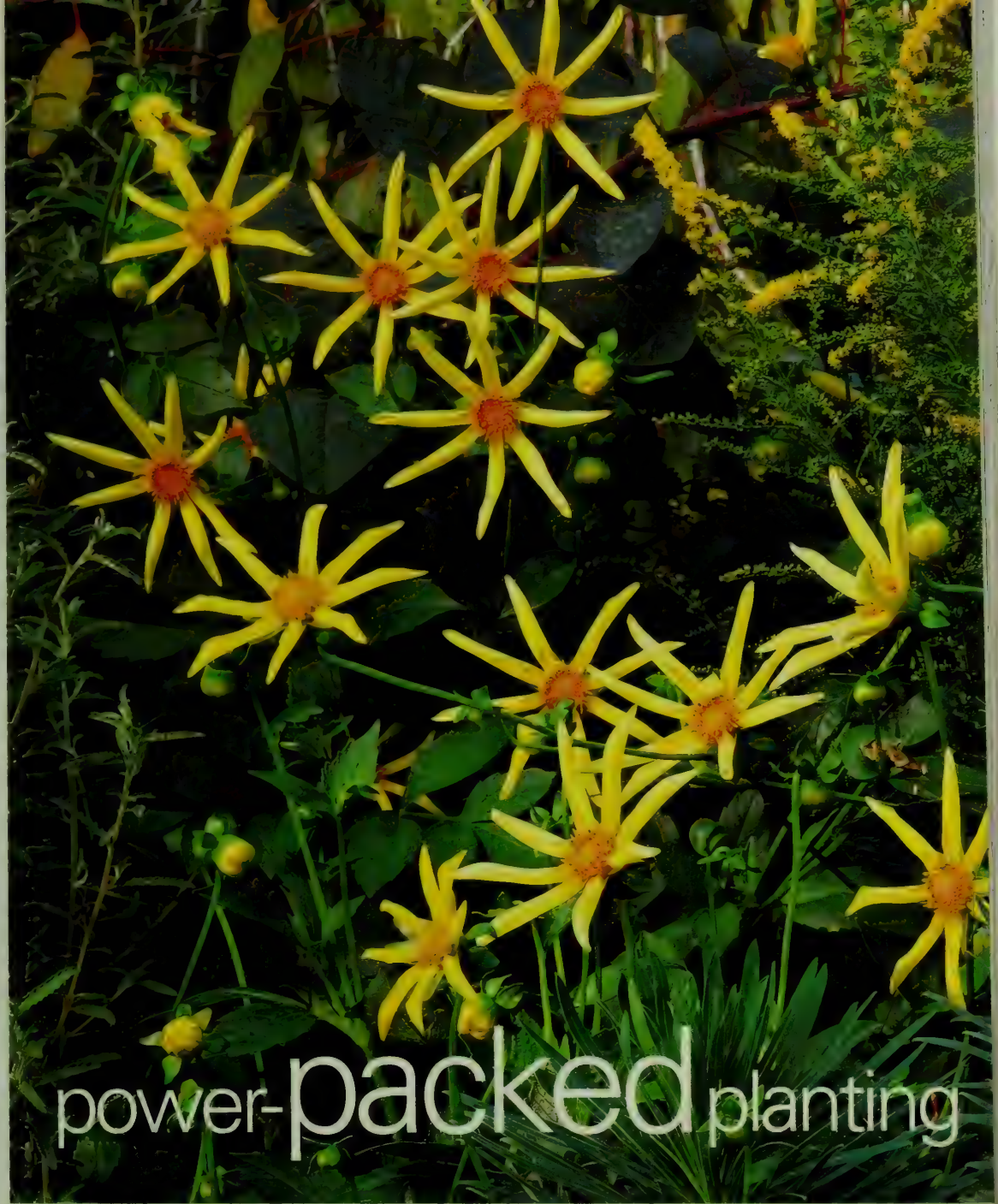




Now Iams® Active Maturity and Weight Control formulas are also available with Hairball Care™, so you don't have to choose between protecting your cat from hairballs and caring for his health. Iams® Hairball Care™ formulas have more effective natural fiber that gently moves more ingested hair through your cat's digestive tract. That way, at least one of you will have fewer hair problems.

For more information, contact us at iams.com or 1-800-525-IAMS.

IAMS®
Good for Life™



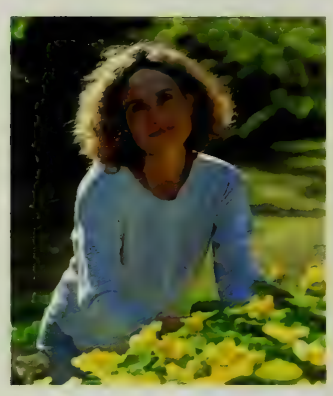
power-packed planting

SHE PLANTS AND PLANTS ... AND TRANSPLANTS. MEET THE GUNG-HO GARDENER WHO SAYS, "I LIKE TO PUSH THE LIMITS AS FAR AS I CAN."

Written by Craig Summers Black

Photographed by David McDonald ■ Produced by Loralee Wenger

When Nancy Heckler plants something, she should sign a decree—kind of a pre-nup for perennials—that this is no long-term commitment. If that plant grows a bit much, it's got to move. If it acts sulky—*zip*—it's coming out. And if it's a tree, of all things, that has outlasted its welcome, even it will get hauled away, or in extreme cases given the ax. "I used to agonize so much over placement," Nancy says. "Now I think, 'I'll put it here and maybe I'll move it somewhere else later.' " This is no admission of failure on Nancy's part. "If it doesn't look good, you move it. The day that finally sunk into my head was so liberating."



So Nancy has no problem making plant combinations that look good *now* and worrying about the consequences later. "Planting tightly may mean more work in that eventually you have to move plants," she says. "But I would do that anyway. When you cover the ground, you have less weeding." What's the biggest plant she's ever moved? A 60-year-old pear tree. It took a backhoe to get that job done. "I had a soaker hose on it for two summers afterward. It's fine now."

A Raubritter rose drapes an overflowering entryway, cascading down to hardy geraniums and columbines (*right*). Hostas, hellebores, and persicarias paint the shade (*below left*). Dark Delight phormium towers over bergenia, fancy-leaf geranium, and an Ellen Huston dahlia (*below*). A Honka dahlia dominates a lush combo (*page 131*).

"WHERE YOU PUT STUFF OFTE






SN'T WHERE IT WILL END UP."



The moving started early for Nancy when she hauled 400 plants from her old garden in Seattle's Capitol Hill area to her new digs along the Hood Canal. She's moved several 60-year-old lilacs around the property. And she still has fond memories of the day she brought home a large—and heavy—tree fern. "I remember wrestling that thing when

"I LOVE FOLIAGE. THAT'S WHA

I got it. I had to pull it onto the compost pile because I didn't have a ramp. It fell, and I fell, and we both rolled through the compost pile. It was soft, and I was laughing the whole time."

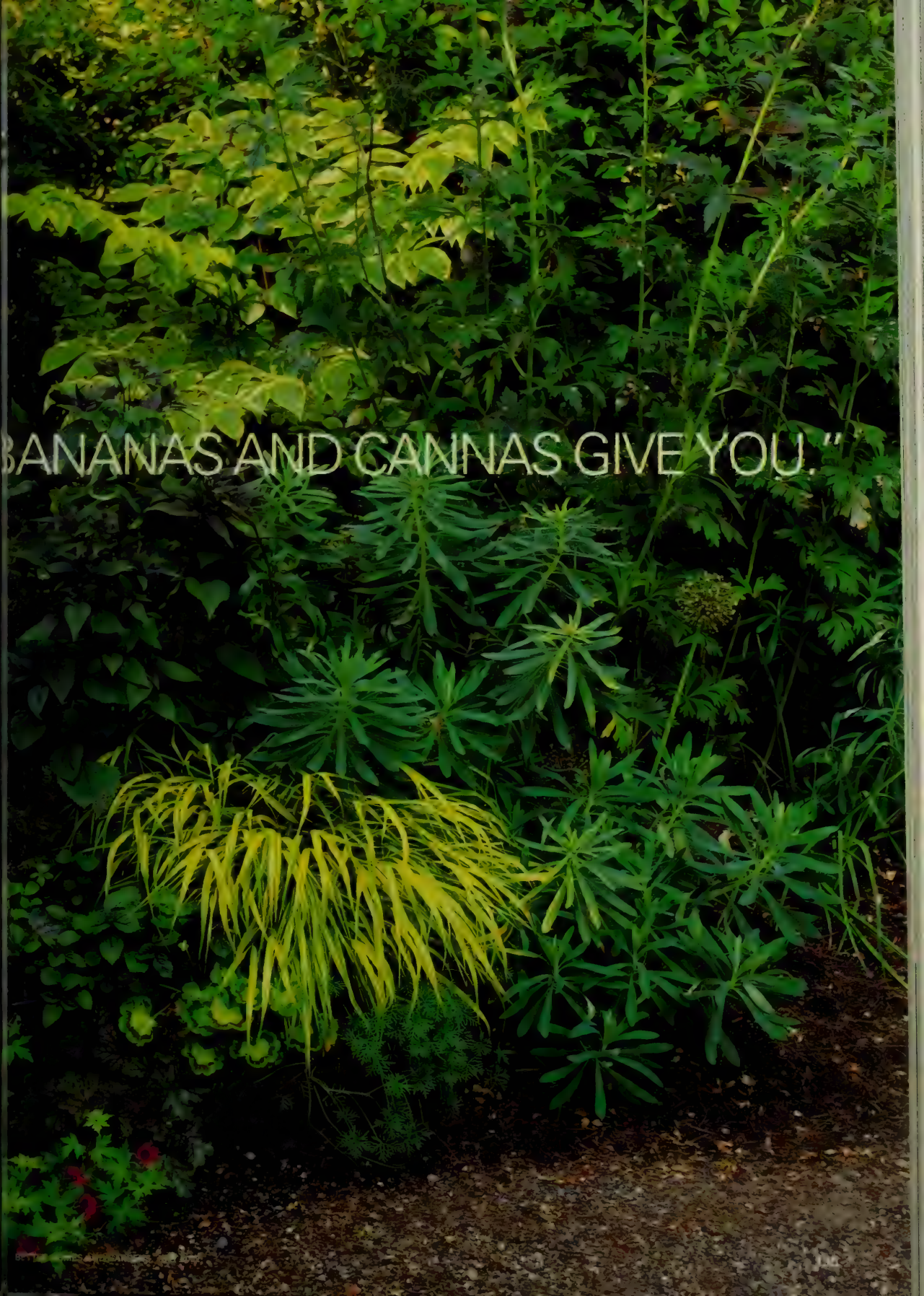
Like most serious gardeners, Nancy is also a collector. Talk about opportunities for transplanting: Her garden contains 150 varieties of roses, 130 peonies, 60 dahlias, 60 ferns, 50 daylilies, 50 hostas, 40 lilies, 30 phormiums, and 20 euphorbias.

Nancy gets even more adventurous by testing the climactic limits with subtropicals, and the protective wrapping of her bananas and tree ferns has become a fall ritual (see *below*). Even that may not be enough. "If it gets really cold, I'll put a blanket over the top."

Gold Hakone grass contrasts with Purple Petticoats heuchera and Chocolate eupatorium (*right*). The blue-toned Humpty Dumpty euphorbia and bright variegated aralia extend the color range. A gentiliana rose, loquat tree, hardy banana, and silver-leafed yucca frame a red outbuilding (*above*).

Overwintering a Banana From Your Garden

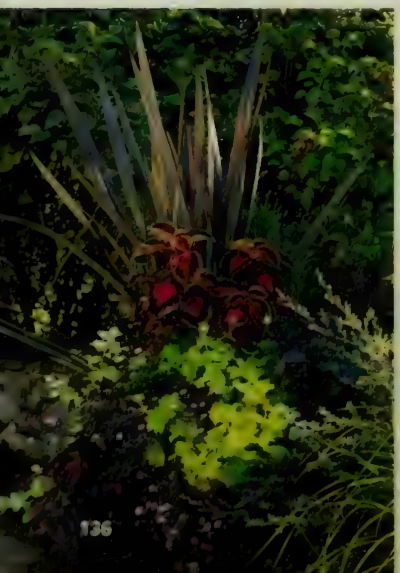
Nancy recommends that gardeners who want a tropical edge plant a *Musa basjoo*, a banana hardy to 20 degrees below. But she has a passion for the purple ornamental banana, an *Ensete*. To coax one through winter, Nancy makes a cage from chicken wire and puts it around the trunk. She fills the cage with straw and then wraps the outside with plastic. "Then I wrap the whole thing with a decorative straw mat so that it doesn't look like a water heater sitting in the yard." Full disclosure: This doesn't always work. "I made that banana live for four years." Before it died, it grew to 12 feet tall with 6-foot leaves and a trunk 10 inches thick. "It was such a big hunk of a thing," she says.


BANANAS AND CANNAS GIVE YOU."



Stepping into the garden's green thicket, Nancy's weakness for eye-popping color becomes apparent. Her hot palette intensifies when it is combined with dark, almost black, foliage. Chocolate cosmos, black hollyhocks, and shadowy hellebores are planted toward the front of borders or in front of contrasting colors so that the dark colors don't recede in the garden like a black hole. "And I love phormiums," she says. "I'm doing all of them in containers now because I lost a few that were left outside over winter. My greenhouse gets so full I can't even walk in there." She considers her container plants part of the landscape, setting them in the garden beds instead of just on the patio. She has 95 large pots in her garden. "It's just jam-packed, that's all I can say." And, of course, container plantings can be moved around. As she says, "No matter how much you plan, the garden is always changing."

"SOME THINGS JUST DON'T WORK."





A tall-growing container reaches almost chest-high with phormium, variegated purple coleus, and gray-leaved helichrysum (*far left*). A container of Tropicanna canna and Bowle's golden sedge is placed between deschampsia ornamental grass and the huge leaves of a Sum and Substance hosta (*near left*). A textured screen of purple smokebush, blue eucalyptus, Italian stone pine, verbascum, Melon dahlia, John Tomlinson euphorbia, and variegated cannas grow cheek by jowl in a Mediterranean-themed section of the Heckler garden (*above*).

Buying information, page 212

See more garden plans at www.bhg.com/gardenplans



Use #23
The Neat Sheet™

There are literally hundreds of ways to use The Neat Sheet™ ground cover. It's all new, water repellent, cloth soft and machine washable. And in many situations, it can actually save your...behind.

1 Beach essential
2 Soccer game seating
3 Car seat protector
4 Picnic spread
5 Stadium seating
6 Exercise mat
7 Gardener's knee pad
8 Moving protective wrap
9 Camping ground cover
10 Hobby tarp
11 Baby play sheet
12 Floor protector
13 Artist's drop cloth
14 Emergency rain cover
15 Yoga mat
16 Furniture protector
17 Rowboat seat cover
18 Nap-time mat
19 Car roof protector
20 Poolside chaise cover
21 Log carrier
22 Kid's fort cover
23 Concert companion
24 Leaf hauler
25 Stargazer ground cover
26 Storage sheet
27 The list goes on...

www.theneatsheet.com



The Neat Sheet.
Ready for Anything.

mark of Kimberly-Clark Corporation. ©2002 KCC

www.greatcleaners.com

©2002 Orange Glo Internat

UNTIL KIDS FIGURE OUT THE DIFFERENCE BETWEEN A SLEEVE AND A NAPKIN.



OxiClean™ attacks organic stains and odors in laundry (and carpets, for that matter) and lifts them out like magic. And it's color safe, so it won't damage fabrics the way chlorine bleach will. Which is more than can be said for your children.

Millions believe for a reason.™



Restoring an Old Glory

SMALL TOWNS TEND TO THINK BIG AROUND THE FOURTH OF JULY. AS LONG AS THE FLAGS ARE FLYING, WHY NOT CELEBRATE A RENOVATION TOO?

Written by Shawn Gilliam. Photographed by Sam Gray. Produced by Karin Lidbeck



"I'M NOT AFRAID TO USE WHITE, EVEN WITH THE GRANDKIDS AROUND," NANCY SAYS. "AFTER ALL, THE SLIPCOVERS CAN GO INTO THE WASH."



The Old Village section of Chatham, Massachusetts, represents the best of old-fashioned small-town living. Neat rows of homes peek out from behind picket fences and flower gardens. Kids coast their bikes down narrow streets that lead to the sea and a landmark lighthouse. And the neighborhood's Fourth of July parades, with their homemade floats, marching bands, and muzzle-loading rifle routines, have drawn crowds since the early 1900s, and today attract as many as 20,000 people.

South Carolinians Nancy and Bill Kellman so enjoyed the Cape Cod town's charms that they purchased an 1858 home on Silver Leaf Avenue in the midst of Old Village and just a stone's throw away from the historic Chatham Lighthouse (see the timeline on *page 142*). But despite its proud past, the home needed considerable fixing up before it could welcome their family.

Nancy and Bill first focused on the home's main living area, which occupied a rear addition done in the 1940s. "A covered porch barely connected it to the main house," Nancy says. "It had a family room downstairs and a large bunk room upstairs and really wasn't all that comfortable." Builder Robert Stello redid the living space with wide-plank pine flooring and white beadboard wall paneling, then repeated the materials elsewhere in the house for unity. The look is fresh and informal, yet true to the home's history.

A large bay behind the living room sofa (*top left*) replaced two small windows. The space maintains its coziness, though, thanks in part to low-key furniture and a staircase that hugs one side of the sitting area (*right*). The new stairs replaced a steep set that was located on the opposite side of the room. Another one of the Kellmans' improvements was the addition of a small entry porch (where they're standing, *above left*). The structure replaces a mess of vines and overgrown rhododendron bushes that obscured the home's facade. A walkway connects it to the pergola, welcoming a gathering of neighbors (*previous page*).





For comfort's sake, the addition was tied into the original house by enclosing the awkward porch connection and creating a wide hallway. The hall looks like a small room, complete with built-in bookcases and a wide window. A step up to the kitchen's French doors, an issue the remodeling couldn't fix, ensures the transition isn't *too* smooth—serving as a reminder that the house was added onto over time.

Architectural and decorative items collected through the years convey a similar sense of history. The Kellmans found a salvaged mantel on an antiquing trip to Maine, for instance, and decided it would anchor their kitchen's eating area. They installed the mantel around an energy-efficient direct-vent gas fireplace. The unit warms the kitchen on chilly mornings and provides the charm of a wood-burning fireplace, but saves the Kellmans from sweeping up messy ashes. "Having a fireplace in the kitchen creates a great ambience," Bill says. "It was in the plan from the beginning."

Bill, a lifelong boater, enjoys collecting nautical objects. Among his collections are several signal flags, which hang on lines in the backyard (*left*). Just inside the home and through the wide hallway (*above*) is the kitchen's eating area, where a replica of a jay boat sits on the mantel (*right*).

TIMELINE

LIFE ON SILVER LEAF AVENUE

In 1858, mariner Richard Simmons and wife Mary Anne Nickerson built what would become the Kellmans' home. The town's population reached 2,700 that year, which was during the height of local marine activity. Up to 350 schooners sailed the waters each day



Lighthouses have stood sentinel on the Chatham coast since 1808. The 1877 structure (*left*) still helps sailors navigate dangerous waters nearby



"THE STOVE IS GREAT WHEN THE FAMILY IS HERE AND WE'RE COOKING FOR A GROUP," NANCY SAYS. "WE CAN FEED 25 AT A TIME."



Until two years ago, the kitchen (which was built onto the main house in the late 1800s) still featured 40-year-old appliances, noisy radiators, and an awkward layout. A pantry and bathroom were ripped out, allowing the kitchen's size to double. A six-burner, three-oven professional range now dominates one wall and easily handles the family's cooking activities. For a simple backdrop, the pine cabinets and floors were stained the same color.

Upstairs, remodeling focused on increasing the angle of the roof's pitch. In the midst of this job, Stello discovered powder post beetle damage to the floor joists, which had to be replaced. "You run into this all the time," he says.

Nancy's collection of blue-and-white china contrasts with the kitchen's subway tile backsplashes and unpolished granite countertops (*above*). The granite, also chosen for the integral sink (*left*), looks like soapstone but requires less maintenance. Upstairs, the space once filled with bunks now features an 1830s acorn-top poster bed (*right*) and serves as the master suite.

TIMELINE

LIFE ON SILVER LEAF AVENUE

William Gould, who owned a sailboat rental business, bought the home in 1907. Seven years later, Chatham's first major resort welcomed tourists.

Visitors often came to see the town's Fourth of July parades (*right*). In the 1940s, the Goulds built a bunkhouse addition for guests.



The Gould Family sold the home to Janet and Scott Holden in the 1960s. The Kellmans bought it in 1999, remodeling through early 2001.





"BECAUSE THE GUESTHOUSE IS ONLY USED IN THE SUMMER, WE LEFT THE CEILING OPEN," NANCY SAYS. "THE BOAT WAS BILL'S TOUCH."





No one is quite sure how the small house in the backyard was originally used, but it most recently served as a storage shed. Considering the steady flow of family and friends who visit each summer, Nancy and Bill decided to transform it into a guesthouse. They added a small bath to the back corner of the room and brushed the wall paneling and wood floors with white paint. "I liked the idea of making this room the red, white, and blue room," Nancy says. "It's very informal and nautical in feeling."

The antique pulling boat resting on the rafters inside the guesthouse is part of Bill's ever-growing collection. He and Nancy stumbled across it by chance as they walked through a boatyard not far from home. Bill inquired about the boat, which was in good condition but had been neglected. When he discovered it had belonged to an elderly man who recently passed away, he offered to buy it from the estate and had it completely restored to its original color, oars and all. "It's the perfect finishing touch," Nancy says.

A chenille bedspread and patchwork quilt dress up the guesthouse bed (*opposite*). The rest of the room is decorated with nautical objects, including signal flags, models, and an antique pulling boat (*above*). Just outside is a sheltered shower (*left*) that allows for easy cleanup after swims at the sandy beach. The shower taps into the guesthouse's plumbing lines.

Although the Kellmans spend considerable time at the nearby beach, which is part of a national seashore, they also enjoy lounging amid their backyard flower gardens. At the center of the yard, a small lawn gives the grandchildren and neighborhood kids a place to play. A flagpole with a yardarm, which is styled after a ship's mast, displays more of Bill's flags; visible from the street, these bolts of color pay tribute to the town's seafaring history and a nearby Coast Guard station. But the street's real point of pride is the thoughtful renovation that returned the Kellman home to the leading ranks among its neighbors. "The remodeling made the home more conducive to family gatherings," Nancy says. "But no change was made at the expense of charm or curb appeal, and we're proud of that."



The backyard's old brick patio (*above*) was in good shape, so Nancy and Bill kept it as a casual dining spot. Gardens pop up around the patio, along the fences, and in window boxes (*right*). More nautical flags and an old life buoy from South Carolina add to the casual coastal atmosphere.

Buying information, page 212

For help updating your home, visit www.bhg.com/homesolutions



"Benjamin Moore calls it Maple Sugar.

I call it exactly what I wanted."

ew I wanted a **warm, comfortable** color for droom, but I wasn't sure which one. A single trip to my **jamin Moore dealer** made it easy to choose. y have the Color Preview Studio® display which gave ne hundreds of choices and lots of **ideas**. I found just what I was looking for.

always trusted Benjamin Moore® product **quality** or all my painting projects. And I can always count eir good **advice** to help me get it right the first time. Now I've got the **confidence** to get exactly what I want in every room of my house.



We make it simple. You make it beautiful.™

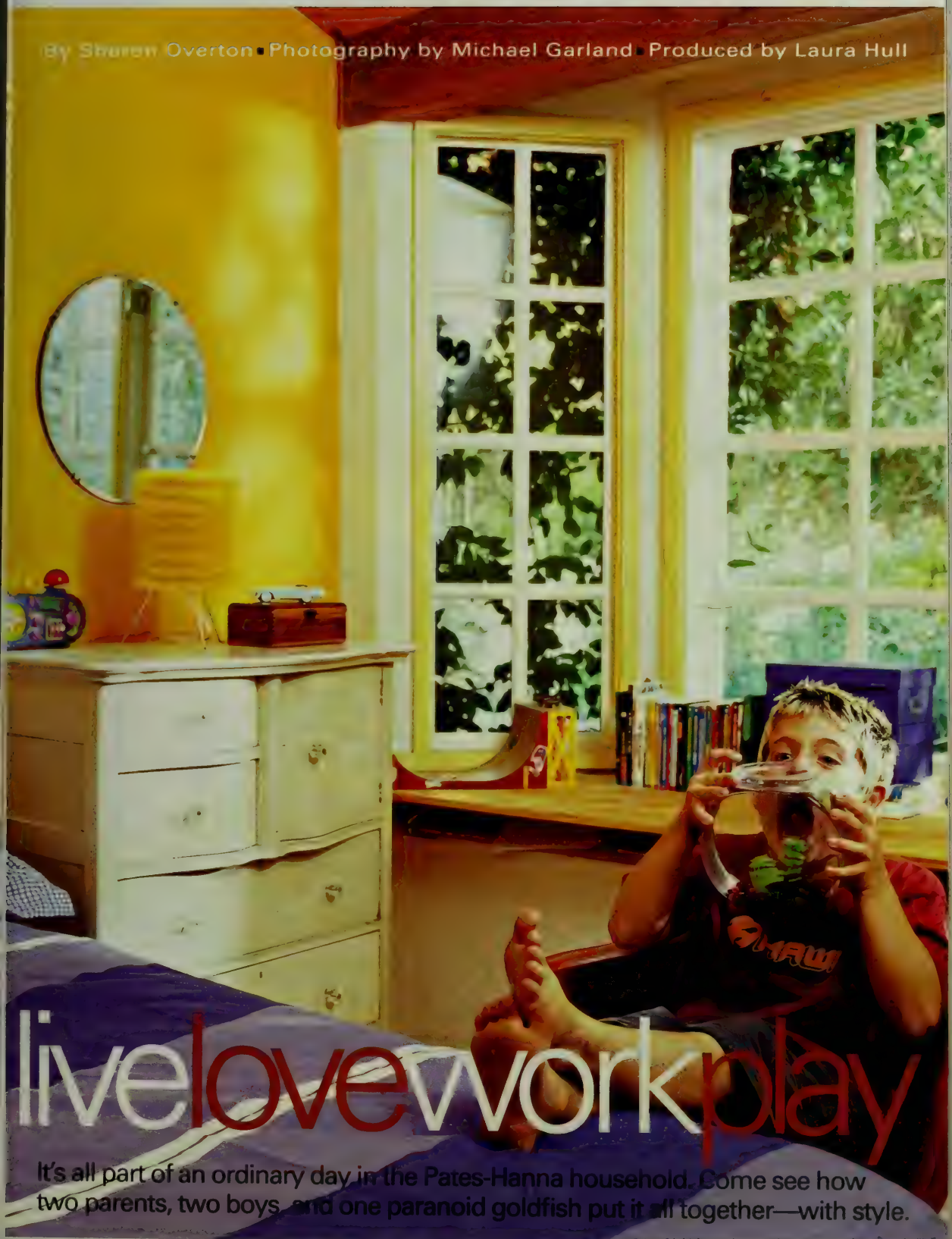
Benjamin Moore® PAINTS

1-800-6-PAINT-6 www.benjaminmoore.com

© 2002 Benjamin Moore & Co. Benjamin Moore, Triangle M, Regal, WallSatin and Color Preview Studio are registered trademarks of Benjamin Moore & Co. We make it simple. You make it beautiful. is a trademark of Benjamin Moore & Co.


Ahh, the power of Cheese.™
www.ilovecheese.com
© 2000 America's Dairy Farmers*

By Sharon Overton • Photography by Michael Garland • Produced by Laura Hull



live love work play

It's all part of an ordinary day in the Pates-Hanna household. Come see how two parents, two boys, and one paranoid goldfish put it all together—with style.


When you're in here,
you're happy.





"We're over the kid-proofing stage," says Jennifer, hinting that it was never much of an issue. In the living room (*left*) and adjacent library (*right, top* and *bottom*), vintage upholstery, family antiques, and glowing wall color make the relatively spare spaces comfortable and inviting, not cold or intimidating.

Okay, maybe "ordinary" isn't exactly the right word to describe Jennifer Hanna and Charles Pates' Woodland Hills, California, home. Dad is a freelance art director, mom is a fashion stylist. The kids bleach their hair. Even the pets seem preternaturally expressive.

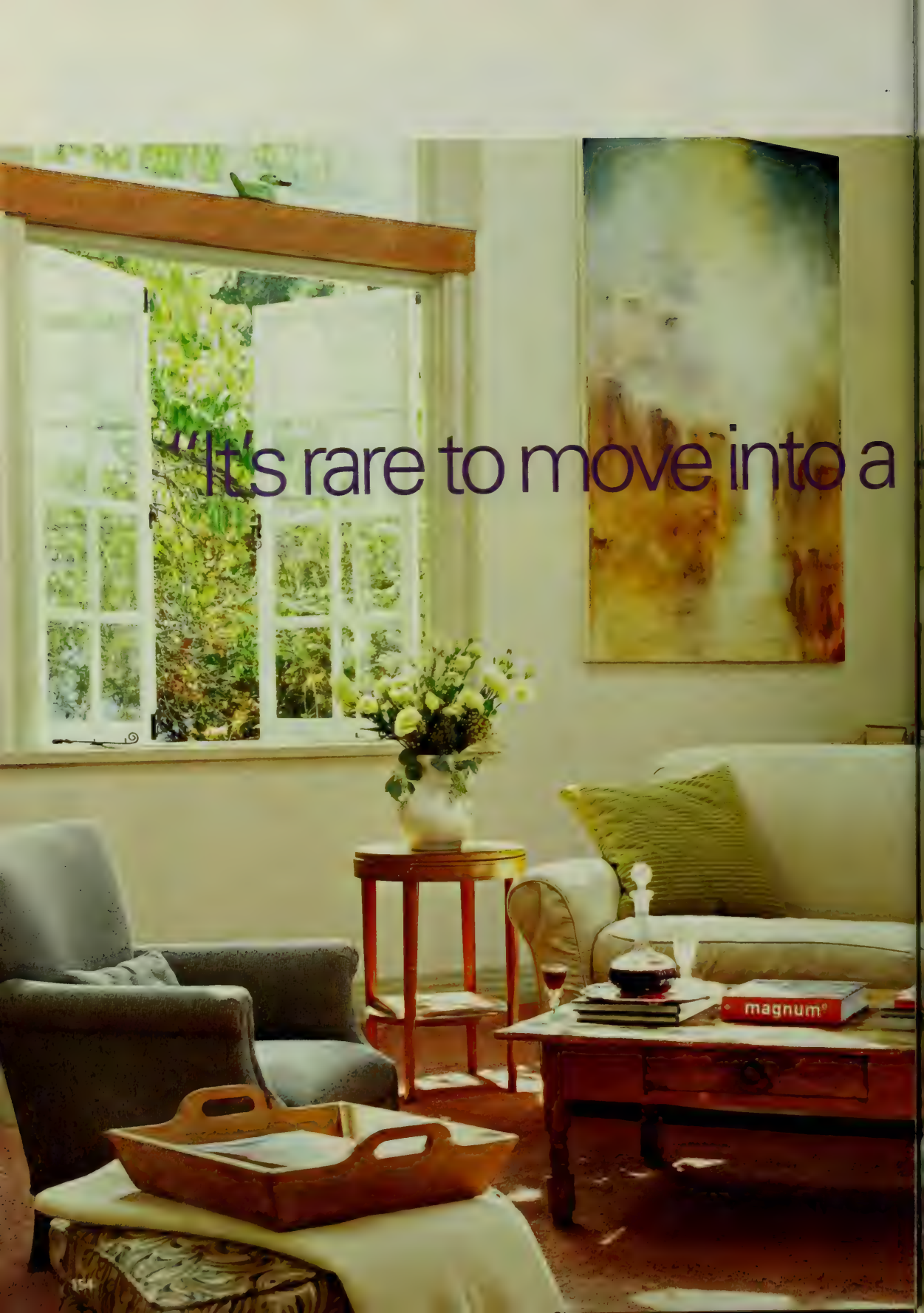
The house, a typical 1957 California ranch, is a little unusual too, having been previously remodeled top to bottom by an eccentric Englishman with a fondness for sponge painting and broken tile. Most days it's a manic blur of creative energy (clarinet lessons, catalog models posing in the bathtub). But it also manages to look quite grown-up and charming, a blend of artful exuberance and restrained tradition.

"It's the perfect house for us," says Charles. "Because it is so eclectic, you can do almost anything to it and the house somehow absorbs it."





Charles and Jennifer with Giles, 10, and Harry, 7. The living room (*left*) benefits from a raised roof and multiple skylights, courtesy of the previous owner. Charles and Jennifer warmed and calmed the space by stripping painted floors to reveal the golden oak underneath and painting the walls sunny yellow (they had been garishly sponged).


"It's rare to move into a
magnum



house that's so totally you."

The house wasn't so livable when Jennifer and Charles first saw it. But, being visual types, they could see past the surface clutter to the clean, modern bones of the space. Large, open rooms and plenty of light, plus an expansive great-room addition, were ideal for a family that works and plays at home. Leaving the linear floor plan intact, they concentrated on simplifying the backgrounds. In the great-room, they painted walls and woodwork white for a unifying effect. Wood beams were stripped of plaster to expose what Charles calls the "connective tissue" of the house. Fabric patterns are few. Art consists mainly of black-and-white photographs and Charles' ethereal abstract paintings.

"An architect would not have built this house. That's what's so cool about it," says Charles, noting the ad hoc design and eccentric assortment of window, door, and trim styles. The light-filled great-room is used for entertaining, and this also is where Charles paints in rare quiet moments.




"The house is evolving

Charles and Jennifer left just enough of the house's quirks unaltered, understanding that past mistakes give a person—and a house—character. The living room kept its unexpected adobe-style fireplace, the great-room its unusual green onyx banisters.

The kitchen, with its barn-plank cabinet doors and multi-colored tile, was "a little harrowing" at first, Jennifer says. But one relatively simple change—painting the cabinet frames white—brought the Mediterranean blue color scheme into focus.

The result is a house that's contemporary enough to suit Jennifer's pared-down, fashion-stylist aesthetic, while still embracing tradition. There's also the occasional sentimental gesture, such as the family antiques Jennifer had shipped from New Zealand to remind her of home. Or British-born Charles' collection of porcelain teacups printed with the faces of European royalty (*bottom right*).

"Over time we've been streamlining the house," Jennifer says. "But it will never be totally modern."





l the time."

rom tea to homework, life happens at the dining oom's antique pub table (*right*). The African pear was a gift from a travel-writer friend. (*Above left* and *right*) A high-low take on storage: he 19th century English chest is from Jennifer's amily; the painted drawers were once a nechanic's tool cabinet.



"A typical

A flexible design is well suited to a lifestyle that runs the gamut from seemingly glamorous to simply routine. Some days might start with a 6 a.m. flight for a photo shoot. Others revolve around a mind-numbing roster of errand-running.

Living spaces—both indoors and out—must function at maximum efficiency. For instance, the three bedrooms are all on one level, with the master bedroom (*right*) separating the boys' rooms. "We thought that was a good move: divide and conquer," Charles jokes.

Charles and Jennifer's office is tucked away from the main traffic in a quasi-subterranean converted five-car garage. And most rooms have access to the outdoors to take advantage of the mild year-round climate. In fact, Jennifer and Charles added on to the existing patio to create open-air "rooms" for dining, soaking, or simply relaxing.



The patio's mosaic tile (*above*) includes broken bits of 1930s Malibu pottery. When Charles and Jennifer put in the hot tub, they went to Mexico to find similar ceramics. The bathroom (*left*) was designed to give bathers a view of the lush hillside. The claw-foot tub is original to the house. In the master bedroom (*right*), pale green walls are a cooling antidote to the Southern California sunshine; French doors let in a pleasant breeze.


day? It varies so much."



Harry's closet doors are covered in chalkboard paint, which encourages impromptu scrawlings. Here, Giles has written a tale of his brother's recent trip to the hospital.

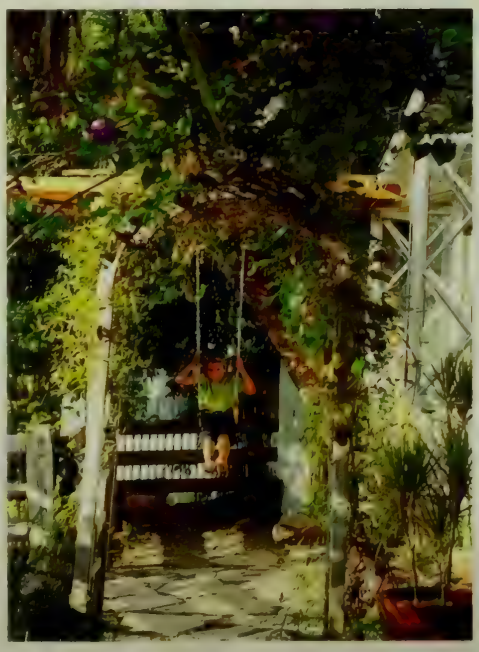
The emphasis on indoor/outdoor living reminds Charles of houses in the Caribbean (where the couple used to spend quite a lot of time before their lives got busy with other things). "There, you might have a house that's only 1,000 square feet but outside would be 3,000 square feet," he says. "So your world, your home, is more outside than in."

"It's like an open house," Jennifer agrees. "It flows."

Kids come over. Clients drop by. The goldfish survives to swim another day. And life happens, in the most ordinary and extraordinary ways.

Buying information, page 212

To create your dream home, visit www.bhg.com/homesolutions



A ROOM OF THEIR OWN

What's the secret to sharing space without driving each other nuts? Quiet places to get away, close a door, and breathe deeply. In the Pates-Hanna household, everyone has his favorite:

- Giles and Harry have two tree houses, one high up on the hillside with a Tarzan rope swing and another above the front walk (*left*) with a look-out view of the street.
- For Charles, it's a small balcony off the great-room.
- For Jennifer, a nearby riding stable provides physical and mental therapy. "When I come back," she says, "I'm in a good mood."



It's a dirty shame...

SORE KNEES ARE THE PRICE YOU MUST PAY FOR A REALLY CLEAN FLOOR.



UNTIL NOW.

Introducing the Hoover® Floor MATE™.

The Hoover® Floor MATE™ does the hard work for you -- washing and scrubbing your hard surface floors with Lysol® cleaner.* It also vacuums, squeegees floors dry, even cleans and shines sealed hardwood with Old English® cleaner.*

*LYSOL® cleaner concentrate and OLD ENGLISH® cleaner concentrate are registered trademarks of Reckitt Benckiser Inc.



Cleans sealed marble, vinyl, ceramic, and sealed hardwood.

HOOVER®

s the work out
housework

hoover.com



A.M.



P.M.

New Bertolli Pasta Sauce. From vine to jar in just one day.



Nutty Cucumber Sandwich

There's no better summer sandwich than one that's both crisp and crunchy. This is it: cucumber, snow peas, soy nuts. It's backyard bliss. But don't stop there. If it's more crunch you crave, grab some fresh squash or baby radish. Slice them up. You see what I mean.

Recipe begins on page 172

big easy

Summer is my favorite season. I love the casual style that warm weather insists we enjoy. Plus, this time of year brings the same relaxed quality to cooking as there is to living, and it's topped off by markets brimming with the season's best foods. I just can't wait to play in the kitchen. But I also want to get out of it. So my cohorts at *Better Homes and Gardens*® magazine challenged me, "Give us some recipes that'll let you do both. Keep them fresh, simple, and quick. Tell us what makes them great. And, hey…no pressure." As a food editor, I couldn't say no. Read on for some easy-in, easy-out ideas.

Written by Stephen Exel Photography by Joyce Oudkerk Pool



Grilled Halibut with Blueberry-Pepper Jam

Is it really jam? Call it that if you like. It's a simple mash of summer berries combined with just-picked sage. Then, there's more sage in the halibut's crusty crouton topper. The end result is the union of sweet and savory, simple and sublime. If some of the topping tumbles off when you serve, so be it, because that's just the way crunchy crust crumbles.



Stephen Exel

Chilled Thai Tenderloin and Pasta with Tons of Basil; Curried Green and Yellow Bean Salad

Here's a secret to great alfresco dinners: All those plan-in-advance people are right. Plan ahead. Make ahead. You'll be happy you did when you're with your guests instead of watching them from the kitchen window. These two recipes pack loads of Far Eastern flavor, and they come out-of-doors right when you want them to. One more thing: When I say "tons of basil," I mean it. If you love the flavor of a particular herb (most are so plentiful in summer), pile it on. Let the recipe be a starting point, not an end. Oh, go on.

Recipes begin on page 172



Soy-Lime Scallops with Leeks

Ten minutes to prep, eight minutes to grill, and 30 minutes in between to do whatever you want—I like that formula, especially the middle part. The marinated sea scallops get a big burst of flavor from a good, healthy squeeze of grilled lime. Grilling caramelizes the sugars in citrus fruits, making them sweeter. Try this little trick with oranges and lemons as well.





Mad Mad Martian Juice

This admittedly murky-looking alternative to fruit juice is so cool because it's loaded with garden-fresh mint, basil, or tarragon, and is deceptively easy to prepare. Herbaceous with a touch of sweet from a make-ahead simple syrup, you can experience this trendy juice-bar drink without having to deal with the lounge lizards.

Recipes begin on page 176



ooth and unky Melon up

Melons are at their peak of flavor right now. Why not whirl them into a cool summer soup? Then play with your options. My recipe gives you lots, and all of them are easy. Vanilla-based soy milk results in a little lighter soup; yogurt a little richer. Finish with a stir-in topping of peppered yogurt or a prosciutto-parsley gremolata. Or don't. There really are no rules to this recipe, except your own.

uffed Caprese

s is one of those ideas get when you play und in the kitchen—a cious spin on an old orite. The Italian sic, insalata caprese, super-ripe tomatoes, h mozzarella, fresh il, and really good e oil. That's what 'll find here, with the ition of red onion and ssy vinaigrette, and a sentation that's turned side-in. I especially this recipe because s bright hues brighter flavors.



Recipes begin on page 178





Afternoon Coffee Vodka Cooler

Try this thirst-quenching cocktail—which just sort of invented itself on a hot Saturday afternoon—as a post-biking pick-me-up with friends. Coffee for a boost, ice to chill it, espresso-infused vodka (espresso beans soaked in vodka to give it a coffee flavor—so simple to make) to give it punch. It will do double duty as a Sunday brunch beverage, as well.





Fill-the-Grill Nectarine Toss

The grill's already going, right? So don't waste the heat. Put on a pile of nectarines glazed with olive oil and cinnamon, and you'll get a smoky-sweet treat to top the other part of the deal—ice cream. So there you have it: The challenge ends on a sweet note. These recipes should easily get you through the better part of summer. Cheers!

Recipes begin on page 180

Buying information, page 212

For more recipes, visit www.bhg.com/barbecue



Too
Good
To
Put
Down.
Tastes
Good.
Feels
Good.

Wheat Thins®

continued from page 170



Nutty Cucumber Sandwich

Nutty Cucumber Sandwich

Select chèvre that has been rolled in cracked black pepper to add another flavor dimension to this sandwich.

Start to finish: 15 minutes

- ½ cup fresh snow pea pods, trimmed
- 8 thin slices rye bread
- 3 to 4 oz. soft chèvre (goat cheese)
- ⅓ cup seasoned roasted soy nuts (such as ranch or garlic)
- ½ medium cucumber
- 1 medium tomato, thinly sliced
- Salt

1. In a saucepan cook the pea pods in lightly salted boiling water for 2 minutes. Drain; rinse with cold water; drain again. Place pea pods in a small bowl and chill.

2. Spread one side of each slice of bread with chèvre. Sprinkle four slices with soy nuts, gently pressing nuts into cheese.

3. Use a vegetable peeler to remove a few lengthwise strips of peel from cucumber. Thinly slice cucumber. On top of the soy nuts, layer cucumber slices, pea pods, and tomato slices. Sprinkle lightly with salt. Top with remaining bread slices.

4. To serve, use a serrated knife to slice sandwiches in half. Makes 4 sandwiches.

Nutrition facts per serving: 276 cal., 9 g total fat (4 g sat. fat), 10 mg chol., 540 mg sodium, 36 g carbo., 6 g fiber, and 14 g pro. Daily Values: 0% vit. A, 24% vit. C, 10% calcium, and 17% iron.

Grilled Halibut with Blueberry-Pepper Jam

A drizzle of olive oil just before serving keeps the sage-crouton crust moist.

Prep: 25 minutes **Grill:** 12 minutes

- 4 5 to 6 oz. fresh or frozen halibut steaks or fillets or sea bass or salmon fillets, about 1 inch thick
- 1 cup fresh blueberries, rinsed and drained
- 1 tsp. snipped fresh sage
- ½ tsp. freshly ground black pepper
- 1 cup garlic croutons, coarsely crushed
- ¼ cup snipped fresh sage
- 1 tsp. finely shredded orange peel
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. orange juice
- 1 Tbsp. olive oil
- Olive oil (optional)
- Fresh sage leaves (optional)

1. Thaw fish, if frozen. Rinse fish and pat dry.

2. For Blueberry-Pepper Jam, in a bowl mash ¾ cup of the blueberries with a potato masher or fork. Stir in the 1 teaspoon sage, ½ teaspoon pepper, and remaining blueberries. Cover; chill until ready to serve.

3. In a small bowl combine crushed croutons, the ¼ cup sage, orange peel, and ¼ teaspoon pepper. Stir in orange juice and 1 tablespoon olive oil until lightly moistened; set aside.

4. Lightly grease the rack of a grill. For a charcoal grill, cook fish, skin side up if using fillets, on the rack of the grill, uncovered, directly over medium coals for 5 minutes. Turn fish; top evenly with crouton mixture, gently pressing onto fish. Grill for 7 to 10 minutes more or until fish flakes easily when tested with a fork. (For a gas grill, preheat grill. Reduce heat to medium. Place fish on greased grill rack over heat. Cover and cook as above.)

5. To serve, place fish on serving platter. Drizzle fish with additional olive oil, and trim with additional sage leaves. Serve with Blueberry-Pepper Jam. Makes 4 servings.

Nutrition facts per serving: 222 cal., 7 g total fat (1 g sat. fat), 45 mg chol., 101 mg sodium, 8 g carbo., 1 g fiber, and 30 g pro. Daily Values: 0% vit. A, 16% vit. C, 9% calcium, and 8% iron.

Chilled Thai Tenderloin and Pasta with Tons of Basil

This recipe can be made two days in advance of a party. Tying the tenderloin butcher-style helps keep its shape during cooking. Thai peanut sauce is available at most grocery stores.

Prep: 30 minutes **Grill:** 1 hour
Chill: 8 to 48 hours

- 1 3 lb. center-cut beef tenderloin
- Freshly ground black pepper
- ½ cup purchased Thai peanut sauce
- 3 cups packed purple or green basil sprigs (do not remove leaves from stems)
- 2 lb. angel hair pasta, cooked according to package directions
- 1½ cups purchased Thai peanut sauce
- 2 cups sliced fennel strips
- 1 cup slivered fresh purple or green basil
- 2 Tbsp. olive oil

1. Butcher wrap the beef tenderloin (instructions, *page 174*). Season with pepper. Spread the ½ cup peanut sauce over the beef until coated. Tuck the basil sprigs under the string, covering as much of the beef as possible.

continued on page 174

Finally, a marinade that doesn't make you feel like a pasty-faced French chef on a cable cooking show.



Presenting a marinade from the steak guys.



Yeah, it's that important.

F Holdings

www.a1steak.com

continued from page 172

2. For a charcoal grill, arrange preheated coals around a drip pan. Test for medium-high heat above the pan. Place beef on grill rack over drip pan. Cover; grill until desired doneness. Allow 1 to 1¼ hours for medium rare doneness (135° F) or 1¼ to 1½ hours for medium doneness (150° F). (For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Grill as above, except place beef on rack in a roasting pan.) Remove beef from grill; cover with foil and let stand for 10 minutes. Internal temperature should rise 10° (to 145° F for medium rare or 160° F for medium.)

3. Cool beef to room temperature, about 30 minutes. Wrap beef tightly in plastic wrap; cover and store in refrigerator at least 8 hours and up to 2 days until ready to serve.

4. In a very large bowl, toss cooked angel hair pasta with the 1½ cups peanut sauce and fennel. Add slivered basil. Cover; chill until ready to serve.

5. To serve, toss pasta mixture with olive oil. Arrange on serving platter. Remove tenderloin from refrigerator. Cut string, remove basil sprigs and discard. Slice tenderloin into ¼-inch slices. Place sliced tenderloin alongside pasta. Makes 10 servings.

Nutrition facts per serving: 670 cal., 19 g total fat (5 g sat. fat), 62 mg chol., 828 mg sodium, 83 g carbo., 7 g fiber, and 37 g pro. Daily Values: 0% vit. A, 9% vit. C, 6% calcium, and 33% iron.



This crisp Curried Green and Yellow Bean Salad matches well with a sprightly Riesling or Alsatian-style white wine. See "Sips of Summer" (*page 184*) for wine suggestions.

Curried Green and Yellow Bean Salad

The snap of curry complements the crunch of the chilled beans in this salad and the flavors of the Chilled Thai Tenderloin and Pasta (recipe, *page 172*).

Prep: 25 minutes **Cook:** 10 minutes
Chill: 2 hours

- 12 oz. green beans, trimmed
- 12 oz. yellow wax beans, trimmed
- 2 Tbsp. white wine vinegar
- 2 Tbsp. olive oil
- 1½ tsp. sugar
- 1 tsp. grated fresh ginger
- 1 tsp. curry powder
- ½ tsp. ground turmeric
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper

continued on page 176

HOW TO BUTCHER WRAP A TENDERLOIN:

1. Place the tenderloin on a cutting board or tray. Using an 8-foot piece of kitchen string, slide the string under the roast crosswise about 2 inches from one end. Pull string up and around the top, and make a knot, keeping one end of the string short. Do not cut the long end of the string. **2.** Pull the long end of the string toward the other end of roast. About 2 inches from the first tie, hold string and loop underneath roast, bringing it up and around. Insert the long end of the string under the top string to secure, pulling to tighten the loop. Repeat, making a loop about every 2 inches until you reach the end of the tenderloin. **3.** Bring the string around the underside of the roast and back to the starting point at the top side of the tenderloin twisting the string around each loop as you go. Knot it around the initial loop. Cut the string.



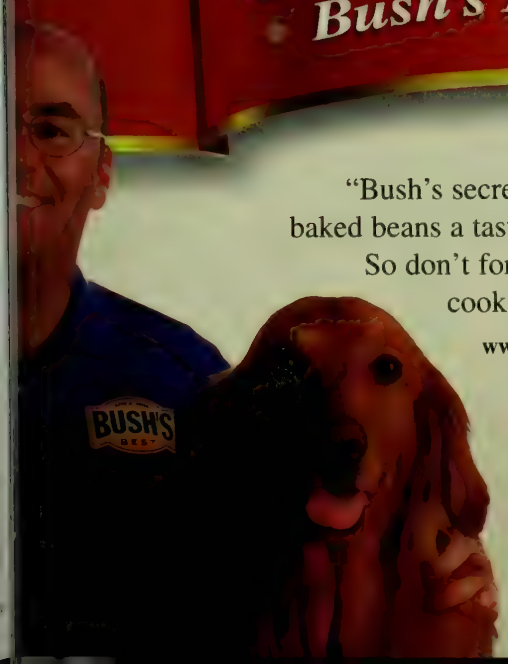
WITH BUSH'S BAKED BEANS.

WITHOUT.

Cookouts taste better with Bush's Baked Beans.

"Bush's secret family recipe gives our baked beans a taste that makes cookouts better. So don't forget them next time you cook out." – *Jay Bush*

www.bushbeans.com







AOL 7.0

Now, simply the best online experience ever!

NEW in 7.0:

✔ Now, your favorite music when you want it with Radio@AOL.

✔ Now, your local news, weather, entertainment, movie show times and more.

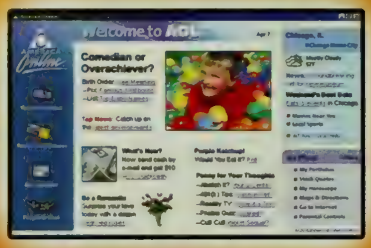
As Always:

✔ Your security and privacy are protected on AOL.

✔ FREE customer service 24-hours a day, on the phone or online.

✔ Parental Controls help safeguard your kids online.

✔ There's never been a better time to join!



Call 1-800-4-ONLINE today for FREE AOL 7.0 software and 1000 hours to try it out! for 45 days

AMERICA Online

So easy to use, no wonder it's #1

1000 HOUR FREE TRIAL MUST BE USED WITHIN 45 DAYS OF INITIAL SIGN-ON. TO AVOID BEING CHARGED FUTURE AOL FEES, SIMPLY CANCEL BEFORE TRIAL PERIOD ENDS. Avail. to new members in the US, age 18+, a major credit card or checking acct. is required. Premium services carry surcharges and communication surcharges may apply, in certain areas, even during trial time. Members may incur phone charges on their phone bills, depending on their calling plan and location, even during trial time. America Online, AOL and the Triangle Logo are registered service marks of America Online, Inc. ©2002 America Online, Inc. All rights reserved.

ADVERTISEMENT

connect@home™

check out these sites for the latest information

DELTA FAUCET COMPANY
www.deltafaucet.com

Dove
www.dovechocolate.com

Hillshire Farm
www.hillshirefarm.com

www.homedepot.com

Hunter
www.hunterfan.com

OSH Orchard Supply Hardware
www.osh.com

THERMACHOICE Take Control of Heavy Periods
www.ContolHeavyPeriods.com

Check out these sites within bhg.com
www.bhg.com/dollarstretchers
www.bhg.com/catloversguide
www.bhg.com/cookingwithkids

Big Easy

continued from page 174

1. In a saucepan cook beans, covered, in a small amount of boiling salted water for 10 minutes or until crisp-tender. Drain and immerse in a bowl half-filled with ice water. Drain again. Return beans to bowl. Cover; refrigerate until serving.

2. Meanwhile, for salad dressing, in a screw-top jar combine vinegar, olive oil, sugar, ginger, curry powder, turmeric, salt, and pepper. Cover; shake well. Refrigerate until serving.

3. To serve, pour salad dressing over beans. Toss gently to coat. Serve immediately. Makes 8 to 10 servings.

Nutrition facts per serving: 60 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 78 mg sodium, 7 g carbo., 3 g fiber, and 2 g pro. Daily Values: 0% vit. A, 17% vit. C, 3% calcium, and 5% iron.

Soy-Lime Scallops with Leeks

When purchasing fresh sea scallops, look for color between pale beige and pink, a sweet smell, and a moist sheen.

Prep: 10 minutes **Grill:** 8 minutes
Marinate: 30 minutes

- ¼ cup soy sauce
- ¼ cup rice vinegar
- 1 lb. fresh or frozen sea scallops
- 1 small leek or 4 baby leeks
- 8 medium green or red scallions
- 1 medium lime, halved
- Black sesame seeds (optional)
- ¼ cup butter, melted*

1. For marinade, in a small bowl whisk together soy sauce and rice vinegar; set aside.

2. Thaw scallops, if frozen. Rinse scallops, pat dry with paper towels. Trim root end and green tops of leek and scallions. Rinse leek thoroughly to remove any grit. Cut the one small leek lengthwise into quarters; insert a wooden pick crosswise through each leek quarter to hold layers together when grilling. Or, trim the baby leeks.

continued on page 178

Lit by 60 golden lights!

The Dreamsicles® Christmas Tree

by Kristin

A dazzling Christmas tree that glows from within, featuring the adorable Dreamsicles cherubs.

Trimming the Christmas tree this year promises to be extra special! The adorable Dreamsicles cherubs — one of America's most popular collectibles —have gathered together to make your tree the prettiest one of all. Presenting...*The Dreamsicles Christmas Tree.*



Hand painting by skilled artisans brings the enchantment of the Dreamsicles to life.

Delightfully detailed; colorfully hand painted.

Each Dreamsicles figurine perched among the branches radiates the innocence and joy that make Kristin Haynes' Dreamsicles so lovable.

The Dreamsicles Christmas Tree and the adorable sculptures that adorn its branches are crafted in cold-cast porcelain. Each tree is then carefully hand painted in brilliant holiday colors. With a touch of a switch, the tree is fully illuminated by 60 golden lights (batteries are included at no additional charge).

Attractively priced; Order today.

This Danbury Mint exclusive is remarkably priced at $119, payable in four convenient installments of just $29.75 (plus a total of $12 for shipping and handling). Your satisfaction is guaranteed. Order today!

© MBI

Reservation Application

The Danbury Mint
47 Richards Avenue
Norwalk, CT 06857

The Dreamsicles® Christmas Tree

Send no money now.

Yes! Reserve *The Dreamsicles Christmas Tree* for me as described in this announcement.

Name _____
Please print clearly

Address _____

City/State/Zip _____

Signature _____
All orders subject to acceptance

Allow 4 to 8 weeks after initial payment for shipment.

DLT2F092

re shown much smaller than size of approximately 12⅛" 10" wide (including base).

the Danbury Mint

DREAMSICLES®: © 2002 Cast Art Industries, LLC.

Big Easy

continued from page 176

3. Place scallops, leeks, and scallions in a plastic bag set in a shallow bowl. Add marinade. Seal bag; turn to coat scallops and vegetables. Marinate in refrigerator for 30 minutes.

4. Remove scallops, leeks, and scallions from bag. Discard marinade. For a charcoal grill, place scallops, leeks, scallions, and lime halves (cut side down) on the rack of an uncovered grill directly over medium coals. Grill for 8 to 10 minutes or until scallops are opaque, turning scallops and vegetables occasionally. Remove any scallions before they overbrown. (For a gas grill, preheat grill. Reduce heat to medium. Place scallops, leeks, scallions, and lime halves on grill rack over heat. Grill as above.)

5. To serve, transfer leeks and scallions to serving plates. Top with scallops. Using grilling tongs, remove limes from grill and squeeze over scallops. Sprinkle with black sesame seeds. Serve with melted butter. Makes 4 servings.

**Note*: Melt butter in heat resistant bowl or ramekin on grill alongside scallops and leeks.

Nutrition facts per serving: 229 cal., 13 g total fat (8 g sat. fat), 70 mg chol., 467 mg sodium, 8 g carbo., 1 g fiber, 20 g pro. Daily Values: 0% vit. A, 24% vit. C, 6% calcium, 6% iron.

Mad Mad Martian Juice

This herbal concoction can be chilled in the refrigerator for at least one hour before serving.

Start to finish: 15 minutes

- ½ cup snipped fresh mint or basil or ¼ cup snipped fresh tarragon
- 1 recipe Simple Syrup
- 1½ cups water
- 2 cups ice cubes
- Lavender sprigs (optional)
- Lemon wedges (optional)

1. In a blender container combine herb, Simple Syrup, and water. Cover; blend until nearly smooth. With blender running, gradually add ice cubes through hole in lid, blending until slushy. To serve, pour into glasses; serve with lavender sprigs and/or lemon wedges. Makes 3 or 4 servings.

Simple Syrup: In a small saucepan combine ¼ cup sugar and ¼ cup water. Bring just to boiling, stirring to dissolve sugar. Cool; cover and chill at least 1 hour before using. Makes about ⅓ cup.

Nutrition facts per serving: 65 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 8 mg sodium, 16 g carbo., 0 g fiber, 0 g pro. Daily Values: 0% vit. A, 15% vit. C, 2% calcium, and 14% iron.

Smooth and Chunky Melon Soup

Soy milk, an increasingly popular alternative to milk, is now available at most grocery stores.

Prep: 15 minutes **Chill**: 3 hours

- 6 cups cubed cantaloupe
- 1½ cups mango nectar
- 1 tsp. freshly ground dried whole green or black peppercorns
- 1½ cups vanilla-enriched soy-based beverage (soy milk) or 1½ cups plain yogurt
- 2 cups cubed cantaloupe and/or honeydew melon (optional)
- Peppered Yogurt (optional)
- Prosciutto Gremolata (optional)
- Yellow sweet pepper spears (optional)

1. Place 3 cups of the cantaloupe, half of the mango nectar, and ½ teaspoon of the pepper in a blender container or food processor bowl. Cover and blend or process until cantaloupe is smooth. Transfer to a large bowl with a spout. Repeat with remaining 3 cups cantaloupe, nectar, and pepper.

2. Stir soy milk into the cantaloupe mixture in bowl. Cover and refrigerate until serving, up to 3 hours.

3. To serve, pour or ladle soup into bowls. Add cantaloupe cubes in center of soup. Garnish each serving with Peppered Yogurt, and/or Prosciutto Gremolata. Makes 8 servings.

Peppered Yogurt: In a small bowl stir ½ teaspoon freshly cracked whole dried green or black peppercorns into ½ cup plain yogurt. Cover; store in the refrigerator. Makes ½ cup.

continued on page 180

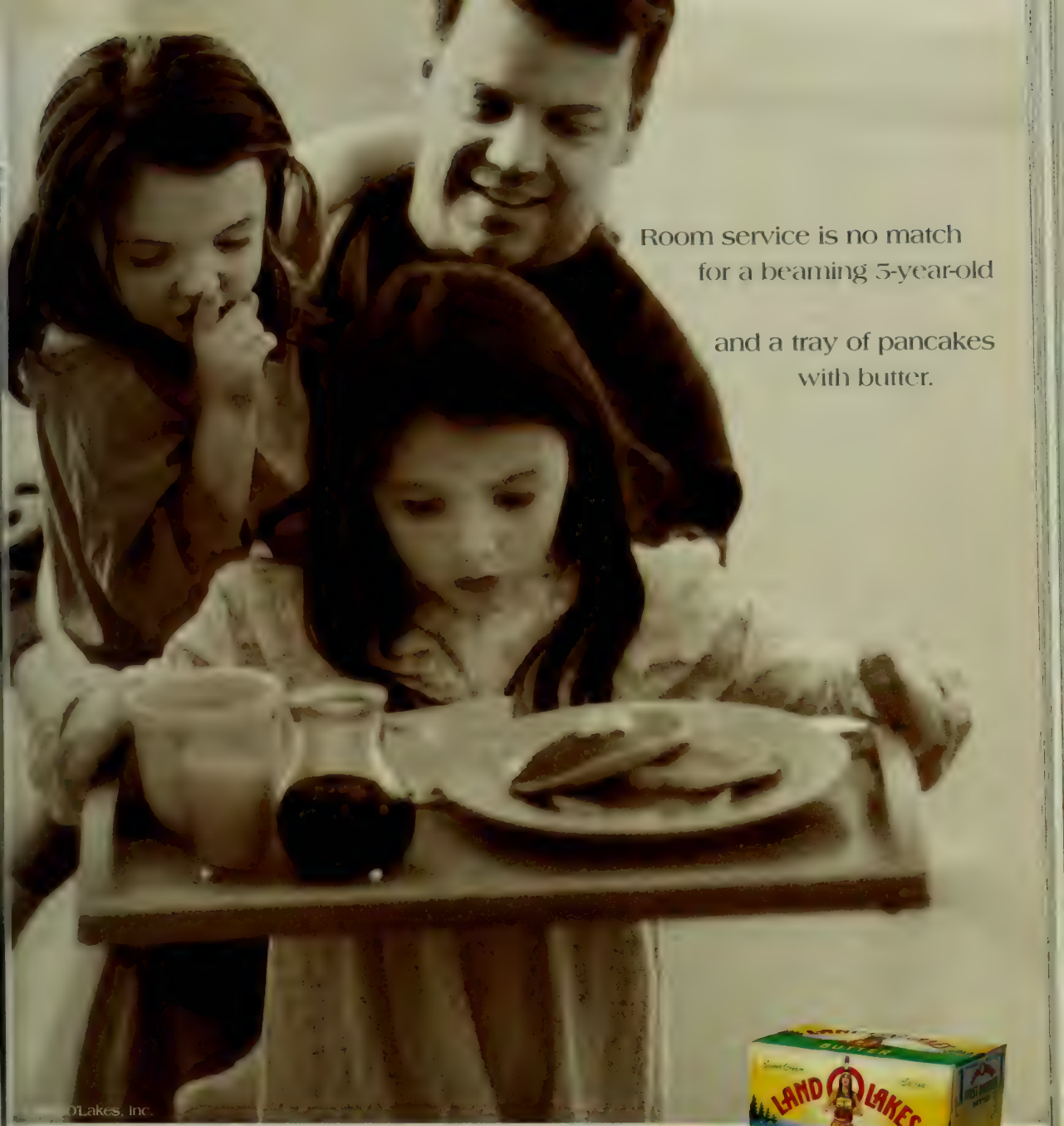


Soup Plates



Soup Spoons

Soup plates and soup spoons can be hard to find, but for soup lovers they are a necessity. For our Smooth and Chunky Melon Soup (recipe, *above*) or any of your family's favorites, the heavyweight porcelain soup plates (*above, left*) are 9¼ inches in diameter and feature a 1¼-inch rim; the bowl is about 1 inch deep. From Harold's Kitchen, the **Set of Four Soup Plates** costs $39.95, which includes shipping, handling, and applicable sales tax. The polished heavyweight stainless steel spoons (*above, right*) have a 1½-inch round deep base. From RSVP, the **Set of Eight Soup Spoons** is dishwasher safe and costs $29.95, which includes shipping, handling, and applicable sales tax. **TO ORDER** with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify item(s) desired, calculate the total due, and send a check or money order to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 0207, Box 9128, Des Moines, IA 50306-9128. Or, visit www.bhgcatalog.com on the Web.



Room service is no match
for a beaming 3-year-old

and a tray of pancakes
with butter.

O'Lakes, Inc.



Pure, natural LAND O LAKES® Butter
makes the moment better.

Where simple goodness begins.®

continued from page 178

Prosciutto Gremolata: In a bowl combine 2 ounces chopped prosciutto, 1½ teaspoons snipped fresh parsley, and 1 teaspoon finely shredded lemon peel. Makes about ½ cup.

Nutrition facts per serving: 99 cal., 1 g total fat (0 g sat. fat), 38 mg sodium, 21 g carbo., 1 g fiber, 2 g pro. Daily Values: 94% vit. C, 7% calcium, 4% iron.

Stuffed Caprese

Don't limit yourself to red tomatoes. Yellow tomatoes will be sweeter; green a little more tart.

Prep: 25 minutes **Chill:** up to 2 hours

- 4 small tomatoes (3 to 4 oz. each)
- ¼ tsp. sea salt or salt
- ⅛ tsp. freshly ground black pepper
- 3 Tbsp. olive oil
- 3 Tbsp. white wine vinegar
- ½ tsp. sugar
- 3 oz. fresh mozzarella or fresh buffalo mozzarella, drained and cut into small chunks (about ½ cup)
- ¼ cup slivered red onion
- ¼ cup snipped fresh basil
- Sea salt or salt
- Freshly ground black pepper

1. Cut a ¼-inch slice from the stem end of each tomato. Using a spoon, carefully scoop out core, seeds, and pulp, leaving up to a ½-inch-thick shell. Discard pulp. Sprinkle tomato shells with the ¼ teaspoon salt and the ⅛ teaspoon pepper. Stand tomato shells on a plate; set aside.

2. For dressing, in a screw-top jar combine olive oil, vinegar, and sugar. Cover; shake well. Reserve 1½ tablespoons of dressing. Spoon remainder into tomato shells.

3. In a bowl combine mozzarella, red onion, basil, and reserved dressing; toss to mix. Spoon cheese mixture into shells. Cover; refrigerate until ready to serve or up to 2 hours.



Small tomatoes are the best size to choose for this salad. Take care not to break the shell when scooping; the curved bowl of a soup spoon is a helpful tool.

4. To serve, place stuffed tomatoes on plates. Sprinkle with additional salt and pepper. Makes 4 servings.

Nutrition facts per serving: 177 cal., 15 g total fat (4 g sat. fat), 16 mg chol., 187 mg sodium, 6 g carbo., 1 g fiber, 5 g pro. Daily Values: 0% vit. A, 29% vit. C, 12% calcium, 4% iron.

Afternoon Coffee Vodka Cooler

Prepare the Coffee Bean Vodka (instructions, *below*) at least four days in advance. Save some of the morning coffee—the stronger the better—to make these afternoon refreshers.

Prep: 5 minutes **Freeze:** 4 days

Ice cubes
- ½ cup cold brewed coffee
- 2 Tbsp. Coffee Bean Vodka
- 1 Tbsp. whipping cream, half-and-half, or light cream
- 1 tsp. superfine or granulated sugar

1. To serve, fill a short glass with ice. Add coffee, Coffee Bean Vodka, cream, and sugar to glass. Stir gently. Makes 1 cooler.

Note: You can also use the Coffee Bean Vodka to make an Espresso Martini. Fill a martini shaker with ice. Add 2 tablespoons Coffee Bean Vodka. Shake vigorously. Strain vodka into a well-chilled martini glass. Add ½ cup cold brewed coffee; stir gently. Add a splash of cream or cream-based liqueur if you like. Makes 1 martini.

Nutrition facts per serving: 143 cal., 6 g total fat (3 g sat. fat), 21 mg chol., 8 mg sodium, 5 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, and 0% iron.

continued on page 182



Coffee Bean Vodka: Place 16 whole coffee or espresso beans on a piece of 100% cotton cheesecloth and tie into a bundle with clean 100% cotton string. Gently crush a few beans by tapping lightly with a rolling pin. Pour one 750 ml bottle of vodka into a plastic freezer container; insert the bundle into the vodka. Cover; store in the freezer for at least four days or up to two weeks. To keep the vodka chilled longer, remove the coffee bean bundle.





YOU CAN FIND IT IN THE BEST COFFEEHOUSES. CAN YOU FIND IT IN YOUR KITCHEN?

Everyone knows someone passionate about Equal® sweetener. Whether you have it in your pantry as a courtesy to loved ones or guests, or because you enjoy it too, Equal is an easy thing you can do for others and for yourself. Rich coffee. Unbelievable apple pie. Refreshing lemonade. Every day, millions of people use Equal as a better way to the tastes they love.

hundred recipes available at www.equal.com.

Great Taste. 0 Calories.
Try some and you'll understand.





Best Tasting Toffee | Best Tasting Cherries | Best Tasting Fudge | Best Tasting Truffles | Best Tasting Sugar Free

Voted America's best tasting by America's top chefs.

"Only the Finest" - Only from

Russell Stover®

Big Easy

continued from page 180

Fill-the-Grill Nectarine Toss

If your mother nagged you to eat fresh fruit, here's your revenge: Have it with a big bowl of ice cream.

Prep: 15 minutes **Grill:** 8 minutes

- 6 ripe, medium nectarines, halved and pitted
- 2 Tbsp. olive oil
- Ground cinnamon or nutmeg (optional)
- 3 cups vanilla ice cream
- Coarsely chopped chocolate chunks

1. Brush nectarines with olive oil. Sprinkle with freshly grated cinnamon. Place a grill wok or grill basket on the rack of an uncovered grill directly over medium coals and heat for 5 minutes. Place nectarine halves in the grill wok or basket. Grill for 8 to 10 minutes or until heated through, turning gently halfway through cooking time. (For gas grill, preheat grill. Reduce heat to medium. Place grill wok or basket on grill rack over heat. Cover; grill as above.)

2. To serve, place ice cream in a large serving bowl. Top with grilled nectarine halves. Sprinkle with chocolate chunks, and serve immediately. Makes 6 servings.

Nutrition facts per serving: 312 cal., 19 g total fat (9 g sat. fat), 46 mg chol., 46 mg sodium, 36 g carbo., 2 g fiber, 4 g pro. Daily Values: 0% vit. A, 13% vit. C, 10% calcium, 1% iron.



Grill seafood, vegetables, and small or delicate foods on the grill with these two handy accessories. This **Gourmet Grill and Wok Topper Set** from Oscarware contains a 12×12-inch grill and a 12×12×3-inch wok. Each piece features a distinctive perforated design that allows all unnecessary oils to drain from the food while cooking. Both pieces are porcelain coated for easy cleanup (dishwasher safe too). The set costs $37.95, which includes shipping, handling, and applicable sales tax. **TO ORDER** with your MasterCard, Discover, American Express, or Visa card, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 0207, Box 9128, Des Moines, IA 50306-9128. Or, visit the Web at www.bhgcatalog.com.

Opening the cookie tin

Children with small hands and people with arthritis can have difficulty opening tins of goodies. Give them a grip by gluing a length of ribbon along the inside bottom of the tin and letting it hang outside the rim. Fill and close the container. To open the tin, simply lift up the ribbon.

Jennifer Faulkner
Salem, Mass.

Photo opportunities

Next time you make a beautiful cake, a family-pleasing chicken dinner, or any recipe for the first time, take a picture of it and attach the picture to the recipe. The photo will help jog your memory into re-creating something you enjoyed, and it will help the kids let you know what looks good for dinner. Sometimes it's easier to recall a dish from a picture rather than a recipe name.

Amy Konieczka
Kalamazoo, Mich.

Drip-dry lunches

Pleated or cone-shaped coffee filters make great drip catchers for kids eating juicy burgers or other messy sandwiches, such as tuna or egg salad. Just insert sandwich, and serve.

Beverly J. Martin
Tipp City, Ohio

It makes muffins too

One of the most versatile items in my kitchen is my muffin pan. My grandchildren use it as a serving tray for cold drinks—the cups stay put, they don't slide and, therefore, no messy spills. I also use this pan to make extra-large ice cubes for punch, and it makes a delightful condiment server for ketchup, mustard, mayonnaise, and relish at the "kids' table." Finally, you can fill each cup with assorted dry snacks.

Paula Marchesi
Lenhartsville, Pa.

BE A CLEVER COOK

We are looking for original ideas, and pay $25 for a published tip.

Please send your tips to: The Clever Cook, *BH&G* Foods Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*® magazine.

"30 Minutes to Homemade" Strawberry Jam

qt. ripe strawberries, mashed
cups sugar (do not reduce sugar)
/4 cup water
1 box SURE·JELL® Fruit Pectin
Plastic storage containers

EASURE 2 cups mashed strawberries into large bowl. ir in sugar. Let stand 10 minutes, stirring occasionally.

RING water and pectin to boil in small saucepan on gh heat, stirring constantly. Continue boiling and rring for 1 minute. Stir into fruit mixture in bowl. ir 3 minutes or until sugar is completely dissolved.

LL containers quickly to within 1/2 inch of tops; ver with lids. Let stand at room temperature 24 hours. Jam is ready to use. Refrigerate up to 3 weeks or freeze up to 1 year; thaw in refrigerator. Makes about 6 cups.

CERTO Method: Omit water and boiling step. Mix 1 pouch CERTO Fruit Pectin and 2 Tbsp. lemon juice in small bowl. Stir into fruit mixture in bowl. Continue as directed above. Makes about 4 cups.

ilable in the baking section.

KRAFT kraftfoods.com

All of the love. None of the labor.

02 KF Holdings



sips of summer

Try the Australian solution to summer's heat: On a Saturday, fill a tub with ice and add a few bottles of your favorite white wine. Then spend the afternoon barbecuing steaks and sausages while catching up with friends and family. And yes, uncork the bottles.

To help you keep cool in your own outback, we've assembled a selection of wines from America and overseas that fits this relaxed style of entertaining.

by Richard Swearinger

Penfold's Koonunga Hill 2001 Semillon Chardonnay

You know how a little lemon rounds out a peach pie? This soft, slightly sweet Australian wine works the same way. Citrus and peach flavors from the grapes are simpatico, making a splash with anything grilled. Can't find it? Call: (800) 255-9966.

Price: $10



Caliterra 2001 Sauvignon Blanc

With its romantic, bouquet-of-flowers aroma, this Chilean wine is a wonderful match for the kind of outdoor party that ends with wedding cake (or a proposal). Its sprightly, fresh taste has hints of lemon.

www.robertmondavi.com.

Price: $8



Bonny Doon Pacific Rim Dry Riesling

A little sweetness can be good in wine, especially when it's balanced—as in this case—by the bite of green apple. This blend of American and German grapes cries out for a big mushroom and mozzarella panini as a lunchmate.

www.bonnydoonvineyard.com

Price: $10





Pierre Sparr 2000 Alsace One

Here's a wine in which grapes perform sorcery. A whisper of herbs—rosemary and tarragon—perfume this wine, along with the flavor of melons. Serve this French import very cold; it will bring magic to twilight on the deck. E-mail questions to info@wjdeutsch.com.

Price: $10



Spy Valley 2001 Marlborough Sauvignon Blanc

Crisp and cool as James Bond's dinner jacket, this well-crafted wine bursts with fruit flavors, such as passionfruit and gooseberry, but doesn't come off sweet at all. For information call (415) 931-1725. Or www. broadbent-wines.com.

Price: $12



Sokol Blosser Evolution 6th Edition

The wild, mangolike flavors c this lush, accommodatin Oregonian blend of nin white grapes entwin themselves comfortabl around food—especiall the sweet and spicy hea found in Asian, Cajun, an Southwestern cuisines.

www. evolutionwine.con

Price: $15

VEET CORN. REAL CREAM. RICH BUTTER.
WHEN YOU LOVE TO COOK IT SHOWS.



Made With
The Care of Marie

Marie Callender's

Look for 12 Delicious New Recipes

Since 1948



Marie Callender always cared enough to use only white meat chicken in her country fried chicken dinner. Real cream in her mashed potatoes. And of course corn had to be served on-the-cob.

Today we still prepare Marie Callender's fine home-style recipes with the same care and attention that she always did.

So when you enjoy Marie's traditional meals, including any of her 12 delicious new recipes, you'll immediately taste the difference only Marie could make.





BUT OF COURSE.



Win Money and Prizes

Prize Tested Recipes® (see page 189)

Your original recipe could be worth up to $400. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

Monthly Prizes: Two $400 winners, two $200 winners, ten $50 honor rolls

February 2003 Categories: Chocolate Chips, Beyond the Cookie: We know that chocolate chips play many roles in your recipes, so tell us about them. Do you stir them into breads or feature them in candies, cakes, pies, or tortes? Send your creative ideas for bittersweet, semisweet, or milk chocolate chips. Don't limit yourself to regular chips: Go ahead and experiment with mini and mega chips as well.

Baked Pasta and Lasagna: Get creative and combine pasta with your favorite fish, shellfish, meats, vegetables, and sauces. We're looking for your best casseroles using interesting pasta or noodle shapes. The pasta can be baked as individual servings or in a family-sized pan. Other ideas: lasagna noodles rolled around fillings, unusual cheese combinations, and casseroles that get a shower of herbs when the pan comes out of the oven.

This Month's Winners - Pages 189 and 190

$400 Winners: Chad E. Calaway, Lincolnton, N.C.; Hyun C. Eom, Sunnyvale, Calif. $200 Winners: Susan Kay, Seattle, Wash.; Shannon Martinez, Winters, Calif. $50 Honor Roll Winners: Veronica Bercaives, San Ramon, Calif.; Jane Burcon, Sparta, Mich.; Carol Clay, St. Louis Park, Minn.; Adrienne Forester, Santa Ana, Calif.; Dana Grimmer, Outlook, Wash.; Patricia Harmon, Baden, Pa.; Cindy LaRue, Peoria, Ariz.; Mary Louise Lever, Rome, Ga.; Betty J. Ray, Vancouver, Wash.; Jeanne Steadman, Madison, Ala.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Chocolate Chips, Beyond the Cookie" or "Baked Pasta and Lasagna." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0302 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by July 24, 2002, and received by July 31, 2002. E-mail entries must be posted by 11:59 p.m., EDT, July 24, 2002. 5. Winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.

GIVE YOUR TURKEY SANDWICH A SUPERIORITY COMPLEX.



TURKEY AND CHEESE WITH GREY POUPON. BUT OF COURSE.



HAVE YOU HAD YOUR FINER PLEASURE TODAY?

WWW.GREYPOUPON.COM

¡Even Our Salads Samba!

Fiesta Rice and Shrimp Salad

Everyone loves Goya rice – hot or co
as a side or even in a salad! And wh
it's all dressed up with our save
Spanish pimientos and robust oliv
your tastebuds will be dancing too!

- 1 bottle (8 oz.) clam juice
- 1 cup water
- 1 tbsp. Goya Olive Oil
- 1 pkg. (8 oz.) Goya Fiesta, Mexican or Primavera Rice Mix
- 1 lb. large shrimp, peeled and deveined
- 1/2 cup finely diced red onion
- 1/2 cup diced Goya Fancy Pimientos
- 8 Goya Manzanilla Spanish Olives Stuffed with Minced Pimientos, sliced
- 2 tbsp. minced fresh cilantro
- 1/2 cup vinaigrette salad dressing
- Salt and pepper to taste
- Lettuce leaves or assorted greens

In saucepan, bring first 3 ingredients to b
Stir in rice mix, and cook according to pac
directions. Let cool. While rice is cooking
separate saucepan, bring 2 quarts water to b
Stir in shrimp, return to boil, remove f
heat, cover and let sit 5 min. Drain
cool. Combine onion, pimientos, oli
cilantro and dressing in bowl. Stir in cooled
and shrimp. Salt and pepper to taste. Serv
room temperature over greens. Serves 6.

**For more ways to feed your passion
Latin cuisine, see your store's G
section or www.Goya.com.**



What A Way To GOY

see page 187 for details



$400 winner Salmon Mango Pockets

Chad E. Calaway, Lincolnton, N.C.,
in the Mango Magic Category, July 2002

- 1 lb. fresh or frozen skinless salmon fillets
- 1 recipe Mango-Curry Mayonnaise
- ⅓ cup chopped onion
- 1 Tbsp. olive oil
- ½ cup finely chopped mango
- ½ cup walnuts, finely chopped
- 12 sheets frozen phyllo dough (18x14-inch rectangles), thawed
- ½ cup butter, melted

Preheat oven to 375° F. Thaw salmon, if frozen. Rinse salmon; pat dry. Cut into 4 pieces, if necessary. Sprinkle lightly with salt and pepper; set aside. Prepare Mango-Curry Mayonnaise. In a skillet cook onion in hot oil over medium-high heat about 3 minutes. Stir in mango, walnuts, 1 teaspoon salt, and ½ teaspoon pepper. Set aside.

Unfold phyllo; cover with plastic wrap, then a damp towel. Lay 1 sheet of phyllo flat on a work surface. With short side facing you, brush phyllo with some melted butter. Add 2 more sheets, brushing each with butter. Spoon ¼ cup of the mango mixture in middle of dough about 4 inches from bottom edge. Place a salmon piece on top of mango mixture so that a long side of salmon is parallel to bottom edge. Fold bottom edge of phyllo over salmon. Fold long sides in. Roll up from bottom. Place seam side down in a greased 15×10×1-inch baking pan. Brush top with butter. Repeat with remaining phyllo, butter, filling, and salmon. Bake for 25 to 30 minutes or until phyllo is golden and fish flakes easily when tested with a fork. Serve with Mango-Curry Mayonnaise. Makes 4 servings.

Mango-Curry Mayonnaise: Stir together ½ cup mayonnaise and ½ teaspoon curry powder. Gently stir in 1 cup coarsely chopped mango until coated. Cover and chill.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

see page 187 for details



$400 winner Spicy Jalapeño-Shrimp Pasta

Hyun C. Eom, Sunnyvale, Calif.,
in the Five-Ingredient Dinners Category, July 2002

- 12 oz. fresh or frozen large shrimp in shells
- 8 oz. dried linguine
- 2 Tbsp. olive oil
- 1 or 2 fresh jalapeño chile peppers, finely chopped*
- 2 cloves garlic, minced
- 2 cups chopped tomatoes and/or cherry tomatoes, halved or quartered
- Finely shredded Parmesan cheese (optional)

Thaw shrimp, if frozen. Peel and devein shrimp. Cook linguine following package directions. In a large skillet heat oil over medium-high heat. Add jalapeños, garlic, ½ teaspoon salt, and ¼ teaspoon pepper; cook and stir 1 minute. Add shrimp; cook about 3 minutes more or until shrimp turn opaque. Stir in tomatoes; heat through. Drain linguine; toss with shrimp mixture. Top with Parmesan cheese, if desired. Makes 4 servings.

Nutrition facts per serving: 363 cal., 9 g total fat (1 g sat. fat), 97 mg chol., 396 mg sodium, 48 g carbo., 3 g fiber, 21 g pro. Daily Values: 14% vit. A, 39% vit. C, 5% calcium, 20% iron.

*Note: Wear plastic gloves while preparing hot peppers; wash hands thoroughly.



see page 187 for details

$200 winner Southwest Pork Chops

Shannon Martinez, Winters, Calif.,
in the Five-Ingredient Dinners Category, July 2002

- 6 pork rib chops, cut ¾-inch thick (about 2½ lb.)
- 1 15-oz. can Mexican-style or Tex-Mex-style chili beans
- 1¼ cups bottled salsa
- 1 cup fresh* or frozen whole kernel corn
- 2 cups hot cooked rice
- Snipped fresh cilantro (optional)

Trim excess fat from chops. Place chops in the bottom of a 3½- or 4-quart crockery cooker. Add chili beans and salsa. Cover; cook on high-heat setting for 2½ hours or low-heat setting for 5 hours. When that step is complete, turn to high-heat setting, if necessary. Stir in corn. Cover and cook 30 minutes longer on high-heat setting. Serve over rice. Sprinkle with cilantro, if desired.

For all-day cooking: Substitute 8 boneless pork chops for the 6 rib chops. (When cooked this long, chops with bone may leave bony fragments in the cooked mixture.) Cover and cook on low-heat setting for 9½ hours. Turn to high-heat setting. Stir in corn. Cover and cook 30 minutes longer. Serve as above. Makes 6 servings.

Nutrition facts per serving: 334 cal., 7 g total fat (2 g sat. fat), 77 mg chol., 716 mg sodium, 34 g carbo., 4 g fiber, and 33 g pro. Daily Values: 5% vit. A, 13% vit. C, 6% calcium, and 19% iron.

*Note: 2 medium ears of fresh corn equal about 1 cup of whole kernel corn.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.



see page 187 for details

$200 winner Salad with Mango Dressing

Susan Kay, Seattle, Wash.,
in the Mango Magic Category, July 2002

- 1 head red or green leaf lettuce, torn into bite-size pieces (10 cups)
- 3 oz. arugula, trimmed and torn into bite-size pieces (about 2½ cups)
- ½ cup watercress leaves
- 3 Tbsp. snipped fresh basil
- 3 mangoes
- ¼ cup rice vinegar
- 3 Tbsp. salad oil
- 2 Tbsp. honey
- 1 tsp. snipped fresh mint
- 1 tsp. snipped fresh chives
- Salt and freshly ground pepper

In a large salad bowl toss together lettuce, arugula, watercress, and basil; set aside. Pit, peel, and slice mangoes. Chop enough of the sliced mangoes to make ½ cup; set remaining sliced mangoes aside.

For dressing, in a blender container or food processor bowl combine the ½ cup chopped mango, vinegar, oil, honey, mint, and chives. Cover and blend or process until smooth. Season to taste with salt and pepper. Drizzle about half the dressing over salad greens; toss gently to coat. Arrange salad on individual plates. Top with mango slices, remaining dressing, and additional freshly ground pepper. Makes 8 to 10 servings.

Nutrition facts per serving: 130 cal., 6 g total fat (0 g sat. fat), 0 mg chol., 29 mg sodium, 21 g carbo., 3 g fiber, and 2 g pro. Daily Values: 93% vit. A, 61% vit. C, 7% calcium, and 7% iron.

Dragonfruit. If it were normal, they wouldn't want it.



beware the heat

Baking in the hot summer sun can give you more than a tan.

Anyone who works or plays outdoors in scorching temperatures should know the early warning signs of heat exhaustion and heatstroke. Heat exhaustion is caused by excessive water loss and can happen with alarming suddenness.



With heat exhaustion, it's possible to recover completely, although intravenous fluids may be necessary. Untreated, it can develop into life-threatening heatstroke that requires immediate medical action.

Signs of heat exhaustion:

- Headache, nausea, dizziness, fainting, and excessive sweating.

What to do?

- Have the distressed person lie down in a cool place. Give small amounts of fluids (water or sports drink) every 15 minutes.
- Place cold, wet towels on victim's skin. If you see no improvement, seek medical help.

Signs of heatstroke:

- Headache, flushed, dry skin (no sweating), and disoriented.

What to do?

- Call 911 immediately.

Buzzz

Serious allergy sufferers would like to get shot less often, and their wish could be granted in the not-too-distant future. An experimental immunotherapeutic drug called AIC (Amb a 1 - ISS Conjugate) has been the focus of a study at the Johns Hopkins Hospital and Health System.

Instead of the typical and often painful allergy-shot regimen (sometimes weekly or biweekly shots for 3-5 years), the new drug needs just six shots in six weeks to provide relief from severe ragweed-reaction symptoms. This new treatment also eliminates the need for additional antihistamine use.

"Our studies represent a major advance in the development of new treatments for allergic disease," says Peter Creticos, M.D., associate professor of medicine at Johns Hopkins and principal investigator of the study.



Dog Daze of Summer

Your pooch is depending on you to help keep him a cool canine this summer.

Be sure to provide fresh water in a bowl that he can't knock over and access to plenty of shade. Because dogs only sweat through their footpads and have to pant to chill down, their cooling systems are not as effective as ours.

Going for a drive with the windows down and your dog's head lolling in the breeze may seem helpful, but dogs can get an eye infection from flying debris, says Dr. Susan O'Brien, an associate professor of veterinarian medicine at Iowa State University College of Veterinary Medicine.

A better choice is to keep your pooch at home. Leaving him in the car even for a short time on a warm day can lead to heatstroke. Travel trailers and enclosed carriers are also heat incubators for dogs, says Dr. O'Brien.

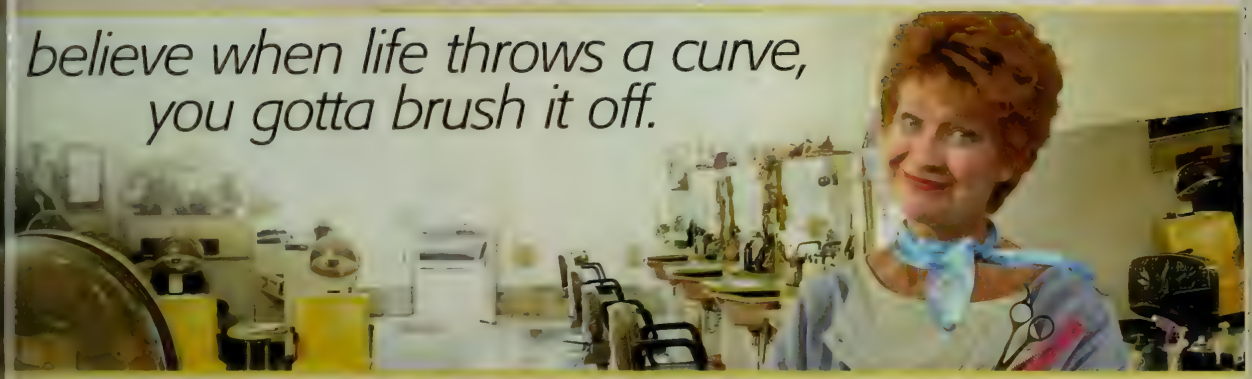
Also, avoid strenuous exercise with your dog when the temperature rises—even if he is having a great time. Dogs often don't know when to limit themselves.

A walk can be nice when the day is cool. "If it's too hot for you to walk barefoot, it may be too hot for them," Dr. O'Brien says.

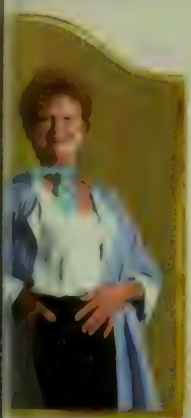
While you're planning your dog's summer care, remember to ask the vet about vaccinations and flea, tick, and heartworm medications.

continued on page 194

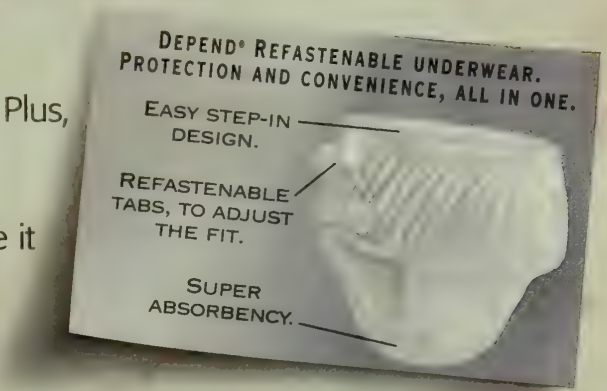
believe when life throws a curve, you gotta brush it off.



So I took control, with Depend® Refastenable Underwear.



It fits like regular underwear. And it has the super absorbency I need. Plus, the refastenable tabs make it easier to change. Isn't that great?



Take control, with Depend.®



©2002 KIMBERLY-CLARK CORPORATION

CONSULT YOUR DOCTOR ABOUT BLADDER CONTROL PROBLEMS.

WWW.DEPEND.COM

continued from page 192

Beast among the beauty

Gardeners beware: The dirt you work in to produce such beauty can be full of ugly tetanus bacteria.

This bacterium forms a spore that is almost impossible to eliminate from the soil, making this germ pretty much a permanent resident among the roots.

Tetanus, or lockjaw, is a serious condition. If bacteria enters the body through a break in the skin, it can eventually cause intense muscle spasms throughout the body.

The best defense is a good offense—get immunized once every 10 years. Although shortages of the tetanus vaccine are expected throughout 2002, people should get the shot if they have had less than three shots of tetanus total in their lives, according to Margaret M. Cortese, M.D., of the Centers for Disease Control and Prevention's Epidemiology and Surveillance Division.

Any deep scratch or wound you get working in the garden should be evaluated right away by a doctor who can determine whether a shot is needed.

To be safe, always wear sturdy gloves while in the garden, and wash your hands when it's time to come in.





Along came a spider

While most readers of nursery rhymes don't know what a "tuffet" is, many people can identify with the fright Little Miss Muffet felt when confronted by a spider. Arachniphobia is alive in the minds of kids and grownups alike.

People who fear being bitten just don't have all the facts, says Rick Vetter, research associate in the entomology department at the University of California, Riverside. "People blame spiders for a lot of wounds they don't cause," he says. "It becomes the default diagnosis."

While most spiders are capable of biting humans, they only do so when they feel threatened. The most notorious species, brown recluse and black widows, can cause significant illness. Brown recluse spiders are seen most often in the South and lower Midwest, and black widows like the desert Southwest.

Most spider bites, however, just become red and itchy, and go away in a couple of days. Wash the bite with soap and water, and apply antibiotic ointment. If the bite is known to be from a brown recluse or black widow, or if signs of infection develop, seek medical attention. Call your doctor if fever, headache, or swollen lymph glands appear.

Spiders typically bite only once, so if you're finding multiple sites of assault, the culprits might be fleas, mites, or bedbugs.

By the way, a tuffet is a stool.

The proportion of women age 50 and older who have had a mammogram within the past 2 years increased from 27 percent in 1987 to 60 percent in 1994.

continued on page 196



IF YOU'RE FACING AGE
RELATED VISION LOSS
FOR THE FIRST TIME EVER
THERE'S HOPE

NEW Bausch & Lomb Ocuvite® PreserVision™
The only eye vitamin proven effective by the National Eye Institute



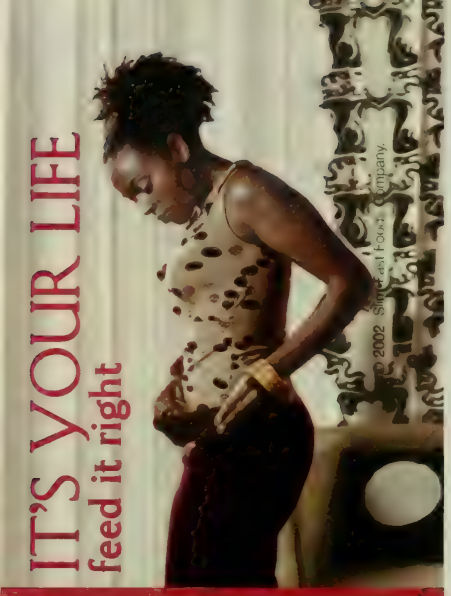
The NEI* has just released the findings of a 10-year eye study on the leading cause of vision loss in people over 55. The results: a unique formulation of high-potency antioxidant vitamins and zinc can help preserve the sight of people most at risk for age-related vision loss. That formulation is new Bausch & Lomb Ocuvite® PreserVision™. No other eye vitamin gives you this combination of high-potency antioxidants and zinc. So ask your eye doctor if new Ocuvite® PreserVision™ is right for you. In the vitamin aisle of your drug store, food store or mass merchandiser. Protect your eyes. Preserve your vision.

For more information, visit www.bausch.com

*The NEI is a division of the National Institutes of Health.

© Bausch & Lomb Incorporated Bausch & Lomb, Ocuvite PreserVision is a trademark of Bausch & Lomb Incorporated

BAUSCH & LOMB
See the wonder



the joy of SOY

Soy might be described as **Nature's perfect food.** It's loaded with high-quality protein, carbohydrates, and disease fighting phytochemicals. Soy is also a good source of zinc, B vitamins and fiber. Research shows consuming 25 grams of soy protein a day may help reduce the risk of heart disease. **How can you get more soy protein** into your diet? Start by adding soymilk and soy meat products. **Experiment** with tofu and tempeh. Try some ideas from your favorite Chinese and Japanese restaurants. **Another way to add soy protein** to your diet...Slim-Fast® with Soy Protein. It's lactose free. Slim-Fast with Soy Protein ready-to-drink shakes come in 3 refreshing fruit flavors, and the ready-to-mix powder is a great way to create deliciously good-for-you recipes. Experience the joy of soy. For free online weight management support go to ***slim-fast.com.***

Slim-Fast®

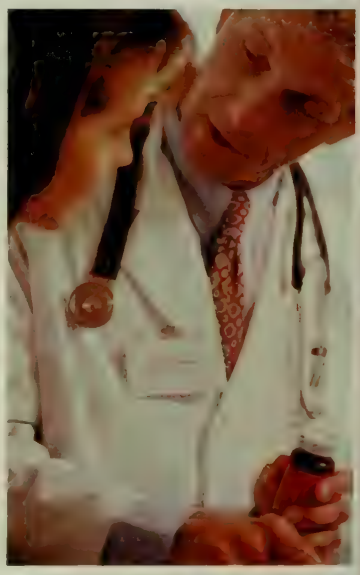
Family Health Update continued from page 194

A Nonsurgical Alternative for Women with Fibroids

For years, women who suffer heavy menstrual bleeding and other symptoms caused by uterine fibroids have had few treatment options. Surgically removing these benign tumors involves a delicate, complex procedure, so doctors usually recommend a hysterectomy—removal of the uterus.

But for women who want to avoid the consequences of a hysterectomy—including a lengthy recovery and the onset of menopause—medicine now offers an alternative.

In a technique known as uterine fibroid embolization (UFE), surgeons first insert a catheter through a tiny incision in the groin, threading it to the arteries that feed blood to the uterus. Next, plastic particles the size of sand grains are injected through the catheter, clogging the arteries.



Result? "You end up strangling the fibroids," says interventional radiologist Richard Shlansky-Goldberg, M.D., of the University of Pennsylvania. Women who undergo UFE are up and around in a few days, while women who have hysterectomies are typically out of action for several weeks.

UFE was developed in France and has been performed in the United States since 1996. Shlansky-Goldberg and colleague S. William Stavropoulos, M.D., recently analyzed all the studies done on UFE's effectiveness and determined that the procedure reduces excessive blood flow in about 85 percent of patients, while easing other symptoms (such as pelvic pain and urinary retention) too.

In about one in 200 cases, UFE patients end up needing a hysterectomy anyway, so the operation may not be appropriate for all women. For more information about UFE, look on the Internet at www.uterinefibroids.org. — *Timothy Gower*

Weight matters for wanna-be moms

Premature births have increased 23 percent since the early 1980s, and one reason is rising obesity among women of childbearing age. Gestational diabetes and high blood pressure—two common complications for heavy moms—can lead to premature births and serious birth defects.

AFTER
YOU'VE
RIED OUR
W PLAN...
ERE IS NO
PLAN B.

e New Slim·Fast
y Options Plan™...
the way you want to
. You can lose weight
stay right where you
. You've got choices...
of 'em. Satisfying
al Options™ like our
cious shakes, and meal
s. Plus appetizing
ner suggestions.
the urge to snack?
get three Snack
tions™ a day. Our plan
es you balanced
rition that doesn't
mpromise on taste.
get about meetings,
one counting or fad
ting. Just remember
drink plenty of water
exercise daily. The
m·Fast Easy Options
n...it fits your life.

Slim·Fast

s your life.
ed it right.™



© 2002 Slim·Fast Foods Company

Slim·Fast® *easy options plan™*

BREAKFAST	SNACK	LUNCH	SNACK	SENSIBLE DINNER	SNACK
Slim·Fast Meal Options™ A Slim·Fast Shake or Meal Bar	Slim·Fast Snack Options™ A piece of fresh fruit, nonfat yogurt or 1 oz low-fat cheese	Slim·Fast Meal Options A Slim·Fast Shake or Meal Bar... plus a piece of fruit	Slim·Fast Snack Options Slim·Fast Snack Bar, fresh veggies or low-fat soup	4 to 6 oz lean meat, fish or poultry, baked potato, 3 steamed veggies, salad & fruit	Slim·Fast Snack Options Air-popped popcorn, fat-free pudding or fat-free pretzels

Drink plenty of water and exercise daily (30 min. any activity...walk, jog, garden)

WEIGHT LOSS: Follow above plan.

WEIGHT MAINTENANCE: Eat sensibly, replacing 1 meal with one of the Slim·Fast Meal Options.

Weight control isn't easy. Our plan provides choices to help you fit weight management into your life.

FOR MORE OPTIONS AND FREE SUPPORT VISIT **slim-fast.com**

safety play

Know about your kid's sports program.

by Elaine Cooper, R.N.



When kids are young, the coach of their pee-wee football team or school soccer team often turns out to be the one parent who raised his hand. By the time kids enter middle and high school, the coaches are teachers or more experienced coaches, some of who have been trained, right?

Not exactly.

Most volunteer coaches today lack the proper educational training to lead teams safely, says Michelle Klein, executive director of the National Youth Sports Safety Foundation. "Some coaches are training kids too hard and too soon," she says. Tendons, muscles, and bones in young bodies are more susceptible to injury because they are still growing. "A coach will have kids run 10 laps with no conditioning or training, resulting in overuse injuries," Klein says.

Parents often have no idea what the coach's last name is, let alone if he or she knows first aid or cardiopulmonary resuscitation.

"It's really important for parents to ask more questions than they typically do," says Judy Young, Ph.D., executive director of the National Association for Sport and Physical Education in Reston, Virginia, and a mother of three school-age athletes.

Does the coach know about safe weight management and the need for athletes to get enough rest? Does the coach have a basic understanding of conditioning, psychology, and nutrition?

Many coaches actively seek resources to become qualified. However, some school teachers, who have been assigned a coaching job in addition to their usual academic duties, are on their own when it comes to athletic training. "That's a big responsibility for coaches," says Young.

What's more, school and community organizations that employ coaches should be held to a certain level of accountability to keep children safe, Young says.

Some states require coaches to go through certification programs, but no national requirements for training have been established. It's usually up to parents to make sure that safety standards are set.

If your child plays on a school or club team, learn as much as you can about safety. Check out the National Youth Sports Safety Foundation at www.nyssf.org. Or visit the National Association for Sport & Physical Education at www.aahperd.org/naspe. Guidelines for athletic coaches are published by these youth-sport organizations.

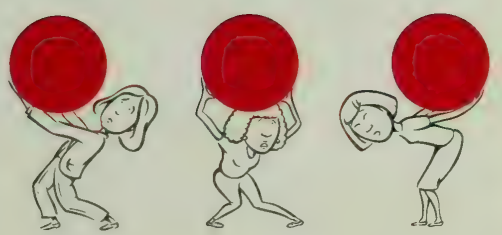
HIGH SCHOOL—GET INVOLVED.

The National Athletic Training Association encourages parents to ask questions when their kids sign up for sports. Here are a few good examples:

- What is the level of the coach's education? Does it include CPR and first aid?
- What does the coach do when an injury happens? What is the protocol for returning to sports following an injury?
- Is there an on-site athletic health-care provider? A consulting team doctor? Be sure that the coach knows about any preexisting health conditions of your child and has your phone number in case of an emergency.
- Are there emergency medications on hand for asthma and allergy sufferers?
- What are the inclement weather guidelines, especially for lightning storms and extreme heat?
- Who takes care of the field to ensure that it is hazard-free for play?
- Is the athletic equipment safe, properly fitted, and in good repair?
- Are there any supervised preseason and in-season conditioning programs?

Heavy Periods

n Control Your Life





Or You Can Control Them

A simple 30-minute treatment can relieve the problem of difficult-to-manage, heavy periods

Menorrhagia (men-or-ah-jza) is defined as excessive menstrual bleeding. More than 1 in 5 women around the world suffer with it. Yet, half of the women in the United States who experience menorrhagia don't seek treatment. Perhaps that's because they don't know about a simple treatment that has been proven to reduce their menstrual flow by 86% on average.

GYNECARE THERMACHOICE UTERINE BALLOON THERAPY treats the lining of the uterus. Studies show that it is a safe and effective treatment for an overwhelming majority of women. In fact, 96% of women remain satisfied with the results from the therapy after 3 years. It is a one-time treatment that only takes 30 minutes and requires no hospital stay. And, in most cases, women return to work or family commitments the next day. THERMACHOICE is only intended for women with no plans for pregnancy and like all medical procedures involves risks. Ask your doctor if this treatment option is right for you.

1-888-GYNECARE

ww.ControlHeavyPeriods.com

GYNECARE

A division of ETHICON, INC.

a Johnson & Johnson company

THERMACHOICE

Take Control of Heavy Periods.



CON, INC., 2002 Capitalized product names are the trademarks of ETHICON, INC.



You Say Tomato

by Bev Bennett

A spellbinding blush may be the tomato's seductive lure, but its wholesome nutrition is the best reason to keep coming back for more. An average-size tomato supplies about 40 percent of the vitamin C, 20 percent of the vitamin A, and 10 percent of the potassium you should get in a day.

Red tomato varieties are rich in lycopene too. This plant chemical, which puts the red color in tomatoes, also acts as a powerful antioxidant in the body. A Harvard study of men who consumed a tomato-rich diet (at least 10 servings a week) showed that they may have reduced their risk of prostate cancer by 45 percent. Researchers also are looking at lycopene's role in protecting against other cancers, as well as heart disease. Since the body absorbs lycopene more easily from heat-processed tomatoes, cooked tomato dishes and canned tomato products will give you a boost of the antioxidant—two to four times more than fresh tomatoes.

With all this—flavor, color, and healthfulness—going for tomatoes, is it any wonder the French originally called them the fruit of love? To savor the flavor and nutritional richness of the end-of-summer tomato harvest, cook up a quick sauté (*right*)—terrific over pasta or wilted greens—or stir together a great gazpacho (see recipe, *page 202*) that's a meal in itself.

continued on page 202

Go-with-Anything Tomato Sauté

Prep: 12 minutes **Cook:** 3 minutes

- 2½ cups whole red grape and yellow teardrop tomatoes and/or cherry tomatoes
- Nonstick olive oil cooking spray
- ¼ cup finely chopped shallots
- 1 clove garlic, minced
- 1 tsp. snipped fresh lemon-thyme or thyme
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup fresh mozzarella cut in ½-inch cubes (4 oz.)

1. Halve about 1½ cups of the tomatoes; set aside. Lightly coat a 10-inch nonstick skillet with olive oil cooking spray. Add shallots, garlic, and lemon-thyme. Cook and stir over medium heat for 2 to 3 minutes or until shallots are tender. Add grape tomatoes, salt, and pepper. Cook and stir for 1 to 2 minutes more or until tomatoes are just warmed.

2. Remove from heat. Stir in mozzarella cubes. Makes 4 side-dish servings.

Nutrition facts per serving: 107 cal., 5 g total fat (3 g sat. fat), 16 mg chol., 289 mg sodium, 9 g carbo., 1 g fiber, and 8 g pro. Daily Values: 14% vit. A, 43% vit. C, 19% calcium, and 5% iron.



Oops...
there goes more calcium.

You can't stop your body from losing calcium every day, but you can give it something in return. VIACTIV® Soft Calcium Chews. An amazing source of calcium–**2 soft, little chews every day.** What you taste is **delicious and indulgent.** Sweet and simple. What you get is **100% of the daily value of calcium,** plus **vitamins D & K.** And each chew has just 20 calories. You lose calcium every day. Treat yourself to VIACTIV® every day.



Available in Milk Chocolate, Mochaccino, Caramel and Orange Cream.

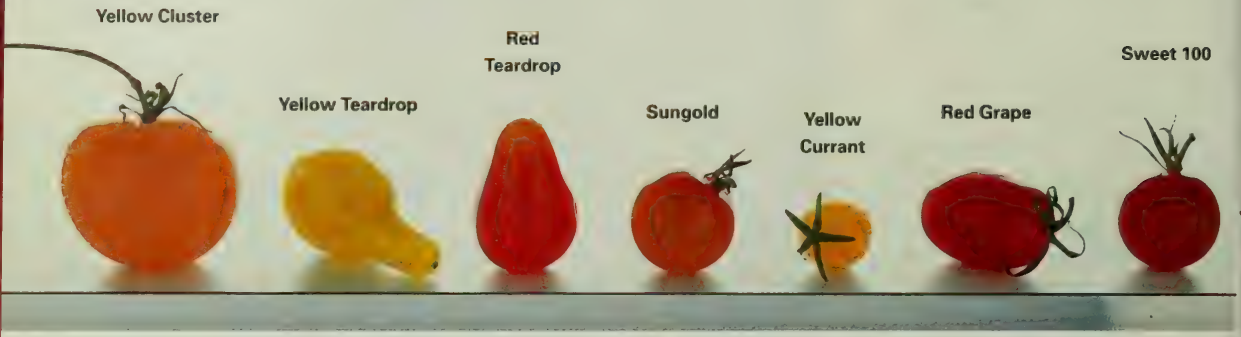
Be sweet to your bones™

VIACTIV®
Active Nutrition
for Women
by Women™

Call 1-877-VIACTIV www.viactiv.com

McNeil

continued from page 200



You'll see this sweetie linked on the vine with other little ones. Bite through its slightly thick skin, and this mild tomato bursts.

Stunning color and a voluptuous shape make this babe irresistible. The yellow teardrop is meaty with a mild flavor.

Just like the yellow teardrop, the pear shape is alluring. It tastes like a vine-ripened tomato with an extra hint of sweetness.

Popular in home gardens, this hybrid has a rich orange color and a sweet-as-candy taste.

This itsy-bitsy cutie is among the tiniest of tomatoes. Its flavor has a bit of a tomato tang.

Loaded with vitamin C, this sugary, grape-size version of the cherry tomato was first cultivated in China.

Some people pop this super-sweet, one-inch wonder into their mouths like candy. There's a yellow variety too.



Red and Green Gazpacho
Prep: 30 minutes **Chill:** 1 hour

- 3 cups chopped red and/or partially green tomatoes (3 large)
- ½ cup chopped tomatillo (2 medium)
- 1 16-oz. can tomato juice (2 cups)
- ½ cup chopped cucumber
- 1 large jalapeño pepper, seeded and finely chopped
- ¼ cup finely chopped green onions
- 1 clove garlic, minced
- ¼ tsp. bottled green pepper sauce
- 1 Tbsp. olive oil
- 1 Tbsp. lime juice
- ¼ cup finely snipped cilantro
- 6 oz. peeled, cooked medium shrimp (12 to 15)
- Nonfat sour cream (optional)
- Green onion curl (optional)

1. In a bowl combine tomatoes, tomatillos, tomato juice, cucumber, jalapeño pepper, green onions, garlic, pepper sauce, oil, lime juice, and cilantro. Cover; chill at least 1 hour.

2. To serve, reserve six shrimp. Coarsely chop remaining shrimp. Stir chopped shrimp into gazpacho. Spoon gazpacho into chilled bowls. Top each serving with a dollop of sour cream, one whole shrimp, and a green onion curl. Makes 6 side-dish servings.

Nutrition facts per serving: 90 cal., 3 g total fat (0 g sat. fat), 55 mg chol., 371 mg sodium, 10 g carbo., 2 g fiber, and 8 g pro. Daily Values: 27% vit. A, 64% vit. C, 3% calcium, and 11% iron.

IF YOU WERE ANY MORE SATISFIED YOU'D BLUSH.



NEW DANNON® LIGHT 'N FIT™ CREAMY.

So light, fit and deliciously creamy, there's total satisfaction in every bite. *Dannon Light 'n Fit* Creamy. You know what you want, why compromise?

ANNON®
ter every day

www.dannon.com ©2002 The Dannon Company, Inc

BH&G Kids®



Hip, hip, hooray…it's Independence Day! You will have a blast with the patriotic parades, parties, and fireworks. In the midst of all that fun, take time to think about what makes our nation so special. To get you in the spirit, we asked kids from across the country what they love about America.

Cheers for the red white blue

continued on page 206


NEW!
OFF!
Botanicals
PLANT-BASED REPELLENT
A FAMILY COMPANY
Introducing a plant-inspired mosquito repellent that actually works.
KEEPS BUGS OFF!
Johnson
A FAMILY COMPANY



Cheers for the Red White Blue

continued from page 204

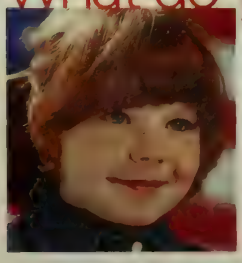
Strut Your Stuff Start your Fourth of July with a bang by attending your city's parade. City Hall can tell you routes and start time. If your community doesn't host a parade, create your own. You and your friends can turn bicycles and wagons into floats, make patriotic banners, and even dress dogs in red, white, and blue. Give your bike a parade makeover by poking thin ribbons into the grips and weaving large ribbons through the spokes, working from the outside of the wheel to the center. Keep the ribbons in place with double-sided tape. Stuff the basket with crepe paper, and finish the look by sticking in painted papier-mâché stars attached to dowel rods.

continued on page 208



what do you love about america?

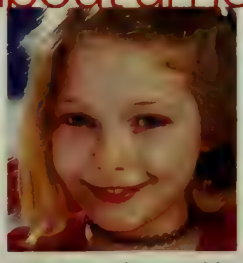
Hanawalt School • Des Moines, Iowa



"I love my bedroom because it is mine. I love my stuffed animals."
—Hattie Hopkins, Grade 1



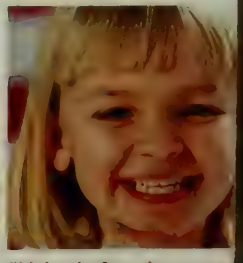
"Neil Armstrong because he was the first man on the moon."
—Matthew Bandstra, Kindergarten



"I love to play outside. In Afghanistan you can't fly kites."
—Emma Brown, Grade 2



"There isn't any fighting, and there is peace among us. I'm glad we don't have war as often as other countries."
—Aida Ver Ploeg, Grade 3



"Living in America means helping others if they're hurt or when they don't have anybody to play with."
—Kaitlin Snyder, Grade 1



few things children who wet the bed should know: One out of every nine kids do it, often ecause their bladders haven't grown as quickly as their bodies. And GoodNites® disposable nderpants protect discreetly, so only your child will know it's there. Until they outgrow it. oodNites® Mean Good Mornings.®

GoodNites

goodnites.com

Registered trademark of Kimberly-Clark Corporation. © 2002 KCC.







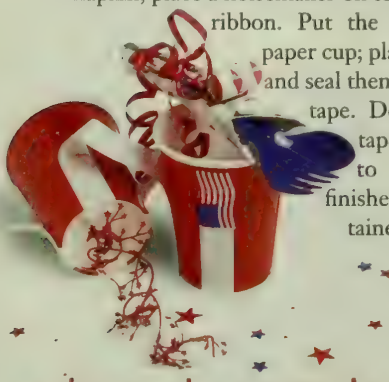
let's have a party...

Cheers for the Red White Blue

continued from page 206

After the parade, invite friends over for a patriotic party. Set the tone with an invitation and centerpiece made up in the colors of the day.

Firecracker Centerpiece Put a spoon and fork in a folded napkin, place a noisemaker on top, and tie together with ribbon. Put the place setting inside a paper cup; place a second cup on top, and seal them together with masking tape. Decorate the cups, then tape a star garland "fuse" to the top. Place the finished firecrackers in a container. Stuff with crimped paper to support the arrangement.



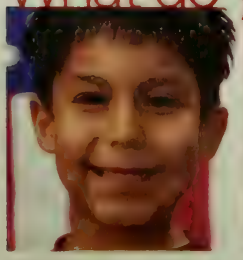
Invitations Fold a sheet of blue paper in half. Cut a square opening in the front. Cut a slightly larger square from red paper. Write the invitation on the red square and glue it to the inside back, placing so it is visible through the front opening of the blue card. Cut two squares, a half-inch wider and taller than the opening, from clear adhesive paper. Remove the backing from one square and stick it inside the card so the tacky side faces out the window. Arrange a thin layer of sequins, glitter, and confetti on the adhesive paper. Remove the backing from the second square and place it over the opening. Smooth down the adhesive paper to remove air bubbles.

Bubble Fun Put a patriotic twist on blowing bubbles by using a star-shaped blower. Cut a star from a plastic plate. Dip the plate in bubble mix, and let the fun begin.

continued on page 210

what do you love about america?

Boise-Eliot Elementary • Portland, Oregon



"We can do anything we want, like ride bikes and pick out our own shoes."
—Danny Juarez, Kindergarten



"I love all of the flowers and green trees. I climb lots of trees."
—Sarah Webster, Kindergarten



"Nintendo."
—Teddy Meskimen, Grade 4



"I love America because everybody is equal and because it's a nice place."
—Sydney Webster, Grade 3



"I love that everybody is free to do what they want. Not bad things, just good things. I can stand on my tippy toes."
—Shanice Wentworth, Grade 3

Presenting...

Angelina™ Ballerina



A little star with big dreams!

The beloved book character is now on PBS and video.



IT ON PBS KIDS

Visit www.angelinaballerina.com and www.americangirl.com

© 2002 HIT Entertainment PLC. Based on the illustrations by Helen Craig and the text by Katharine Holabird. © 2002 Public Broadcasting Service. All Rights Reserved.



Cheers for the Red White Blue

continued from page 208

Fireworks to a Tee Get in the mood for fireworks with a sparkling T-shirt. Put a piece of cardboard inside a T-shirt. Use fabric glue to draw exploding fireworks, then sprinkle glitter over the glue. Shake the excess glitter onto a plate. Allow the glue to dry overnight before repeating the process on the back.

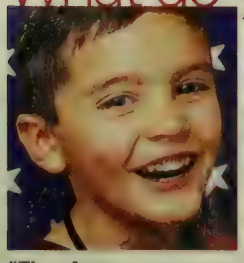
Did you know... On July 4, 1777, exactly one year after the signing of the Declaration of Independence, fireworks filled the night sky in celebration of America. Early fireworks were enjoyed more for the sound than the show. Today, chemical compounds are added to fireworks to make them burn brighter and longer. Copper salts make fireworks turn blue, aluminum turns the sky white, titanium makes sparks, and zinc creates smoke clouds.

For more patriotic crafts, recipes, and ideas, visit www.bhg.com/fourthofjuly



what do you love about america?

Mitchell School • Woodbury, Connecticut



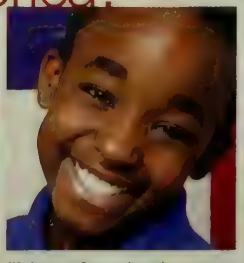
"The Army, my mom, and tomatoes."
—Andrew Gori, Kindergarten



"I like our president. He's like my hero, he's like my friend. I voted for him!"
—Michael Vagnini, Grade 3



"I love the schools in America. They have nice teachers, and they try their best to teach us. I enjoy learning in school."
—Helena Zhang, Grade 3



"I love America because of its diversity. There are so many people of different nations."
—Mwendwa Kolu, Grade 5, who left Kenya for America at age 5



"I can be a kid."
—Melvin Riddick, Grade 2

SOMETIMES WE WONDER WHY WE EVEN BOTHER WITH AN EXPIRATION DATE.



Maybe it's the crunchy oat clusters with a touch of honey. Maybe it's the three different types of crispy flakes in each box. Whatever it is, that irresistible combination has a way of quickly disappearing. Go ahead, dig in.

BREAKFAST MADE RIGHT Post

New Product Update

SÖVAGE™
Dermalogic Laboratories
A Division of Klein-Becker usa

PLUMP,
PROVOCATIVE,
PERFECTLY KISSABLE
LIPS

- MAKES LIPS PLUMPER
- ELIMINATES UNATTRACTIVE LIP WRINKLES
- NO PAINFUL INJECTIONS
- NO EXPENSIVE OR DANGEROUS SURGERY

TRANSDERMAL
LIP PLUMPER™

You want full, plump, sensual lips for the same reason everybody wants full, plump, sensual lips. They're sexy. They make you look young, provocative, and mysterious – even a little dangerous.

Full, Sexy, Desirable Lips... Without Painful Injections or Surgery

Until now, the only way to get those pouty, "come-kiss-me" lips (unless you're one of the lucky few to be born with them) was to endure a long series of painful injections or undergo expensive and potentially dangerous surgery. Well, not any more.

Sövage Dermalogic Laboratories™ a division of Klein-Becker usa™ has brought its exclusive, transdermal gel technology to the bio-cosmetic arena with Sövage™ Transdermal Lip Plumper – imagine young, sexy, desirable lips, without feeling the sting of a hypodermic needle or enduring the slice of a surgeon's scalpel.

How Does Sövage Transdermal Lip Plumper Work?

Sövage Transdermal Lip Plumper works in two important ways: first, it produces an immediate increase in hydration, causing a noticeable – yet painless – swelling of the lips. Second, Sövage Transdermal Lip Plumper exerts a profound influence on fat cells just below the surface layer of lip tissue (yes, it's subcutaneous fat cells that make lips full and plump) so, as your lips increase in size, they look natural and stay soft. No one but you will know why your lips suddenly look fuller, sexier, and more appealing... but everyone will see the difference.

Get Sövage Transdermal Lip Plumper today. And finally experience the attention that younger, fuller, poutier lips provide. Sövage Transdermal Lip Plumper is guaranteed to work for you or it costs you absolutely nothing!

ORDER NOW!
24 HOURS / TOLL-FREE
1-800-996-6786
EXT. P178

CLINICALLY PROVEN



www.SOVAGE.com

$80 USD
.333 oz. [9.85 ml]
120 Applications (Approx. 60 Day Supply)

buying guide

Some of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below.

Moss Appeal

Page 52: moss balls—Forty Five Ten, 4510 McKinney Ave., Dallas, TX 75205; 214/559-4510.
Page 54 (*top*): glass bowl, 419, "Woodstock Bowl," extra large—Simon Pearce; www.simonpearce.com.

Quick Collections

Page 60: shadow boxes—local craft or hobby store.
Page 64: shelves, similar styles available—Target Stores; 800/800-8800; www.target.com.

Seaside Dreams

Pages 68–73: seashells—Shell Factory; 800/282-5805; www.shellfactory.com.

Stylish Storage

Page 74: cube modular units—Sauder; 800/523-3987; www.sauder.com. **Pillow**—Crate & Barrel; 800/323-5461; www.crateandbarrel.com.
Page 76: pillow fabric, sheet—Crate & Barrel; 800/323-5461; Web site: www.crateandbarrel.com. **Sofa,** without cover—Pier 1 Imports; 800/447-4371.
Page 78: lamp—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Picture frames, white quilt, shoes**—Target Stores; 800/800-8800; www.target.com. (***Bottom*): modular shelves**—Target Stores; 800/800-8800; www.target.com.
Page 80: plates—Pier 1 Imports; 800/447-4371. **Napkins**—Crate & Barrel; 800/323-5461; www.crateandbarrel.com

Beyond Baby Steps

Page 84: blue gingham quilt, white basket—Pottery Barn Kids; 800/993-4923; www.potterybarnkids.com.
Page 86: 2-inch wood blinds with child safety system, 832 tape—Smith + Noble; for a catalog call 800/765-7776. **Blue and white fabric in bedskirt, curtain on entertainment center,** Amacord (Delft); **floor pillow, blue plaid fabric,** Catalan (Delft)—The Robert Allen Home; www.robertallendesign.com. **Bunkbeds,** "Innocence" (White); **chair, entertainment cabinet, nightstand,** "YA Colors" (Yellow)—Stanley Furniture; for retail store information call 276/627-2000; www.stanleyfurniture.com. **Blue gingham quilts**—Pottery Barn Kids; 800/993-4923; www.potterybarnkids.com.
Page 88: blue and white fabric in bedskirt, Amacord (Delft)—The Robert Allen Home; www.robertallendesign.com. **Red and white gingham sheets,** 19-2141141—Pottery Barn Kids; 800/993-4923; www.potterybarnkids.com. **Rick-rack on bedding**—Wm. E. Wrights; through your local fabric store.

Find Me in My Playhouse

Page 90: paint—Dutch Boy Paints, 101 Prospect Ave., Cleveland, OH 44115; 800/828-5669; www.dutchboy.com.
Page 92: slide—Menards; 715/876-2327.
Page 94: scooter, JD Razor 2000—The Sharper Image; 800/344-4444. **Planters, windows**—Home Depot; www.homedepot.com. (***Bottom*): mural**—Susan Hoehn, 2 Turano, Laguna Niguel, CA 92677; 949/495-4830. **Chair and tray**—IKEA Home Furnishings; 800/434-4532; www.ikea.com.
Page 96 (*top*): mesh jewelry holder, tins, floor light—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Carpet remnants**—Home Depot; www.homedepot.com. (***Bottom*): car,** BuddyL—ToysRUs; www.toysrus.com.

Decorating Shop™

Page 97: Clouds, Sailboats, and Fish Stencils—Designer Stencils, 2503 Silverside Rd., Wilmington, DE 19810.
Pages 98–99: "Potted Posies" Framed Prints and **"Peonies Step Out" Framed Prints**—Art in Motion, 2000 Hartley Ave., Coquitlam, BC, Canada, V3K 6W5.

Gardener's Almanac

Pages 115–120: Red Dragon fleeceflower, geranium macrorrhizum, cordyline, Silver Queen artemisia, Diablo physocarpus—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5. **Hosta Sieboldii, verbena bonariensis, carex**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Doronicum, cardoon, santolina**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 800/274-7333. **Bronze fennel, ornamental oregano**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Gold spiraea**—Arborvillage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. **Hebe**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Ribbon grass**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; catalog $3 (no phone orders).

Porch Full of Posies

Pages 122–128: Wine Country Gardens, 2711 S. Highway 94, Defiance, MO 63341; 636/798-2288. The nursery is open April through November, 9 a.m. to 5 p.m. Sun., Mon., Wed., and Thurs.; 9 a.m. to 8 p.m. Fri., Sat.; closed Tues. No mail-order or phone sales.

Power-Packed Planting

Pages 131–136: Raubritter rose—David Austin Roses, 15393 Hwy. 64 W, Tyler, TX 75704; 903/526-1800; catalog $5. **Dark Delight phormium, Humpty Dumpty euphorbia**—Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478

691; 541/746-3922; catalog $2. **Ellen Huston dahlia**—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5. **Honka dahlia**—Hilltop Dahlias, 1010 Antelope St., Basin, WY 82410; 307/568-2585. **Gold hakone grass, Bowle's golden sedge grass, deschampsia grass**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; catalog $3 (no phone orders). **Purple Petticoats heuchera**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Chocolate eupatorium, hardy banana, verbena bonariensis, Tropicanna canna, Sum and Substance hosta**—Plant Delights Nursery, 9241 Jauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Variegated aralia**—Variegated Foliage Nursery, 245 Westford Rd., Eastford, CT 6242; 860/974-3951; catalog, $3. **Gentiliana rosea**—Heritage Rosarium, 211 Haviland Mill Rd., Brookville, MD 20833; 301/774-2806. **Helichrysum**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 8527; 800/274-7333.

Restoring an Old Glory
Page 139: arbor—Walpole Fence Co.; 508/668-800.
Pages 140–141 (*top left*): vase—Wayside Gallery oo; 508/945-6475. **Lamp,** 5011VG—Cranberry Hill ntiques; 207/363-5178. **(*Right*): bench/table,** Boston Warehouse" (White); **tray**—Wayside allery Too; 508/945-6475.
Pages 142–143 (*top left*): floor lamp, antique—The y Cottage Antiques; 508/945-1809. **(*Right*): ailboat**—Snows Home and Garden; 508/255-158. **Wallpaper,** "Thistle" (Black & White)—runschwig & Fils (to the trade); for more information, contact an interior designer. **Pitcher**—Pier Imports; for a local retail store call 800/447-4371. **Dinner plates**—Dansk Int'l. Designs, LTD; 800/293-675; www.dansk.com.
Pages 144–145 (*top left*): range—Viking Range Corp.; 888/845-4641; www.vikingrange.com. **Chairs,** antique—Pleasant Lake Antiques; 508/432-5965. **(*Bottom left*): counter and sink,** custom-made unpolished granite—In Place-ADM Design Co., Inc., 182 Old Townhouse Rd., South Yarmouth, MA 02664; www.inplace.cc; 508/394-1510. **(*Right*): prints,** Maritime reproductions of antique boats—Journey to a Small Planet; 508/945-1771. **Window**—Andersen Windows, Inc.; 800/426-4261; www.andersenwindows.com. **Acorn-top bed,** 1830 antique—Leonard's Antiques; 508/336-8585. **Bedside tables,** "Boston Warehouse"; **small pillows,** "Fino Lino" (Yellow and White)—Wayside Gallery Too; 508/945-6475. **Bench at foot of bed**—The Cooperage; 508/945-5690.
Pages 146–147 (*left*): quilt and shams, "Red Postage Stamp"—Linens & Things; 800/568-8765. **Chenille bedspread**—Midsummer Night Store; 508/945-5562. **Wooden flag above bed**—The Cooperage; 508/945-5690. **Code signal flags, hanging from ceiling and on fence**—Annin and Co.; 973/228-9400.
Page 148: table, chairs, and umbrella—Pool 'n' Patio, 258 Orleans Rd., Chatham, MA 02633-1977. **Flagpole and flags**—Annin and Co.; 973/228-9400.

Live, Love, Work, Play
Pages 151–160: all items—antique, discontinued, or personal belonging.

Big Easy
Page 164: orange dinner plate, "Magma"—by Waechtersbach USA, Inc., through Macy's Herald Square; 212/494-1468.
Page 165: orange, square serving plate, "Magma"—by Waechtersbach USA, Inc., through Macy's Herald Square; 212/494-1468.
Page 166: orange, blue, and green round melamine plates, "Manhattan"—Precidio Inc.; for a retail store call 800/387-2304.
Page 168: blue melamine plates, "Manhattan"—Precidio Inc.; for a retail store call 800/387-2304.
Page 170 (*bottom*): serving plate and bowl—no source. **Striped tray,** "Cabana Stripe"—Zak Designs, 1604 S. Garfield Rd., Spokane, WA 99224; 800/331-1089.
Pages 163–170: all other items—antique, discontinued, or personal belonging.

Reader Shopping
Page 40: Sand Pail Encyclopedia—Hobby House Press, Inc., One Corporate Dr., Grantsville, MD 21536.
Page 178: soup spoons—R.S.V.P. International, 4021-13th Ave. W, Seattle, WA 98119. **Soup plates**—Harold's Kitchen, 140 Lehigh Ave., Lakewood, NJ 08701.
Page 182: Grill Topper and Wok Set—Oscarware, 749 Priceville Rd., Bonnieville, KY 42713.

architects & designers

Romance Classics
Pages 42–48: design—Rebecca Vizard, Rt. 1, Locustland Plantation, St. Joseph, LA 71366; 318/766-4950; fax: 318/766-4954; www.bviz.com. **Art**—Ann Connelly Fine Art, 2347 Christian St., Baton Rouge, LA 70808; 225/336-0204.

Find Me in My Playhouse
Pages 94–96: contractor—Ashley Wilson, 6150 Hagen Rd., El Dorado, CA 95623; 530/621-0858. **Designer**—Kathleen van den Akker, 196 Knapp Ct., El Dorado Hills, CA 95762; 916/933-6636.

Restoring an Old Glory
Pages 139–148: builder/contractor—Bob Stello, P.O. Box 776, South Chatham, MA 02659; 508/432-2218. **Landscape design**—Leo Salestsky, 49 Commons Way, Brewster, MA 02631.

America's #1 Choice for Blinds, Wallpaper & More!

ugs • Wall Art • Lighting • Curtains • Home Decor • Shutters • Paint • And More!

25%-85% Lower Than Most Store Prices!
PLUS Take An Extra 10%* OFF
CODE: BED1
*Ask for details

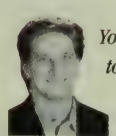
FREE UPS DELIVERY*

etime Lowest Price & 100% Satisfaction Guarantee*
der today, and if you ever find the identical item for s, let us know and if we can verify it, we'll refund you 0% of the price difference! And, we're so confident t you'll be happy with your purchase that we offer an clusive 100% money-back guarantee.

Carry Only First Quality Name Brands
nter Douglas, Duette, Waverly,® Village,® Wallies touts,® Levolor, American, Kirsch, Graber, Louverdrape, berial, Thomas Kinkade, Carey Lind, and more!

op on the internet at www.decoratetoday.com
u can view over 300,000 blinds, shades, wallpaper tterns and borders and other home decorating products. e have over 650 personal shoppers online to answer ur questions and help you place your order. Instantly arch our entire collection by product, style, material, ape, color, size, price range and keyword.

op Your Local Decorating Store or Home Center
ou see something you like in your local decorating re, write down all the product information (brand me, style, color, etc.) then call for your Lifetime aranteed Lowest Price.



You'll never find a reason to buy from anyone else! We guarantee it!
Steve Katzman, President

CALL OR VISIT US ON-LINE FOR A FREE
• Blind Catalog
• Wallpaper Catalog
• Area Rug Catalog

Shop On-line 24 Hours a Day!

Michigan Shoppers!
Visit our Sterling Heights or Plymouth Factory Showroom Outlets. Call 1-800-442-3919 for directions.

300,000 More at Decoratetoday.com! Search our extensive collection by design element such as kittens, tulips, etc. If you can dream it, we can find it ...instantly!

American Blind and Wallpaper Factory
decoratetoday.com
1-800-689-4485
Decorating so easy, it's fun!
FAX: 1-800-391-2293
909 N. Sheldon Rd, Plymouth, MI 48170
All major credit cards, money orders & checks accepted

DO YOU NEED BLINDS OR WALLPAPER?

UP TO 85% OFF + 10%

WOOD BLINDS

DUETTE® SHADES

HUNTER DOUGLAS • GRABER • LEVOLOR
BALI • DELMAR...ALL MAJOR BRANDS
HUMONGOUS DISCOUNTS!!! WE DO IT ALL!!!
• Free Designer Sample Kit • Free UPS Shipping

STAR BLIND & WALLPAPER CO.
1-800-782-7800
90 DAYS NO PAYMENT
Visit our web page: www.starblinds.com
Established 1932

BH&G The Shopper's Mart

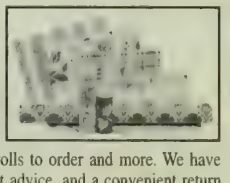
Discover the ease and pleasure of shopping by mail. Order with comfort and convenience from your own home.

FRAN'S WICKER & RATTAN FURNITURE



Order with confidence from America's oldest and largest wicker & rattan importer. Highest quality, lower prices and prompt delivery. For a FREE 72-page catalog, call 800-531-1511 and ask for Dept. 516 or visit us at www.franswicker.com.

SHERWIN-WILLIAMS



Want the convenience of ordering wallpaper from your home? Call our help line today. Our expert wallpaper consultants will provide advice on measuring, hanging, number of rolls to order and more. We have hundreds of brands, expert advice, and a convenient return policy. And it's all backed by our LOW PRICE GUARANTEE. Call 1-800-4-SHERWIN (1-800-474-3794).

FREE CRYSTAL CHANDELIER CATALOG



Save up to 58% on Crystal Chandeliers trimmed with Crystal made by Swarovski and quality imported Regal™ Hand Cut and polished Crystal. Order Chandelier #93099-11, Royal Gold Finish, 28" W x 28" H, at the special SALE price of $999. Call your nearest *james r. moder*® Crystal Gallery Showroom at 1-800-563-1450. www.jamesrmoder.com

WORK AT HOME...EARN UP TO $35,000 A YEAR!



Be a Medical Transcriptionist. No previous experience needed. Train at home to type medical reports from audio-cassettes dictated by doctors. Get free facts and color brochure! Call 1-800-475-0100, Dept. BHGA52, or write At-Home Professions, 2001 Lowe Street, Dept. BHGA52, Ft. Collins, Colorado 80525.

Better Homes and Gardens MARKETPLACE

For *classified* advertising rates & info: 800/424/3090, fax: 312/464/0512

BIRTHDAYS/SPECIAL OCCASIONS

NEVER FORGET ANOTHER BIRTHDAY! Perpetual Birthday Calendars. Beautiful Canadian artwork. Eight styles. www.madincraft.com Toll-free 1-866-656-0875.

BLINDS/WINDOW TREATMENTS

WWW.JUSTBLINDS.COM Buy Blinds Online and Save! Wood, Fauxwood, Cellular, Verticals, Shutters. Free Samples. Satisfaction Guaranteed.

www.BlindsOnSale.com "Hot Buys". Graber Wood Traditions Blinds, Lake Forest, Crystal Pleat, Fashion Pleat, Verticals, Plantation Shutters. **1-800-919-4301.**

BRASS/IRON/SPECIALITY BEDS

Do it yourself **MURPHY BED** frame. Easy to install. Full $279/ Queen $299. Instructions/hardware included. **www.morespaceplace.net 866-887-7223.**

BRASS AND IRON BED SALE!!! Buy factory direct and save 50%. Free color catalog. 216-229-4900 **www.brassbedshoppe.com**

CARPET/FLOORING

BUY WHERE THE DEALERS BUY- Georgia Carpet Industries has provided service and quality for over 30 years. Warehousing over a MILLION YARDS OF CARPET. We ship Carpet, Hardwood, Vinyl, Laminate and Ceramics - Anywhere! Call 1-800-420-7594. FREE SAMPLES (www.georgiacarpet.com)

BUY SMART First quality, warranted carpet, vinyl, hardwood, ceramic, laminate flooring, and area rugs. Dalton's largest outlet. Family owned and operated for 29 years. Guaranteed low prices. Free samples. Ship anywhere. Call Carpets of Dalton toll free **1-888-514-7446. www.carpetsofdalton.com**

ACCESS CARPET Lowest Prices. Name Brands. Free Samples. Ship Anywhere. **1-800-848-7747 Ext. 18.** www.dalton.net/access/ Dalton, GA.

CARPET, VINYL, HARDWOOD FLOORING. True Wholesale Prices. **1-800-922-5582.** Carpet Express "America's Floor Store" Dalton GA.

BUY WHOLESALE CARPET. Vinyl, Vinyl Tile, Hardwood Flooring. Save 30% to 60%. Cash/Charge. Beaver Carpets, Dalton, GA 1-800-633-5238.

DIAL 1-800-C-A-R-P-E-T-S. Will absolutely beat any price. **90 DAYS NO PAY!** Major brands, area rugs. www.800carpets.net

1-800-789-9784 ALL MAJOR BRANDS 5% over cost. Don't pay retail! 90 Days No Interest! American Carpet Brokers.

DODD'S CARPET. Family owned for 25 years. Guaranteed lowest prices on all flooring. "Free samples" 1-800-526-9116.

CARPET WHOLESALE 1-800-526-5050. Buy where dealers buy. First quality Guaranteed. 90 days same as cash. Samples available.

CHINA/CRYSTAL/STERLING

edish. Discontinued China, dinnerware, crystal. Buy/sell by the piece. 888-892-1182. Purchase on-line at www.edish.com

FABRICS/UPHOLSTERY

ABC DECORATIVE FABRICS. Drapery & Upholstery. Discount prices. Free shipping. Mon-Sat 9-6 EST **1-800-548-3496.**

DECORATIVE Fabrics, Upholstery, Drapery, Fabrics. Give manufacturer's name, pattern & color. Low prices. 1-800-392-5337. www.discountfabric.com

www.OutdoorFabrics.com Buy **Sunbrella® Fabrics** online. Wholesale prices. Ideal for patio cushions, boats, furniture, awnings. 1-800-640-3539.

DESIGNER DISCOUNT FABRICS. upholstery, drapery, silks, linings, trimmings. Sunbrella®, MICROSANSuede®. Best prices! www.designfab.com or 1-866-923-4229

WHOLESALE DESIGNER FABRICS. First quality silks, cottons, wovens, more! Give manufacturer name, pattern and color. **800-758-6003.**

SOUTHERN DESIGN CONCEPTS - Discounted DESIGNER Fabrics, Wallpaper and Trims. Guaranteed First Quality - **NEVER UNDERSOLD! 1-800-245-3071.**

FINANCIAL SERVICES

GET OUT OF DEBT FREE! Stop collection calls, reduce payments up to 50%, lower interest. Nonprofit, licensed, bonded. Call 1-800-775-8361. www.amerix.com

MONEY TROUBLES? Overdue bills? Save thousands, cut credit card payments. Non-profit agency can help. Call **1-800-SAVE-ME-2.**

GARDENING

ADD WATER-WATCH THEM GROW! Giant Sunflower seeds/fertilizer kit. Send $9.95: Miss Laura's, Rte 8 Box 4858, Donna, TX 78537.

GIFTS

BOYDS BEARS, WILLIRAYE, Cup of Christmas Tea, Handcrafted Items and more! Shop Online www.personalreflections.com **888-444-3302.**

Unique Collectibles of all Kinds. Candles, birdhouses, clocks, much more! New customers receive 20% off. **www.badgifts.net**

HEALTH/NUTRITION

NOT RESPONDING TO TREATMENTS? Find the better way to health! Free video. **www.doctorofhope.com** 1-254-472-0443.

HOME CARE/MAINTENANCE PRODU

WWW.YOURFILTERS.COM Save on Replacement Air, HE and Spa Filters. Quantity Discounts and Home Delivery! 1-8

Septic tank problems? Solve them at **WWW.SEP** Eliminate pump-outs, wet spots, odors, etc. Free Trial!

HOME FURNISHINGS/ACCESSOR

DISCOUNTED ADVERTISED FURNITURE Savings To 6 Experience 1-800-488-4720: Hamilton Furniture C NC 28516. www.hamiltonsfurniture.com

"CAROLINA FURNITURE DIRECT is great." NAME BRA 65% SAVINGS! insured in-home delivery representatives. Quotes or brochures **1-800-838-7647.**

"FURNITURE COLLECTIONS OF CAROLINA" SAVE From Hickory, NC. Major Manufacturers. Brochures A 1-800-968-9079.

1-800-714-4448, FURNITURE DIRECT **** Save up major brands! White Glove Express Delivery. Major Accepted. Immediate Quotes. www.furnitureorders.com

INCREDIBLE SAVINGS to 65%. Name brand furnitur white glove delivery. Wholesale Furniture Galleries **8** Free Brochure. **www.discountfurniture.net**

DISCOUNTS UP TO 65%, 500 finest brands. In-h since 1933, CHERRY HILL FURNITURE. 1-800- www.cherryhillfurn.com brochures, 1-800-888-0933, c

DISCOUNT FURNITURE! 843-497-8686 Call for imme Tremendous savings! Most major manufacturers Delivery. **carolinafurniture@sc.rr.com**

HOME THEATER MARKETPLACE with 1000 produ seating, decor, furniture and more. **Shop WWW.HT Call 888-764-9273.**

PATIOS, WICKER/RATTAN Leather Furniture, major bra prices, ship nationwide. **www.PatiosUSA.com** or **1-88**

MAGICAL BED CANOPY! Appears to float in mid-air easy to install **www.floatingcanopy.com**

#1 FURNITURE SOURCE! Save 45% - 65%. In hom years experience. 800-662-2612. www.furnituregeek.c

INVENTORS

INVENTORS - FREE INFORMATION PACKAGE. Ha product idea developed and professionally Manufacturers. Patent assistance available. Call: 1-800

JOB/BUSINESS OPPORTUNITIE

EASY WORK! EXCELLENT PAY! Assemble Products Toll Free 1-800-467-5566 EXT. 11748.

5000+ PARTY SUPPLIES, decorations, gifts for a delivered to your door! Great opportunity/Work fro catalog/information 800-336-3299

1,000'S WEEKLY POSSIBLE MAILING bu advertisements! Free supplies/postage! SASE: Listing Lake Zurich, IL 60047.

GROWING BUSINESS NEEDS HELP! Home Based B order/E-Commerce. Excellent $$$$ Potential. Fre **www.GoldTouchDreams.com** 888-684-9581.

GREAT-PAYING JOBS you can do at home! 500 co NOW. 1-800-944-4703, Dept. 3595. **www.moneyfro**

BE WITH YOUR CHILDREN - Work from Home! Join th Great Opportunity! http://mamomon.themomteam.co

SIX FIGURE POTENTIAL from home (part/full time). 2 multi-billion dollar technology company with 5A1 D&B r on our internet marketing approach, visit **www.myautom**

KITCHENS/BATHS

DO-IT-YOURSELF CABINET RE-FACING KIT professional results. Pre-finished, hardwood doors panels, trim. 888-689-1873. www.cabinetrestyle.com

OUTDOOR/PATIO FURNITUR

FRENCH BISTRO PATIO, Garden Umbrellas, Wicker, Rat Furniture, Kits, Clocks, More! 800-765-1688. **www.bi**

RECIPES/COOKBOOKS

501 MIXED DRINK RECIPES. Ideal for entertaining! Se ing mailing address: 501 Drinks, PO Box 346, Geneva

DELICIOUS, CRISP CANDIED PICKLES recipe. Sen and SASE: Debbie, POB 5, Clayton, OH 45315.

SECURITY/SELF-DEFENSE

PROTECT YOUR FAMILY/HOME. Wireless Out Security Cameras, Controlled Lighti **www.jansenelectronics.com 888-232-3093.**

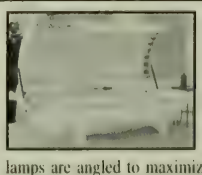
WALLPAPER

STUNNING WALLPAPER BORDERS. 40-60% off, 100's Service. $3.99 shipping with Coupon Code "BHG." **www.**



PIONEER CUSTOM TABLE PADS

For over 89 years this family owned company has been committed to providing families with the finest traditional hand tailored table padding. Call for a free brochure, personal service, low prices and swift delivery. 1-800-541-0271, ext. 120. PIONEER TABLE PAD, P.O. Box 449, Gates Mills, Ohio 44040-9901. www.PioneerTablePads.com.



SUNQUEST®

Imagine your tanning paradis privacy and co own home. Sun home tanning this possible. 1 lamps are angled to maximize the reflecting the unit's Bio-Tech™ tunnel design surroun fast, consistently dark, all-over tanning result and convenient, this bed operates on a stan household electrical circuit. 1-800-842-1324.

EXPAND YOUR TABLE SURFACE IN SECONDS!



The Guardian Card Table Xtender Top creates a large 48" round table surface from any standard card table. Increase table seating to six for dinner or eight for a card game. FREE brochure available. Call 800-444-0778 or write to: GUARDIAN CUSTOM PRODUCTS, P.O. Box 10010, Perrysburg, OH 43552-3010.

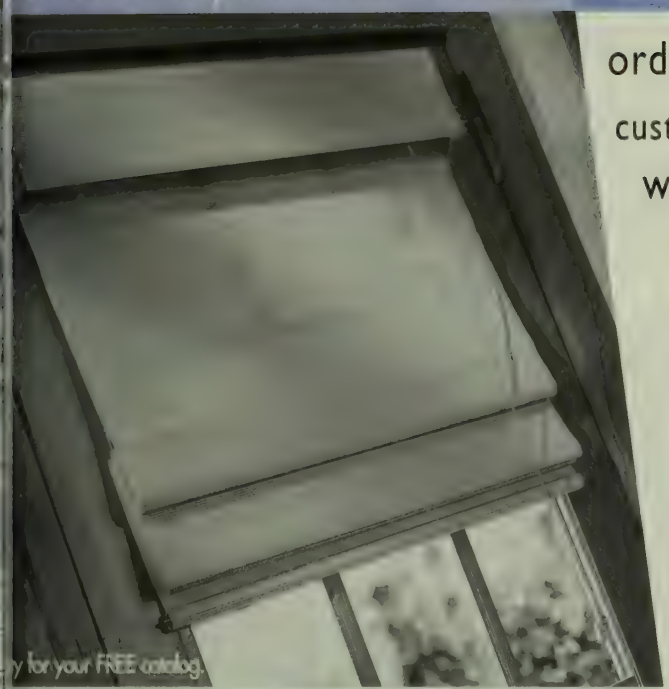
COLDWATER CREEK



Discover our signature collection of women's apparel and accessories, unique gifts, and soft accents for the home . . . everything for the woman with a keen sense of her own style.

Your kind of clothes. Online. All th www.coldwatercreek.com

e look of your dreams... we can help you create it.



order direct 1.800.909.6344

custom blinds lifetime guarantee

wallpaper over 220,000 patterns

area rugs for every decor

you can also order these name brands

GRABER BALI M&B LEVOLOR HunterDouglas

the Designplace® Direct

World's Largest Inventory!

China, Crystal, Silver & Collectibles

Old & New • 125,000 Patterns
6 Million Pieces • Buy & Sell

REPLACEMENTS, LTD.
PO Box 26029, Greensboro, NC 27420 Dept. GB
1-800-REPLACE (1-800-737-5223)
www.replacements.com

Work at Home

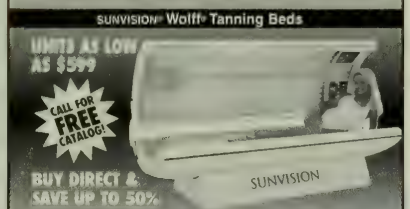
up to $40,000 or $50,000 medical coding specialist!

acts on how you can train at home for newest big-money medical specialty. Plenty jobs in hospitals, clinics, offices, too! Call 800-722-1822, Dept. BHGA62, or write School Studies, Dept. BHGA62, At-Home Professions, St., Fort Collins, CO 80525 D003

Country Curtains®
Red Lion Inn • Stockbridge, MA 01262
W DECORATING - SIMPLIFIED!
Page Color Catalog. Ask for Dept. 25502
76.6123 or www.sendcatalog.com

TAN AT HOME!

SUNVISION® Wolff® Tanning Beds



HOME DELIVERY • FINANCING AVAILABLE

1-877-783-8356

ORDER WALLPAPER DIRECT

CALL TODAY for the LOWEST PRICES ON WALLPAPER GUARANTEED!*

- Expert advice and assistance.
- Convenient returns at over 2,000 stores nationwide.

July Only! Take $10 OFF a $100 purchase

1-800-257-5714

Shop Online! Choose from a wide selection of patterns.
www.sherwin-williams.com

SHERWIN-WILLIAMS®

*Competitor's price must be verifiable. Cannot be combined with any other offers. Retail Sales Only. Offer expires 7-31-02 © 2002 The Sherwin-Williams Company



38DD in an instant?

All sizes of bras in stock. First-quality brand names **up to 20% off!**

Try our exclusive *Virtual Fitting Room* to find your best styles.

We donate a portion of each sale to the National Ovarian Cancer Coalition.

Brafitters.com
The fitting place for women™
www.brafitters.com

$199.- SALE CRYSTAL CHANDELIERS

TRIMMED WITH IMPORTED CRYSTAL INCLUDING CRYSTAL MADE BY SWAROVSKI

SAVE UP TO 58% OFF RETAIL

ORDER #83188-22 12-L. 8 FT. (LL) ROYAL GOLD FINISH

CALL 1-800-476-6014 OR VISIT US AT www.jamesrmoder.com

CALL YOUR NEAREST james r. moder CRYSTAL GALLERY SHOWROOM

CALL FOR A FREE CATALOG

the family next door™



"Remember when we used to waste our time on bird feeders—and completely ignored ATMs?"





Fire Ants

Homes and Gardens
ugust

3 9042 05546649 1

Better Homes and Gardens.

MAKE IT
EAUTIFUL



BURLINGAME
JUL - 2 2002
LIBRARY

Secrets
for big-impact
ecorating

Bunch late-season
blooms

ate a garden getaway

Family-friendly cottage,
contemporary ranch,
Italian-style villa...ideas for
these, plus more inside!

#BXBBFCK*******CR-LOT 0001A*C-030 CKBD
#BHGB1995&2180/4#
BURLINGAME CA 94010-4010 XK RX
BURLINGAME PUB LIB BHG P
480 PRIMROSE RD
R03016l0 48 JAN03



Years of putting it off.
A moment of motivation.
A conversation with an expert in an orange
apron about berber, textured,
and frieze led to seeing it wasn't that hard.
They came. They installed.
We wondered why we put it off so long.



Mohawk® Varsity texture featuring DuPont™ STAINMASTER.® Bruce 3/4" hardwood strip in *Gunstock*





©2002 The Goodyear Tire & Rubber Company. All rights reserved. Pebble Beach and distinctive images of the golf course are trademarks, service marks and trade dress of Pebble Beach Company. Used by permission.

Predict seven birdies.

Brag about your handicap.

Proclaim yourself "The Putting King."

Pray you don't whiff.

The drive to Pebble Beach®

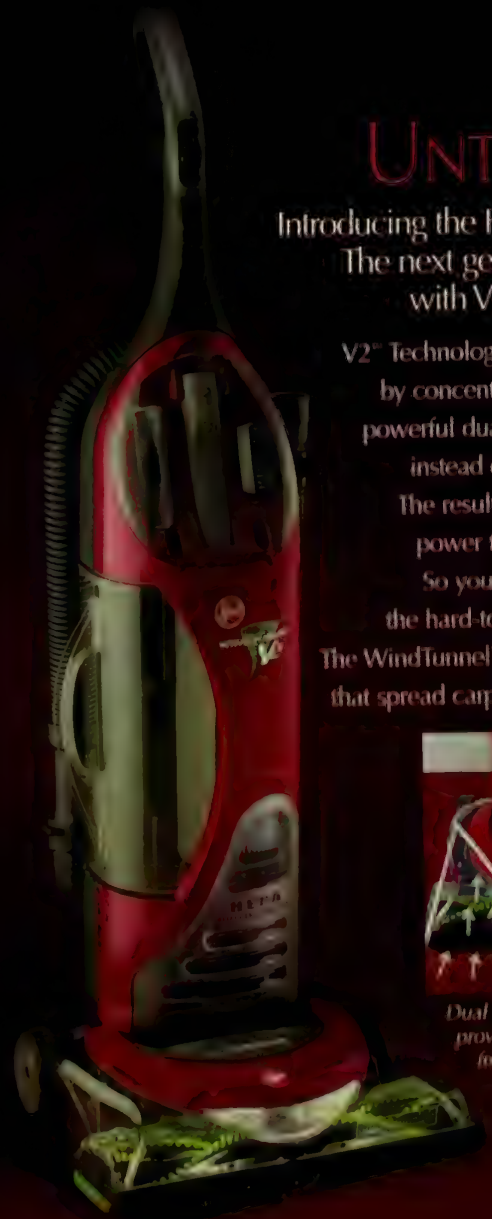
On the wings of Goodyear.

GOODYEAR

OUR NEW FORTERA LUXURY SUV TIRES ARE EXTRA QUIET SO YOU CAN HEAR EVERY BIT OF TRASH TALK. GOODYEARTIRES.COM

It's a dirty shame...

PET FUR STICKS LIKE A MAGNET TO YOUR CARPET MAKING IT NEARLY IMPOSSIBLE TO PICK UP.



UNTIL NOW.

Introducing the Hoover® WindTunnel® V2™
The next generation of cleaning
with V2™ Technology.

V2™ Technology improves WindTunnel®
by concentrating air suction into
powerful dual "V" shaped air paths,
instead of a single air path.
The result is focused cleaning
power from edge to edge.
So you can pick up even
the hard-to-get stuff, like pet fur.
The WindTunnel® V2™ also has dual agitators
that spread carpet fibers for deep cleaning.



Dual "V" shaped air paths provide cleaning power from edge to edge.

HOOVER

Takes the work out of housework™

hoover.com

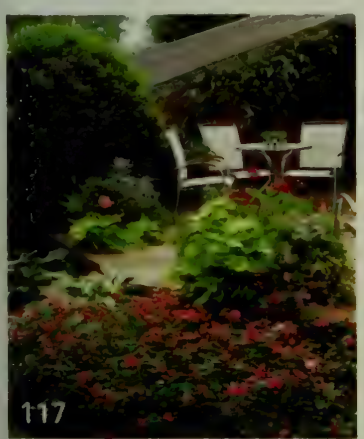
What's Inside

August 2002 Volume 80 Number 8



friends and family

From the Editor 8
BHG.com *What's happening at the magazine's Internet site* 12
Family Network® *Readers' solutions to family problems* 14
BH&G Kids® *These birthday party themes will be a huge hit* 200
The Family Next Door™ *Family, friends, and neighbors* 216





COVER PHOTOGRAPH: KIM CORNELISON

gardening

Trellises from Trimmings *Rustic beauty for vines* 50
Small Yards, Big Show *Gardeners who think big* 96
Formal for Fun *France in Fayetteville* 104D
Garden Shop™ *Birdhouse and Pathfinder Chimes, Trellis Plan* 106
Gardener's Almanac *Casting a spell with tropical plants* 108
Urban Oasis *Enter and unwind* 117

home design

Camp Gilmore *Making the outdoor connection* 17
Call to Order *Creative clutter busters* 26
Summer's Last Hurrah *Lush late-season bouquets* 34
Make It Yours *A new take on decoupage* 42
More Than Making Do *A small house with big style* 58
Hide and Sleek Kitchen *Planning streamlined storage* 66
Set a Place *Winning wall arrangements* 74
Backyard Kitchen *A Home Improvement Contest winner* 92
Wired for Style *Collecting antique wireware* 104B
Family-Friendly Style *Updating a 1970s nightmare* 125
Giving the Ranch a Hand *A colorful, contemporary redo* 133
Remaking a Classic *A look to love forever* 145

continued on page 6

Better Homes and Gardens (ISSN-0006-0151) is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Periodicals postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. To order call 1-800/374-4244. Trademark registered in Canada and Australia. Marca registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to: BETTER HOMES AND GARDENS, P.O. BOX 37449, BOONE, IA 50037-0449. AUGUST 2002. VOL 80, NO. 8. Canada Post Publications Mail Sales Product Agreement No. 40069223. Canadian BN 12348 2887 RT. © Copyright Meredith Corporation 2002. All rights reserved. Printed in U.S.A

Can't visit our store in Freeport? We'll send it to you, free.



L.L.Bean took the locks off his Freeport, Maine store 50 years ago to serve his customers whenever they needed supplies: day or night, 365 days a year. Today, you'll find that same commitment to thoughtful service at L.L.Bean. We invite you to browse our 216 page Fall Catalog for comfortable, durable apparel and gear. All backed by our 100% satisfaction guarantee.

For your FREE Fall Catalog, call 1-800-465-4288 or visit www.llbean.com

L.L.Bean
FREEPORT, MAINE
SINCE 1912

© 2002 L.L.Bean, Inc

What's Inside

continued from page 5



family matters

Homeschooling *This educational approach can teach us all*.....78
Friends for Life *Help your child find good friends*.....82
Your Family Car *VW drives into luxury territory*.....86

food

Summer Ripe *Peppers, onions, and tomatoes at their best*.....157
Market-Fresh Corn Favorites *Right off the cob*.....178
The Better Cook *Pride-of-the-picnic deviled eggs*.....180
Cooking with Kids *The art of choosing fruit*.....182
Win Money *Enter our monthly recipe contest*.....187
Prize Tested Recipes®
Grilled Chops and Steaks; Homemade Relishes and Pickles.....189

(For more recipes, go online at www.bhg.com/food or AOL Keyword: Food)

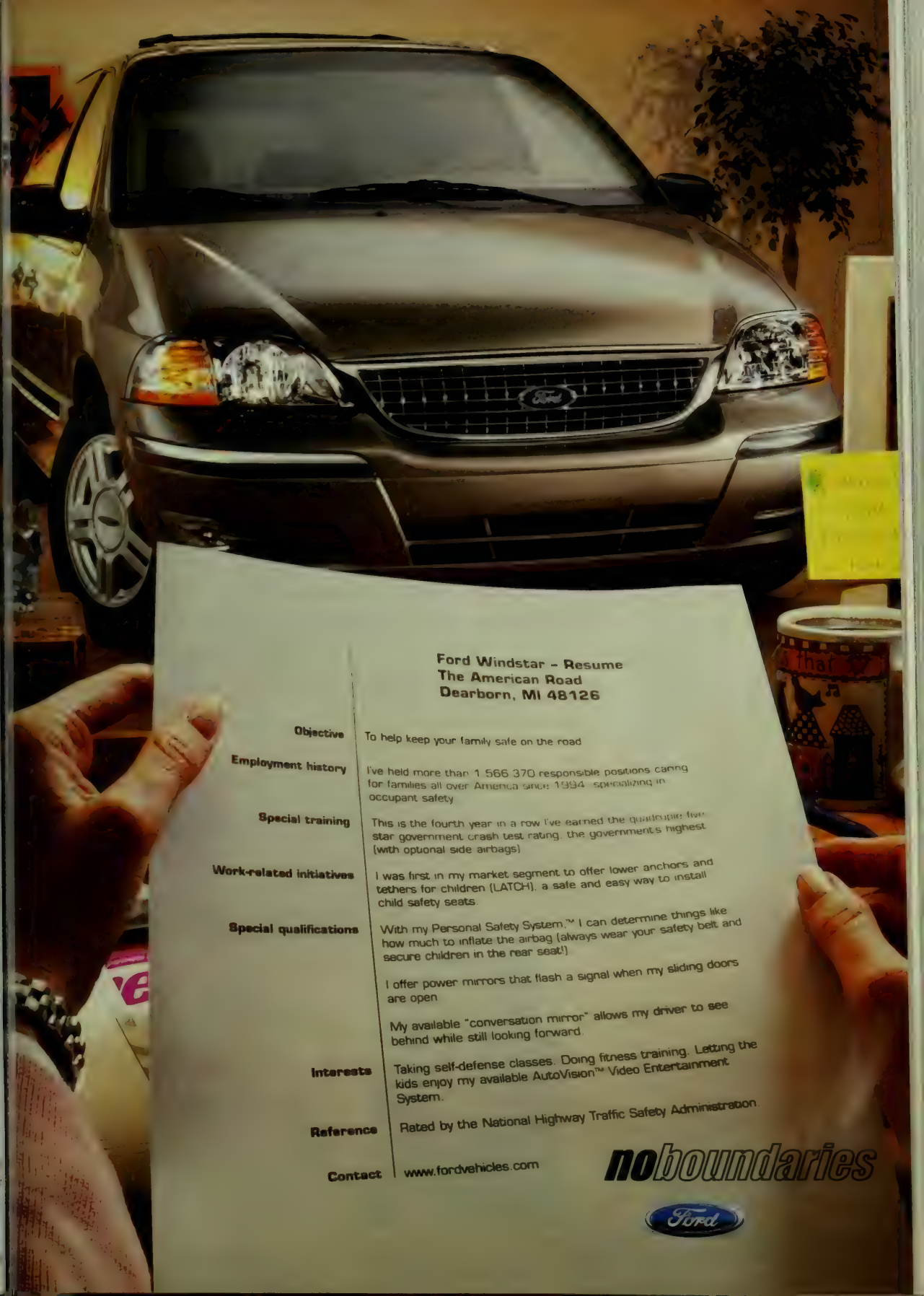
good food, good health®

Family Health Update *Are Botox facial treatments for you?*.....193
Nutrition In No Time™ *Colorful beans add a health boost*.....196

shopping

Buying Guide *Names and addresses of retailers and manufacturers*...210
Directory of Architects and Designers.....211
Reader Shopping
Soup Spoons and Soup Plates.....172
Space Flight Cookie Cutter Set.....207
The Shopper's Mart.....212

For service on your subscription, including change of address, write to *Better Homes and Gardens*® Customer Service, P.O. Box 37449, Boone, IA 50037-0449. Please enclose your address label from a recent issue. If you wish to phone, call toll free **1-800/374-4244.** Or, visit us at **www.bhg.com/service** on the Internet.



Ford Windstar – Resume
The American Road
Dearborn, MI 48126

Objective	To help keep your family safe on the road.
Employment history	I've held more than 1,566,370 responsible positions caring for families all over America since 1994, specializing in occupant safety.
Special training	This is the fourth year in a row I've earned the quadruple five-star government crash test rating, the government's highest (with optional side airbags).
Work-related initiatives	I was first in my market segment to offer lower anchors and tethers for children (LATCH), a safe and easy way to install child safety seats.
Special qualifications	With my Personal Safety System,™ I can determine things like how much to inflate the airbag (always wear your safety belt and secure children in the rear seat!). I offer power mirrors that flash a signal when my sliding doors are open. My available "conversation mirror" allows my driver to see behind while still looking forward.
Interests	Taking self-defense classes. Doing fitness training. Letting the kids enjoy my available AutoVision™ Video Entertainment System.
Reference	Rated by the National Highway Traffic Safety Administration.
Contact	www.fordvehicles.com

noboundaries

Ford

speedcook technology
roasts • grills over
oven-quality taste
cooks with light • mic
customized progr
family-sized •
oven interior •
four cooking tra
cooking guide
cooks up to 8 times faster • family-s
advantium™
ous, oven-qu
tiple installat
easy control • kitc
ng guide with tips • c
faster • converts to microwave •
moisture • advantium™ • customized
Profile™
We bring good things to life





from the editor

In August, it seems like the whole country is either taking part in celebrations at state fairs, block parties, and family reunions, or dropping out for a while on a well-deserved family vacation or personal getaway to a lake or the seashore. It's our way to take one more big gulp of summer before returning to our regularly scheduled program of work and school.

With plans for a week on Michigan's Lime Lake, our family is part of this August's vacation migration. But I'm taking inspiration for the future from the Gilmore family, who are featured in the story "Camp Gilmore" (see *page 17*). By opening up the back of their vintage home via a remodeling, their backyard has become their favorite retreat. That sounds like heaven to me: Staying at home—with the phone turned off.

Another integral part of August is the bounty from gardens and orchards that overflows at roadside stands and at farmer's markets, and from brown bags left on the porch by generous neighbors. We've gathered great recipes that make the most of tomatoes, peppers, and onions—juicy gifts from Mother Nature—for our story "Summer Ripe" (see *page 157*). For bounty that's also beautiful, look no further than our cover photograph and the accompanying story, "Summer's Last Hurrah" (see *page 34*). Late-season blooms brought together in delightful bouquets remind us that our own backyard gardens can be filled with treasures this time of year.



Funny that August is the only month of the year that isn't home to a major holiday. It is naturally, however, a month of more personal celebrations, replete with family times, sweet flavors, and breathtaking blooms.

Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief

Art marries technology.



• three direct feed wash arms • high ener y • full extension freezer baskets • auto-tempera

ou're partial to art, you'll find it here. From dramatic curves contoured surfaces to the sleek expanses of stainless el. After all, when it comes to appliances, art does matter.

If you're partial to technology, you'll find it here. From sensor-controlled cleaning to true European convection cooking. After all, when it comes to appliances, technology does matter.

Profile™

We bring good things to life.

ppliances.com

You must feel it to believe it!



The sleep miracle that's recognized by NASA, praised by the media, extolled worldwide by 25,000 sleep clinics and health specialists.

FREE SAMPLE/FREE VIDEO/FREE INFO 1-888-245-5109

(all toll free, or fax 1-859-514-4421

TEMPUR-PEDIC
PRESSURE RELIEVING
SWEDISH MATTRESS AND PILLOW



WEIGHTLESS SLEEP
starts with Tempur-Pedic.

Better Homes and Gardens®

Karol DeWulf Nickell
Editor in Chief

John Riha
Executive Editor

Bradford W. S. Hong
Creative Director

Lamont D. Olson
Managing Editor

Art Director Michael D. Belknap
Editorial Marketing Director Joan McCloskey

Food and Entertainment Editor Nancy Wall Hopkins
Nutrition Editor Jeanne Ambrose
Associate Editors Richard Swearinger, Stephen J. Exel
Editorial Assistants Karen Pollock, Anna Anderson

Garden and Outdoor Living Editor Mark Kane
Senior Garden Editor Craig Summers Black
Associate Garden Editor Doug Hall
Test Garden Manager Sandra J. Gerdes
Editorial Assistant Jacque Wittick

Health Editor Catherine Hamrick
Travel and Features Editor Becky Mollenkamp
Editorial Assistant Doris Lohrman

West Coast Editor Sharon Overton
Senior Interior Designers Joseph Boehm, Catherine Kramer
Design Editor Sarah Egge
Senior Building Editor Shawn Gilliam
Senior Building and Environment Editor Laura O'Neil
Editorial Assistants Peggy Daugherty, Marilyn Scott

Assistant Art Directors Zulal Biner, Hung Luu
Senior Graphic Designers Ted Rossiter, Stacey Willey
Design Assistant Malea Hubbell

Assistant Managing Editor Steven Cooper
Makeup Editor Linda Smith Thomas
Associate Makeup Editor Cindy Alberts
Copy Editor Martha Coloff Long
Office Manager Ginger Bassett
Administrative Assistant Suzanne Miller

Test Kitchen Director Lynn Blanchard
Director of Reader Shopping Denise King Scott
Reader Shopping Manager Diana Willits

Regional Contributors

Lisa Mowry, **Atlanta**; Estelle Bond Guralnick, **Boston**; Lynn McBride, **Charleston, S.C.**; Elaine Markoutsas, Sally Mauer, Hilary Rose, **Chicago**; Diane Carroll, **Dallas**; Mindy Pantiel, **Denver**; Khristi Zimmeth, **Detroit**; Eileen Alexandra Deymier, **Easton, Md.**; Betsy Harris, **Indianapolis, Ind.**; Susan Andrews, **Kansas City, Mo.**; Robin Tucker, Laura Hull, **Los Angeles**; Bonnie Broten, Tangi Schaapveld, **Minneapolis**; Bonnie Maharam, Cynthia Bogart, **New York**; Peggy Keonjian, Jan Behrs, **Portland, Ore.**; Mary Anne Thomson, **St. Louis**; Andrea Caughey, **San Diego**; Helen Heitkamp, Carla Howard, **San Francisco**; Trish Maharam, Loralee Wenger, Lynda Turner, **Seattle**; Heather Lobdell, **Tiburon, Calif.**; Claudia Franklin, **Tucson**; Nancy Ingram, **Tulsa**; Betty Campbell, **Victoria, B.C.**; Margaret Ann Fowler, **Wilmette, Ill.**; Karin Lidbeck, **Woodbury, Conn.**

Jeannine Shao Collins, **Publisher**
Sally Preston, **Advertising Director**; Patricia Oppenheimer, **Marketing Director**
Katherine Doyle, **Creative Services Director**; Mark Bradbury, **Research Director**
Amy Levy, **Publishing Group Events Director**; Christine Held, **Promotion Art Director**
Patrick O'Donnell, Meredith Stick, **Eastern Sales Managers**;
Joy DeVries, Crister Larson, Maureen Mooney, Kim Jamison-Henry,
Devon Walsh, Debra Rosenkrantz Brenman, Tracy Glenn, **Account Executives**
Peter W. Mason, **Travel Manager**; Grace Chung, **Direct Response Advertising Director**
Shari Epstein, **Direct Response Sales Manager**; Ira Libov, Tara Phillips, **Account Executives**
Atlanta: Sibyl de St. Aubin; **San Francisco**: Sandy Fish, **West Coast Manager**
Los Angeles: Barbara Moses; **Chicago**: Gary Wenstrup, **Midwest Manager**;
Brad Moore, Valerie Thiel, Jackie Fallon, Rick Wheeler, **Account Executives**
Detroit: Sally Jeffries, **Manager**
Beth Von Linden, **Consumer Marketing Director**; Karen Chiovaro, **Director of Production Operations**
Jan Sime, **Advertising Operations Director**; Jill Bernstein, **Public Relations Director**

Meredith Publishing Group

Stephen M. Lacy, **President**
Jerry Kaplan, **President, Meredith Magazine Group**
Michael Brownstein, **Corporate Solutions**
Ellen de Lathouder, **Creative Services**; Bruce Heston, **Manufacturing**
Karla Jeffries, **Consumer Marketing**
Max Runciman, **Finance and Administration**

Meredith

William T. Kerr, **Chairman and Chief Executive Officer**
E. T. Meredith III, **Chairman, Executive Committee**

© Copyright Meredith Corporation 2002. All rights reserved. Printed in the U.S.A.

MPA

Max Factor's Infinity Trio.

For truly long-lasting color, it's all the proof you need.



Smudge proof.

NEW lashfinity
semi-permanent mascara with PermaWear.™

Budge proof.

NEW facefinity
long-wear foundation with PermaWear.™

Food proof.

lipfinity long-lasting lipstick with PermaTone.™

"Max Factor's Finity make-up is simply amazing. Lasts through just about anything and keeps you looking sensational all day long."

Louise Constad

Louise Constad, award-winning make-up artist.

MAXFACTOR
the make-up of make-up artists

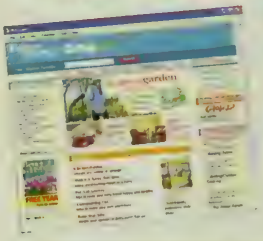
©2002 Max Factor and Co., STAR under license with Hollywood Chamber of Commerce by Global Icons, LLC. All rights reserved.

www.maxfactor.com

Better Homes and Gardens®

bhg.com

Ideas that click!



Gardening, food, decorating, and so much more

AOL Keyword: BHG

Better Homes and Gardens

Magazine Subscription Help

Online subscription assistance:
www.bhg.com/service

- Subscribe
- Renew your subscription
- Change your address
- Report a duplicate issue

For other magazine questions, go to **www.bhg.com/help**

Register at **www.bhg.com/members** to receive member benefits, including:

- Free e-mail newsletters
- Free downloads
- Free personal recipe ideas

Or call us at 1-800-374-4244
Weekdays: 7 a.m. to 11 p.m. CST
Weekends: 8 a.m. to 6 p.m. CST
Please have your address label on hand.
For billing questions, have your invoice handy.

Or mail subscription questions to:
Better Homes and Gardens Magazine
P.O. Box 37429
Boone, IA 50037-0429

Write to us at:
Better Homes and Gardens
Reader Service
1716 Locust Street,
Des Moines, IA 50309-3023

www.bhg.com/service



Back to School

What will the kids you love learn in school this year? Check out our new grade-by-grade guide. Plus, a slide show of cool backpacks for fall, and tips on handling homework, friends, bullies, and more.

www.bhg.com/backtoschool



Recipe www.bhg.com/burgers



Perfect Picnics

Enjoy summer's latter days with a basket of fabulous fixin's.

www.bhg.com/picnic

Slide Shows

From burgers and brats to breakfasts and bedrooms, we have inspiration.

www.bhg.com/slideshows



Pack It Right

Whether you're heading out for a long weekend or a blockbuster vacation, we'll prepare a packing list just for you. **www.bhg.com/packitright**



We'd call it china, but china breaks. Introducing new Ziploc® TableTops.™ The first full line of dishware with snap 'n' seal lids. So you can serve it, save it, heat it, and transport it. But you won't spill it. Let's see your regular dishware do that. ***New Ziploc TableTops. Dishware in a snap.***

© 2002 S.C. Johnson & Son, Inc. All rights reserved

TOYOTA SIENNA.
THE FIRST MINIVAN TO
RRIVE ALREADY PACKED
FOR YOUR TRIP.



THE SIENNA COMES LOADED WITH
T. THE EXTRA-TERRESTRIAL GIFTS FOR YOUR FAMILY.

A remixed and remastered movie soundtrack with three previously unreleased tracks.

A colorful hardback storybook from Simon & Schuster Children's Publishing.

A handy seat caddy for your road trips.

A prepaid phone card so anyone in your family can phone home.

hey're all included when you buy your new Sienna from
ly 1, 2002 through August 15, 2002.

GET THE FEELING. TOYOTA.
toyota.com

CERTIFICATE TO REDEEM YOUR GIFT WILL BE FORWARDED APPROXIMATELY 60 DAYS AFTER VEHICLE PURCHASE OR LEASE. OFFER ONLY AVAILABLE FOR MODEL YEAR 2002 TOYOTA SIENNA VEHICLES PURCHASED BETWEEN JULY 1–AUGUST 15, 2002. DATE OF PURCHASE AND/OR LEASE SHALL BE DEEMED THE DATE OF SALE OR LEASE DOCUMENT. VEHICLES TAKEN DELIVERY BEFORE OR AFTER THE PROMOTIONAL PERIOD OF JULY 1–AUGUST 15, 2002, WILL NOT QUALIFY FOR THE OFFER. THE FAMILY FUN PACK CERTIFICATE MUST BE REDEEMED NO LATER THAN OCTOBER 31, 2002. THE CERTIFICATE IS NONTRANSFERABLE AND CANNOT BE SUBSTITUTED FOR ITS CASH VALUE. OFFER VOID WHERE PROHIBITED. RECIPIENT IS RESPONSIBLE FOR ANY SERVICE COSTS NECESSARY FOR OPERATION OF ANY INCLUDED ITEMS. OFFER GOOD WHILE SUPPLIES LAST. E.T. THE EXTRA-TERRESTRIAL IS A TRADEMARK AND COPYRIGHT OF UNIVERSAL STUDIOS. LICENSED BY UNIVERSAL STUDIOS LICENSING, INC. ALL RIGHTS RESERVED. SIMON SPOTLIGHT BOOKS IS A TRADEMARK OF SIMON & SCHUSTER, INC. ©2002 TOYOTA MOTOR SALES, U.S.A., INC. BUCKLE UP! DO IT FOR THOSE WHO LOVE YOU.

Simon Spotlight Books

E.T.
THE EXTRA-TERRESTRIAL
THE 20TH ANNIVERSARY

Bouquet of memories

My mother-in-law recently celebrated her 90th birthday with a party in our home. She did not want gifts brought to the event, but we asked each guest to bring one flower. We arranged the many blossoms in vases that I had purchased. She was delighted and took home two beautiful bouquets as reminders of those who love her.

Jane Lawrence
Royal Oak, Mich.

Grandparents say "Gracias!"

We wanted to encourage our English-speaking children to communicate with their Spanish-speaking grandparents, but our offspring were reluctant to learn the new language. We placed stickers with Spanish words on objects throughout the house to familiarize our family with simple items. As the children grew, we added more challenging phrases and words. Their foreign language skills increased, and their grandparents were pleased.

Constance H. Alvarez
Geneva, Ill.

Baby views

To help our first-time baby-sitter understand the nighttime routine, we made a video of our infant that included instructions on how to make a bottle of formula and showed how our son reacted when put to bed. Our sitter was appreciative and commented that she felt more confident with her initial experience, knowing what to expect.

Kathy Risley
Wilmington, N.C.

Rocky roads

Our family enjoys traveling in our motor home—but opening the medicine cabinet can be hazardous. Toiletries get jostled and sometimes fall into the sink when the cabinet is opened. Self-sticking hook-and-loop fasteners attached to each item and to the inside of the cabinet hold them tight during rides.

Kari Carbajal
Mission Viejo, Calif.

Mommy time

As a working mother with three children, I devised a plan that I call "Mommy Time." After work, I get a cup of hot tea or a cold drink, kick off my shoes, and prop myself up in bed. Each child takes their turn curling up with me and talking, while I just listen. It gives me a special time with each one of them, and I feel rested before tackling dinner.

Alice Paprocki
Ft. Walton Beach, Fla.

A few of her favorite things

My 9-year-old daughter hates giving up clothes that are no longer usable. To help her part with these beloved items, we have her cut squares of material from the old garments. We sew them together to form, what she calls, her "Favorite Things" quilt.

Ellen Zimmerman
Deep River, Iowa

WRITE TO US

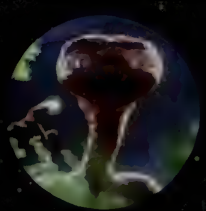
Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.



TOYOTA SIENNA & E.T. THE EXTRA-TERRESTRIAL. BRINGING FAMILIES TOGETHER.

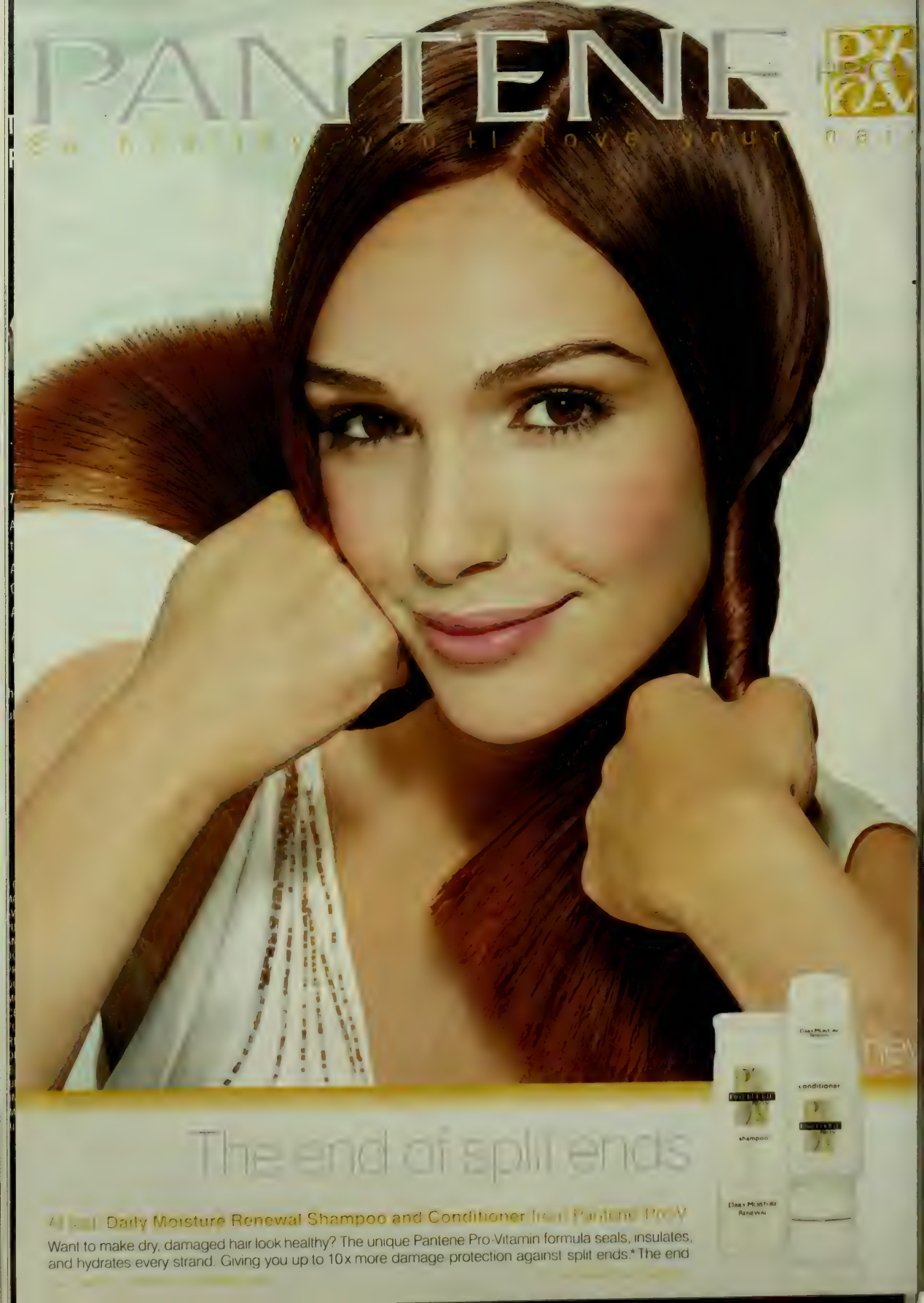
SATURDAY AFTERNOON. YOU'VE GOT THE WHOLE FAMILY AT THE MATINEE. EVERYONE'S SUNK INTO THEIR COMFY CHAIRS. THEY BEGIN TO UNWIND AS THEY STARE UP AT THE MOVIE SCREEN. THAT'S PRETTY CLOSE TO HOW IT FEELS INSIDE THE SIENNA. LIKE A BIG COZY AMPHITHEATER THAT YOU CAN RELAX IN. EXCEPT THAT IN THE SIENNA, YOU NEVER HAVE TO SAVE SEATS BECAUSE IT HAS SEVEN. WHY NOT START ENJOYING THE MOVIE BEFORE YOU GET THERE.

E.T.
THE EXTRA-TERRESTRIAL
THE 20 ANNIVERSARY



GET THE FEELING. TOYOTA.
toyota.com

E.T. THE EXTRA-TERRESTRIAL IS A TRADEMARK AND COPYRIGHT © UNIVERSAL CITY STUDIOS. LICENSED BY UNIVERSAL STUDIOS LICENSING, INC. ALL RIGHTS RESERVED.


PANTENE
conditioner
shampoo
The end of split ends
Daily Moisture Renewal Shampoo and Conditioner
Want to make dry, damaged hair look healthy? The unique Pantene Pro-Vitamin formula seals, insulates, and hydrates every strand. Giving you up to 10x more damage protection against split ends.* The end

camp Gilmore



"Happiness depends on leisure," said Aristotle, and this Connecticut family took the philosopher's words to heart. They removed their home's rear barriers and revealed the idyllic pond where their best moments now take place.

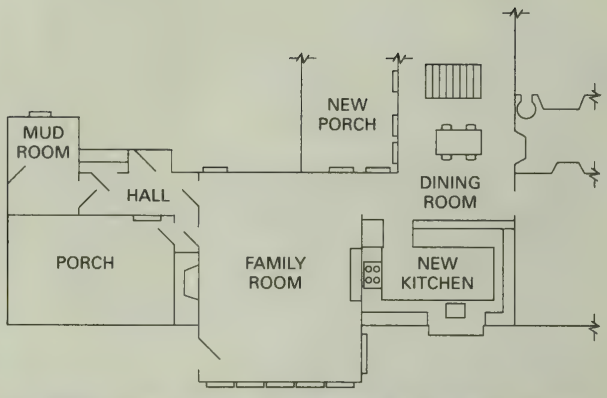
continued on page 18

written by Laura O'Neil photographed by Tom McWilliam

Camp Gilmore

continued from page 17







The home's previous floor plan followed a typical old-house room-next-to-room design. Now the kitchen, dining room, family room, and porch (*above*) all flow into one another and connect to the outdoors.

From spring to fall, the Gilmores use the pond (*left*) for canoeing, kayaking, swimming, and fishing. The girls entertain friends with hayrack rides in autumn and ice-skating parties in winter.

There is no doubt that leisure puts us at our best—more easygoing, more curious, more outdoorsy, more fun. In 1991, Katie and Steve Gilmore and their daughters—Hailey, 8, Mallory, 15, and Stephanie, 18—purchased this Connecticut countryside property to accommodate their favorite downtime activity: keeping horses. Their 1745 Colonial farmhouse sits on 40 acres, consisting of a private pond, riding trails, barns, and scenic vistas. "Like any family, we have a frantic weekly schedule with work, school, soccer, and other activities," Katie says. "But then, we come home to a family dinner and a movie, or an evening swim, horseback ride, or just watching the girls catch frogs."

continued on page 20

here's to one more good reason to

pucker up



New Raspberry Lemonade
five fruity calories*

that's the beauty of
Crystal Light™

KRAFT
kraftfoods.com

©2002 KF Holdings Crystal Light drink mix. Per 8 fl. oz. serving. Artificially flavored.

Camp Gilmore

continued from page 18





The back wall of the family room (*left*) was pushed 6 feet out toward the backyard. Floor-to-ceiling windows were installed across the expanse. An old chimney was replaced with a ventless gas fireplace, leaving an open space above it for the TV (*above*). The set hides behind sliding panels when not in use.



Toward the other end of the family room, a pass-through (*left*) to the kitchen keeps the family linked.

Although filled with charm and history, the house was comprised of many small rooms. Katie and Steve wanted larger spaces to accommodate family living and togetherness. They also desired that the family room, kitchen, dining area, and porch open to the beauty of their backyard, where the family spends much time swimming, canoeing, and horseback riding. "Originally, all we had looking to the pond was a small window and a door," Steve says.

continued on page 22


Don't just take the
scenic route.
Be the scenic route.
mart
The stuff of life
ROUTE
66
Route 66 summer fashions
at Kmart. Looks that are
hip, fun, fashionable, and
of course, affordable.
kmart.com

Camp Gilmore

continued from page 20

"We had a great feeling when we found this house. It had been well taken care of and we wanted to help it go on," Katie says. "But we really bought it for the property and our love of outdoor activities."







The layout of the farm-style kitchen (*far left*) changed very little except for the addition of 4 feet between it and the family room. The extra space made a huge difference to the room's functionality.

"We liked the old-house philosophy of rooms, but still wanted a living connection," Katie says. "Plus, the pass-through (*near left*) gave me extra cabinet space and light. If the wall had come down, I would have had zero cabinets."

With the help of architect Skip Broom, the Gilmores removed the barriers—an old shed and barn—attached to the rear of the house. The barn was relocated on the property. The transformation of this 1,360-square-foot area into the new sunny family living spaces took about a year to complete. "This all started because a light needed fixing and a dishwasher kept disconnecting from the kitchen wall," Katie recalls. "Then it turned into this full-scale remodeling."

continued on page 24



Maybe you just expect more. And by any measure, Chevy Impala LS delivers. 200-hp V6, all-speed Traction Control and a Sport Touring suspension. One drive is all it takes. And you'll never settle for less. chevy.com

CHEVY IMPALA WE'LL BE THERE

continued from page 22

"Now our home is more usable, more 21st century, without ruining its historical integrity," Steve says. "It fits more into our lifestyle."



Another place to sit and enjoy the pond, the Gilmores' new three-season porch is host to many morning and evening meals. The walls of the porch are removable glass inserts, which are replaced with screens during the summer.

"Every year we watch a mother deer and her fawn cautiously approach the house," Katie says. "And a river otter and a pair of great blue herons have adopted the pond as their home." The pond is stocked with bass and trout so Steve can perfect his fly-fishing cast.

Buying information, page 210

"You can do it!"

Introducing the Christopher Lowell Home Collection from Flexsteel®

Furnishing your home with my Christopher Lowell Home Collection is so easy, so stress-free, so effortless, you'll hardly have to lift a finger. My mix-and-match furniture was designed with pre-coordinated fabrics, so all the hard work is done for you. The furniture is made by Flexsteel so you know it'll last, and it's designed by me so you know it's chic. Stop by a Flexsteel Christopher Lowell Home Collection retailer near you and relax, because you can do it!







Watch the Christopher Lowell Show weekdays on the Discovery Channel.

Visit http://flexsteel.com or call 1-800-685-SOFA for a retailer near you.



Flexsteel®
Fine Upholstered Furniture

call to order

Life coaches tell us not to sweat the small stuff, but in truth it's the small stuff that often keeps our lives—and our households—from running smoothly. Here are some simple ideas for regaining control over the little things.



message center

Contrary to popular practice, scribbling on a dry-cleaning receipt is not the best way to convey an important message. This wooden tote comes to the rescue by organizing all the necessary implements, including pens, self-adhesive notepads, tacks, and paper clips. It even encourages letter writing with a sampling of stationery and matching envelopes. Originally made for hauling tools around farms, these hand-fashioned caddies in various conditions, colors, and sizes can be found at flea markets, farm sales, and antiques stores.

continued on page 28



DY
ATS® CRYSTALS™ BLEND
brand CAT BOX FILLER

ISTURE ABSORBING LITTER BLENDED WITH ODOR TRAPPING CRYSTALS

Get the scoop at www.tidycats.com

© Ralston Purina Company 2002



 continued from page 26

pocket change

Women have the purse; men have the pocket. Both hold itty-bitty daily necessities, but only one gets emptied and refilled every day. Arrayed on a dresser, this handsome collection of ashtrays—yes, ashtrays—offers an overnight stopover for a pocket's contents, and it protects the wood surface from scratches and dings. Look for heavy glass ashtrays that are about 4 inches square at junk shops and antiques stores. For a sophisticated look, choose only basic designs, perhaps with reeding or beveling, and avoid ashtrays with slogans or indents for cradling cigarettes.



continued on page 31



tylenol.com

This morning was brought to you by a good night's sleep.

A great night's sleep can do wonders. Get the rest you need with gentle, non-habit-forming Tylenol PM. It safely stops your pain, and helps ease you into a restful sleep. So the morning can be yours again.



For great mornings, take comfort in our strength.



Melt into the moment with rich, buttery shortbread.



One relaxing cookie.

 continued from page 28



cook's caddies

Dispense with a catchall drawer of tangled tools. Instead, try shapely flowerpots (*left*) that hold utensils upright and visible. The wide mouths of these vessels let you pull out one piece at a time without getting the whole lot. Pick pots that coordinate with your kitchen and relate in height to the items inside. Utensils that clear the top of the container reduce sticky-fingered groping.

vanity menagerie

Stage a production on your bathroom countertop to make stars out of dull extras, such as soaps, cotton balls, and cold cream. Glamorous sparkly glass canisters on a shiny silver tray corral the items with flair. Similar glassware is available at home stores. Assemble a grouping, then find a tray that conveys style. This vintage silver tea-service piece (*right*) adds a touch of refinement. A tole tray is classically traditional; a bamboo version is spalike. The added benefit of everything on one tray: With a swift lift of the silver platter, the countertop is clear for cleaning.

Buying information, page 210



The Mask of Tutankhamun

A Pharaoh's greatest treasure becomes a one-of-a-kind collectible

Special 80th Anniversary Limited Edition

Handpainted in 22-karat gold

Encased in a crystalline pyramid



Shown a little smaller than approximate size of 6 inches hi

For thousands of years the great pyramids of Egypt were plundered of their treasures, but one Pharaoh's tomb remained untouched until its discovery by Howard Carter in 1922. Inside the tomb of King Tutankhamun, Carter was stunned by the gold treasure that had been hidden for three thousand years.

Now, to celebrate the 80th anniversary of its discovery, the golden mask of Tutankhamun has been reborn in a handcast mask that's handpainted in costly 22kt gold to replicate the richness of the 3300-year-old treasure. This new three-dimensional wonder is made even more compelling by the clear crystalline pyramid that encases it. A black lacquer base adorned with Tutankhamun's name in golden letters provides the final touch of elegance.

Strong demand is assured for the strictly limited edition, so act now to get yours for only $39.95. Send no money now. Mail the coupon today!



Crystalline pyramid and interior mask sculpture are striking from every angle

collectiblestoday.com
Home of The Bradford Exchange and All Things Collectible

©2002 BGE 63021-BD

THE BRADFORD EXCHAN
9345 Milwaukee Avenue Niles, IL 60714
THE Heart OF COLLECTING

YES. Please enter my order for "The Ma Tutankhamun." I need SEND NO MONEY NOW be billed $39.95* when my collectible is shipped. *Limit: one per order.* Please Respond Pro

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____

State _____ Zip _____

Signature _____

63021-E

*Plus a total of $5.99 postage and handling. Illinois residents add state sale Pending credit approval. Limited edition presentation restricted to 295 cast Allow 4 to 6 weeks for delivery. Prices higher in Canada.

An Expression From the Heart

Crafted entirely in Heirloom Porcelain with opalescent glazes



"Always My Daughter"

elebrate the everlasting bond of love that others and daughters share with "Always My aughter," a richly sculptured first-edition llector's plate decorated with colorful, hand- plied opalescent glazes. Four sculptural tterflies rise above the surface of the plate for lded beauty and dimension.

A joy to behold and a wonder to touch, lways My Daughter" will be a heartwarming art easure for your home, or a splendid gift for meone dear. The edition is strictly limited, so obtain it at the $29.95 issue price, backed by r 365-day money-back guarantee, respond day. Send no money now, just mail the coupon.



Sculptured butterflies rise above the surface of the plate!

collectiblestoday.com
Home of The Bradford Exchange and All Things Collectible

©2002 BGE 35591-BD

THE BRADFORD EXCHANGE

9345 Milwaukee Avenue Niles, IL 60714-1393

THE Heart OF COLLECTING®

YES. Please enter my order for "Always My Daughter." I understand I need SEND NO MONEY NOW. I will be billed $29.95* when my plate is shipped. *Limit: one plate per order.* Please Respond Promptly

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____

State _____ Zip _____

Signature _____

35591-E81291

*Plus a total of $4.99 postage and handling. Illinois residents add state sales tax. Pending credit approval. Limited-edition presentation restricted to 95 firing days. Plate stand not included. Prices higher in Canada. Please allow 4-6 weeks for delivery.



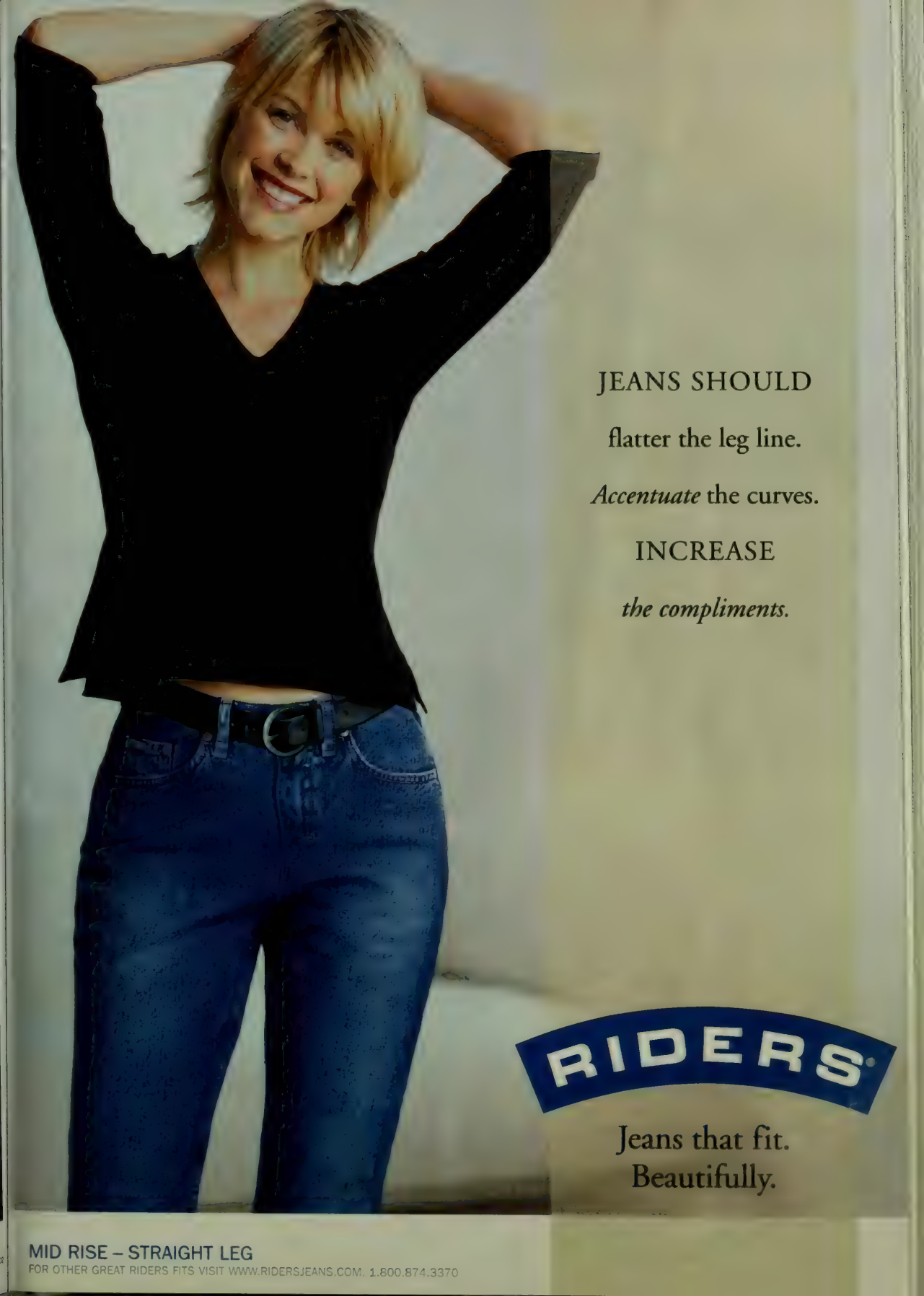
Summer's last hurrah

Your late-season garden may be a bit beaten down, but it's not out. Rally the last wave of flowers into lush and lovely bouquets.

Rosy Outlook

Repeat-blooming roses shift into overdrive once summer's worst heat subsides, says floral designer Els Teunissen, who created the bouquets on these pages. For this romantic cluster, she cut blooms from a variety of bushes—making the best of what the garden offered. She sometimes uses these tricks for a fuller bouquet: Mass flowers tightly, which hides spindly end-of-summer stems and leaves. And, supplement as needed with purchased roses from the florist or farmer's market.

continued on page 36


JEANS SHOULD
flatter the leg line.
Accentuate the curves.
INCREASE
the compliments.
RIDERS
Jeans that fit.
Beautifully.
MID RISE – STRAIGHT LEG
FOR OTHER GREAT RIDERS FITS VISIT WWW.RIDERSJEANS.COM. 1.800.874.3370

Summer's Last Hurrah

continued from page 34



Mixed Blessing

Let go of the notion that only flowers make a beautiful arrangement, Els urges. A few roses and hydrangeas are supporting players in this basket (*above*), but the true stars are hypericum berries, purple coneflower seedheads, and crab apple and berry branches. Pomegranates and tomatillos from the grocery store boost the harvest colors and asymmetrical shape.

Green Peace

Lush green foliage, in the form of grasses, ivy, and even houseplants, fills out sparse late-season yields from the flower garden. You can also turn to the vegetable garden, where the bounty is overflowing. For example, tiny squash held with floral picks add smooth, round shapes and bright chartreuse color to this loose bouquet (*right*) of roses and ageratum.

continued on page 38



The same room year after year.

What to change?

The expert in the orange apron knew.



It's not the same old room anymore.





Bay Winward II in Brushed Steel SKU 523-127.

Summer's Last Hurrah

continued from page 36

Contain Yourself

Half the charm of an arrangement is its container. Here a bouquet of dahlias, astilbe, and love-lies-bleeding is tucked into a wire basket embellished with supermarket rhubarb. The rhubarb, which echoes the regal reds and purples of the flowers, is simply tied in place with raffia. You can experiment with other materials—twigs, bamboo, cinnamon sticks—as your personal whims dictate.



continued on page 40

Consumer Research Results:

95% of adults said it was unlike anything they'd ever seen.

90% of adults said it was an engineering masterpiece.

3% of adults thought it contained blush or lip gloss.



002 Discover Bank Member FDIC. www.discovercard.com

Summer's Last Hurrah

continued from page 38



Brilliant Beauty

Saturated hues are abundant in gardens this time of year. Capture their richness by putting together bold jewel tones, such as these ruby red roses and dahlias, begonias the color of pink tourmalines, and amethyst ageratum (*right*). For even more contrast, Els tucked in a few cool, peridot-colored leaves from perennials that long ago stopped blooming. It's true flower power: Get double use from plants—when they're blooming and, later, when they're not.



Tailored Fit

"What I love is simplicity," Els says. When her garden offers up just a few flowers, she takes the easiest approach and creates a small arrangement with what she has. It's exactly the right size for a bedside or end table. In this arrangement, cornflowers and various shrub roses are set off with sprigs of sage and lemon balm, and tied up with a bow for a little extra punch.

See a slide show of colorful blooms at www.bhg.com/freshflowers

Buying information, page 210



Introducing Discover 2GO.™ Flip it out of its protective case to use it. Comes with a money clip, a key chain and the same account number as your regular Discover® Card. And every time you use it, you get a Cashback Bonus® award, along with a lot of envious stares and questions. Discover 2GO. For more information please call 1-800-DISCOVER or visit Discovercard.com.

It pays to DISCOVER®

Up to 1% based on annual level & type of purchases for Discover Platinum, Classic & Private Issue Cardmembers who participate in the Cashback Bonus program, redeemable in $20 increments. Restrictions apply, see terms for details. © 2002 Discover Bank Member FDIC. www.discovercard.com

make it yours

Today's take on the historic crafting technique of decoupage has gone modern with bold, graphic images and the use of photo-copiers and scanners.



Flower Stand

The works of French painters were occasional fodder for artistic courtiers of Louis XV. Attempting to imitate the hand-painted and lacquered look of Far Eastern imports, they cut up and glued the paintings to plain furniture. Today, with computer scanners, photocopiers, and a wealth of noncopy-righted images, there's no need to destroy fine art. For this bookcase, illustrations of single flowers were enlarged on a color photocopier and decoupaged to each shelf, letting the flowers spill over the edges for a hand-tossed look.

continued on page 44



Peanut butter creme or chocolate creme?
It was a split decision.



KF Holdings

 continued from page 42



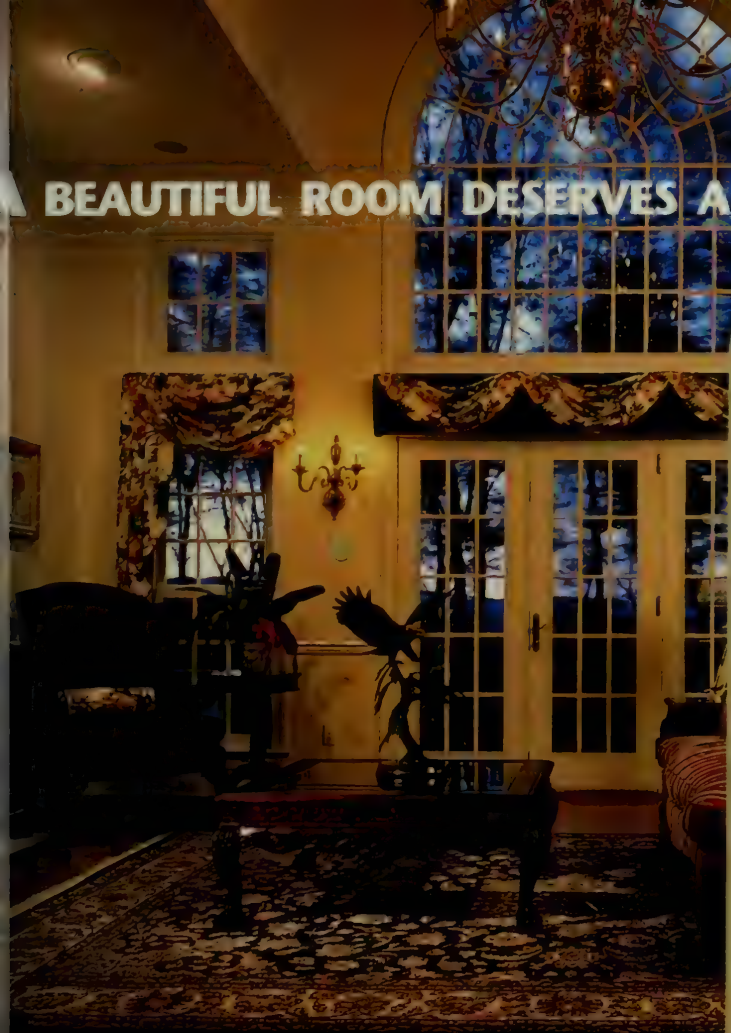
Climbing Roses

A garage-sale table becomes a blooming beauty when botanical rose prints are applied directly over its worn finish. For decoupaging, choose images from old or reproduction prints, calendars, note cards, and art books—any noncopyrighted design that is clean and simple. Photocopy the images, or scan them into a computer and print them out. Enlarging these roses to twice their original size keeps the tabletop from looking busy, because fewer flowers fill the surface. Cut blooms, stems, and leaves into separate pieces for arranging flexibility, and adhere one bloom at a time.

continued on page 46



A BEAUTIFUL ROOM DESERVES A BEAUTIFUL DIMMER





Shown actual size

NTRODUCING THE *faedra* SMART DIMMER FOR STANDARD WALLPLATES

- Replaces standard single toggle switches
- Use in:
  - TV Room – Bathroom – Dining Room
  - Kitchen – Bedroom – Any Room
- Dim from single or multiple locations
- Turn lights on/off at the touch of a button
- 60 second fade-to-off lights your way (go to bed or go to another room)

edra dimmers are available at lighting showrooms, home provement centers and other fine electrical establishments. it www.lutron.com/faedra or call 1-877-2LUTRON, Ext. 613

Available in

White



Ivory



LUTRON®
Innovations in Lighting Control

 continued from page 44



Resting Spot

You can decoupage virtually anything, but use a large image for a contemporary look. Adhere it to furniture with a broad, smooth surface, such as this stool seat.

For decoupage success, be sure to prep the surface. For unfinished wood, such as this stool, sand, prime, and paint it with two coats of paint. Thoroughly clean a finished surface with mild dish detergent and water, and sand any rough spots.

After the decoupage medium has dried, protect it. Two or more coats of clear gloss varnish will give you the traditional shiny, lacquered finish. Satin or matte varnish will provide a more up-to-date look.

Buying information, page 210

For more projects, visit www.bhg.com/decoupage



Fit and Trim After copying the image, cut it out with a crafts knife. As a cutting surface, use a self-healing rotary mat or a piece of glass. Trim away all the background as well as any tiny details that will make the paper hard to handle.



Sticky Business Brush crafts-store decoupage medium (or art-store matte medium) on the surface. Press the paper cutout into the wet medium. Smooth out bubbles and adhere the edges. Finally, brush on a top coat of medium.

"glucovance™
(Glyburide and Metformin HCl Tablets)

WORKS 2 WAYS TO GIVE ME *BETTER* BLOOD SUGAR CONTROL."



Two powerful medications combined to work together:

HELPS YOUR BODY RELEASE MORE INSULIN

and

HELPS YOU USE INSULIN MORE EFFECTIVELY

glucovance™ lowers blood sugar better than the leading diabetes pill*

f you need better blood sugar control, ask your doctor about Glucovance. When diet and exercise are not enough, adding ilucovance can help you lower your blood sugar better than the leading diabetes pill.* Glucovance works differently than ther leading medications: it helps your body release more insulin and works, in part, by helping your body use insulin nore effectively. Glucovance works in these ways to provide powerful blood sugar control. By taking Glucovance, you nay be able to take less medication to control your blood sugar.

MPORTANT INFORMATION: GLUCOVANCE is not for everyone. In rare cases, GLUCOVANCE may cause lactic cidosis (buildup of lactic acid in the blood), which is serious and can be fatal in half the cases. This occurs mainly in eople whose kidneys are not functioning properly. Tell your doctor about your alcohol use because it can affect your isk. You should not take GLUCOVANCE if you: have kidney problems, are 80 or older (unless your kidneys have been ested), are taking medication for heart failure, are seriously dehydrated, have a severe infection, or if you have or ave had liver disease.

he most common side effect is diarrhea. Symptoms of hypoglycemia (low blood sugar) such as lightheadedness, izziness, shakiness or hunger may also occur.

lease see additional important patient information on next page.

ASK YOUR DOCTOR ABOUT glucovance™ 1.25mg/250mg 2.5mg/500mg 5mg/500mg

WWW.GLUCOVANCE.COM 1-800-263-1980

Bristol-Myers Squibb Company
A leader in type 2 diabetes care.

Glucophage (metformin hydrochloride tablets)/generic metformin is the leading diabetes pill.

lucovance® is a registered trademark of LIPHA s.a. Licensed to Bristol-Myers Squibb Company
2002 Bristol-Myers Squibb Company, Princeton, NJ 08543 F7-H006I Issued: May 2002 Printed in USA

Rx only

PATIENT INFORMATION ABOUT GLUCOVANCE®

(Glyburide and Metformin HCl Tablets)

WARNING: A small number of people who have taken metformin hydrochloride have developed a serious condition called lactic acidosis. Properly functioning kidneys are needed to help prevent lactic acidosis. Most people with kidney problems should not take GLUCOVANCE. (See Question Nos. 9-13.)

Q1. Why do I need to take GLUCOVANCE?
Your doctor has prescribed GLUCOVANCE to treat your type 2 diabetes. This is also known as non-insulin-dependent diabetes mellitus.

Q2. What is type 2 diabetes?
People with diabetes are not able to make enough insulin and/or respond normally to the insulin their body does make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

Q3. Why is it important to control type 2 diabetes?
The main goal of treating diabetes is to lower your blood sugar to a normal level. Studies have shown that good control of blood sugar may prevent or delay complications such as heart disease, kidney disease, or blindness.

Q4. How is type 2 diabetes usually controlled?
High blood sugar can be lowered by diet and exercise, by a number of oral medications, and by insulin injections. Before taking GLUCOVANCE you should first try to control your diabetes by exercise and weight loss. Even if you are taking GLUCOVANCE, you should still exercise and follow the diet recommended for your diabetes.

Q5. Does GLUCOVANCE work differently from other glucose-control medications?
Yes it does. GLUCOVANCE combines two glucose lowering drugs, glyburide and metformin. These two drugs work together to improve the different metabolic defects found in type 2 diabetes. Glyburide lowers blood sugar primarily by causing more of the body's own insulin to be released, and metformin lowers blood sugar, in part, by helping your body use your own insulin more effectively. Together, they are efficient in helping you achieve better glucose control.

Q6. What happens if my blood sugar is still too high?
When blood sugar cannot be lowered enough by GLUCOVANCE your doctor may prescribe injectable insulin or take other measures to control your diabetes.

Q7. Can GLUCOVANCE cause side effects?
GLUCOVANCE, like all blood sugar-lowering medications, can cause side effects in some patients. Most of these side effects are minor. However, there are also serious, but rare, side effects related to GLUCOVANCE (see **Q9 - Q13**).

Q8. What are the most common side effects of GLUCOVANCE?
The most common side effects of GLUCOVANCE are normally minor ones such as diarrhea, nausea, and upset stomach. If these side effects occur, they usually occur during the first few weeks of therapy. Taking your GLUCOVANCE with meals can help reduce these side effects.

Less frequently, symptoms of hypoglycemia (low blood sugar), such as lightheadedness, dizziness, shakiness, or hunger may occur. The risk of hypoglycemic symptoms increases when meals are skipped, too much alcohol is consumed, or heavy exercise occurs without enough food. Following the advice of your doctor can help you to avoid these symptoms.

Q9. Are there any serious side effects that GLUCOVANCE can cause?
GLUCOVANCE rarely causes serious side effects. The most serious side effect that GLUCOVANCE can cause is called lactic acidosis.

Q10. What is lactic acidosis and can it happen to me?
Lactic acidosis is caused by a buildup of lactic acid in the blood. Lactic acidosis associated with metformin is rare and has occurred mostly in people whose kidneys were not working normally. Lactic acidosis has been reported in about one in 33,000 patients taking metformin over the course of a year. Although rare, if lactic acidosis does occur, it can be fatal in up to half the cases.

It's also important for your liver to be working normally when you take GLUCOVANCE. Your liver helps remove lactic acid from your bloodstream.

Your doctor will monitor your diabetes and may perform blood tests on you from time to time to make sure your kidneys and your liver are functioning normally.

There is no evidence that GLUCOVANCE (Glyburide and Metfor HCl Tablets) causes harm to the kidneys or liver.

Q11. Are there other risk factors for lactic acidosis?
Your risk of developing lactic acidosis from taking GLUCOVANC very low as long as your kidneys and liver are healthy. However, so factors can increase your risk because they can affect kidney liver function. You should discuss your risk with your physician.

You should not take GLUCOVANCE if:
- You have chronic kidney or liver problems
- You have congestive heart failure which is treated with medicati e.g., digoxin (Lanoxin®) or furosemide (Lasix®)
- You drink alcohol excessively (all the time or short-term "bin drinking)
- You are seriously dehydrated (have lost a large amount of b fluids)
- You are going to have certain x-ray procedures with injectable c trast agents
- You are going to have surgery
- You develop a serious condition such as a heart attack, se infection, or a stroke
- You are ≥80 years of age and have NOT had your kidney func tested

Q12. What are the symptoms of lactic acidosis?
Some of the symptoms include: feeling very weak, tired or unc fortable; unusual muscle pain, trouble breathing, unusual or u pected stomach discomfort, feeling cold, feeling dizzy or lighth ed, or suddenly developing a slow or irregular heartbeat.

If you notice these symptoms, or if your medical condition has denly changed, stop taking GLUCOVANCE tablets and call your tor right away. Lactic acidosis is a medical emergency that mus treated in a hospital.

Q13. What does my doctor need to know to decrease my risk of l acidosis?
Tell your doctor if you have an illness that results in severe vom diarrhea, and/or fever, or if your intake of fluids is signific reduced. These situations can lead to severe dehydration, and it be necessary to stop taking GLUCOVANCE temporarily.

You should let your doctor know if you are going to have any su or specialized x-ray procedures that require injection of con agents. GLUCOVANCE therapy will need to be stopped tempo in such instances.

Q14. Can I take GLUCOVANCE with other medications?
Remind your doctor that you are taking GLUCOVANCE when new drug is prescribed or a change is made in how you take a already prescribed. GLUCOVANCE may interfere with the way drugs work and some drugs may interfere with the actio GLUCOVANCE.

Q15. What if I become pregnant while taking GLUCOVANCE?
Tell your doctor if you plan to become pregnant or have be pregnant. As with other oral glucose-control medications, you s not take GLUCOVANCE during pregnancy.

Usually your doctor will prescribe insulin while you are pregnan with all medications, you and your doctor should discuss the u GLUCOVANCE if you are nursing a child.

Q16. How do I take GLUCOVANCE?
Your doctor will tell you how many GLUCOVANCE tablets to tak how often. This should also be printed on the label of your pre tion. You will probably be started on a low dose of GLUCOV and your dosage will be increased gradually until your blood su controlled.

Q17. Where can I get more information about GLUCOVANCE?
This leaflet is a summary of the most important information GLUCOVANCE. If you have any questions or problems, you s talk to your doctor or other healthcare provider about type 2 dia as well as GLUCOVANCE and its side effects. There is also a (package insert) written for health professionals that your pharm can let you read.

GLUCOVANCE® is a registered trademark of LIPHA s.a. Licens Bristol-Myers Squibb Company.

Micronase® is a registered trademark of Pharmacia & Upjohn Comp

Bristol-Myers Squibb Company

Distributed by
Bristol-Myers Squibb Company
Princeton, NJ 08543 USA

F7-B001B-03-01
607211DIM-04

Revised: March

Snow Angels

Ornament Collection

An Heirloom Ornaments Exclusive

$9.95* for each splendid, handcrafted ornament.



Each ornament is approximately 2" seated, 3" standing (5 to 7 cm). Your collection begins with the three ornaments pictured above.

Look closely at snowflakes, for they're not snowflakes at all...

they're tiny Snow Angels *sent from Heaven above to bless your heart and home with an abundance of love.*

When the first snow kisses your cheeks this winter, look closely...you just might see a tiny *Snow Angel* peering back at you! Hand-sculpted then hand-cast in life-like Lumisin™ resin, each is hand-painted with precision-detailed touches to give these unique ornaments the glow of precious little angel girls. Dressed all in white with real marabou feathers and add-ons of lace, "silver," "gold" and "pearls," they brighten any holiday display. Each comes with a Certificate of Authenticity. Only $9.95 each. Start your collection today!

Heirloom Ornaments from Ashton-Drake

collectiblestoday.com
Home of The Ashton-Drake Galleries and All Things Collectible.

©01 The Ashton-Drake Galleries, 9200 North Maryland Ave., Niles, Illinois 60714-1397 43286-CC01

Snow Angels Ornament Collection

PLEASE RESPOND PROMPTLY

❑ **YES!** Please reserve the *Snow Angels* ornament collection for me. I will receive an invoice for the amount due with each three-ornament shipment. After I have paid in full for one set of three ornaments, the next set will be shipped to me automatically.

- YOU NEED SEND NO MONEY NOW • 365-DAY, MONEY-BACK GUARANTEE
- ONLY $29.85* *(plus shipping and handling)* PER THREE-ORNAMENT SET

X _____
Signature Date

_____ ( )
Name (please print clearly) Telephone

_____
Address

_____
City State Zip

*Total price of $34.83 per three-ornament set includes $4.98 shipping and handling. Sales tax additional on shipments to Illinois. Please allow 10 to 12 weeks for delivery, pending credit approval. Price is higher in Canada.

43286-D81203

HEIRLOOM ORNAMENTS from Ashton-Drake
9200 North Maryland Ave., Niles, Illinois 60714-1397

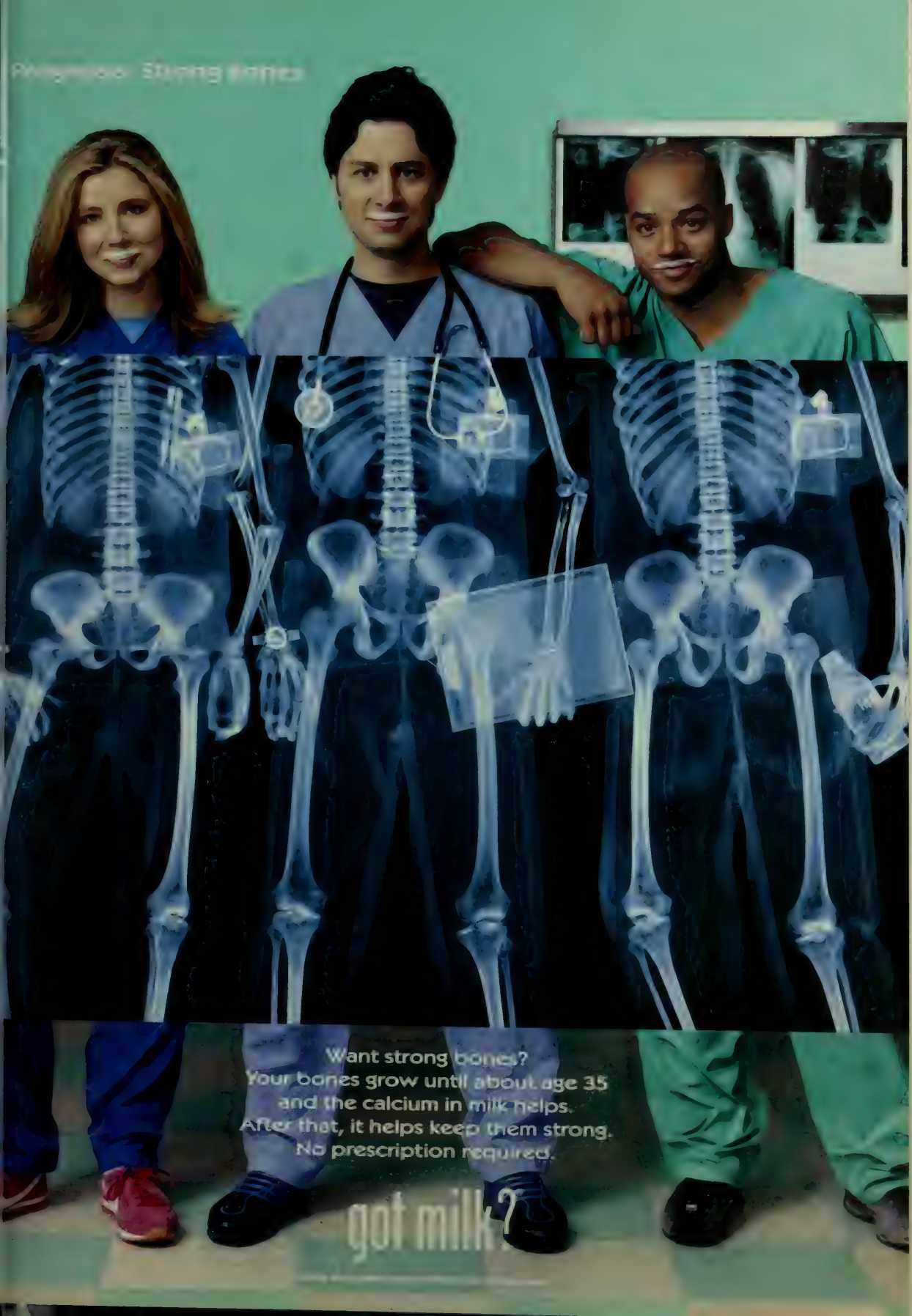


by Doug Hall

trellises from trimmings

Every vine needs a place to twine its tendrils. This rustic tepee is a stylish structure designed to lift the beauty of your garden to eye level. Build it in an afternoon from garden prunings, then use it to showcase all sorts of upwardly mobile plants.

continued on page 52


Want strong bones?
Your bones grow until about age 35
and the calcium in milk helps.
After that, it helps keep them strong.
No prescription required.
got milk?

Armstrong
Your ideas become reality

Point



Click



Yes!



Design a Room
interactive room viewer



Choose from more than 20 rooms online. Point your mouse at literally hundreds of beautiful flooring choices just click, click, click to choose the right flooring...and the colors for your walls...and cabinets, too. As you design your perfect room, see exciting possibilities come to life.

www.armstrong.com

Vinyl Ceramic Wood
Laminate

Trellises from Trimmings

continued from page 50

You could buy a fancy freestanding trellis at the garden center, or you could do what Steven Antonow does: He constructs vine tepees out of prunings from his garden. For upright poles, Steven relies on a monstrous butterfly bush (*Buddleia nivea*), which can put on 10 feet of growth a year in his Seattle garden. Straight lengths cut from other shrubs or trees and stripped of their leaves will work as well. Purchased bamboo stakes also make a good trellis. Steven prefers poles cut about 10 feet long. Grapevines (freshly cut for flexibility) in 8- to 10-foot lengths are used to lace the poles together. It's much like weaving a basket.

Here's how: Arrange 12 poles, tepee fashion, and tie the tops together temporarily with heavy twine. Even out the distance between poles at the base (Photo 1, *below*). Avoid too small a circle or the trellis will lack stability. Using a hammer (and wearing safety goggles), drive two 6-foot lengths of steel rebar about 2 feet into the ground on opposite sides of the tepee. Tie each rebar stake to a pole with twine (Photo 2). Add more upright poles, if you want, then retie the twine at the top. Begin to weave lengths of grapevine between the poles at ground level, spiraling upward (Photo 3). Bend vines until they snap (but do not break apart) to give a rounded appearance. Precision isn't necessary. Secure the vines to the poles, where needed, with twine. Your tepee (Photo 4) is ready for plants.

continued on page 54





Armstrong

Your ideas become reality

WHAT REALLY GROWS IN THE SUNLIGHT IS YOUR APPRECIATION FOR THE FLOOR.



There is more to the warmth in this room than merely sunlight. There is the gentle presence of the hand that carefully selected every object, every furnishing, every swatch of fabric. The studied hand that will always prefer potting real flowers to purchasing silk ones. And the very same hand that so easily laid the laminate floor. A surface so near to the look and feel of natural slate, virtually nothing else can touch it.

www.armstrong.com

Vinyl · Ceilings · Wood
Linoleum · **Laminate**

Trellises from Trimmings

continued from page 52



Vines to try

The size of this trellis makes it ideal for small perennial climbers: vining honeysuckle Dropmore Scarlet; large-flowered varieties of clematis, such as Nelly Moser, Henryi, and Ramona; and pillar roses, such as Golden Showers and Don Juan.

Annual vines allow you to give your trellis a new look every year. Among the best: canary creeper, nasturtium, cypress vine, asarina, cardinal climber, black-eyed Susan vine, *Mina lobata*, and sweet peas. Mandevilla, a perennial in tropical climates, is grown as an annual everywhere else. Plant two different vines on one tepee for a two-tone treatment.

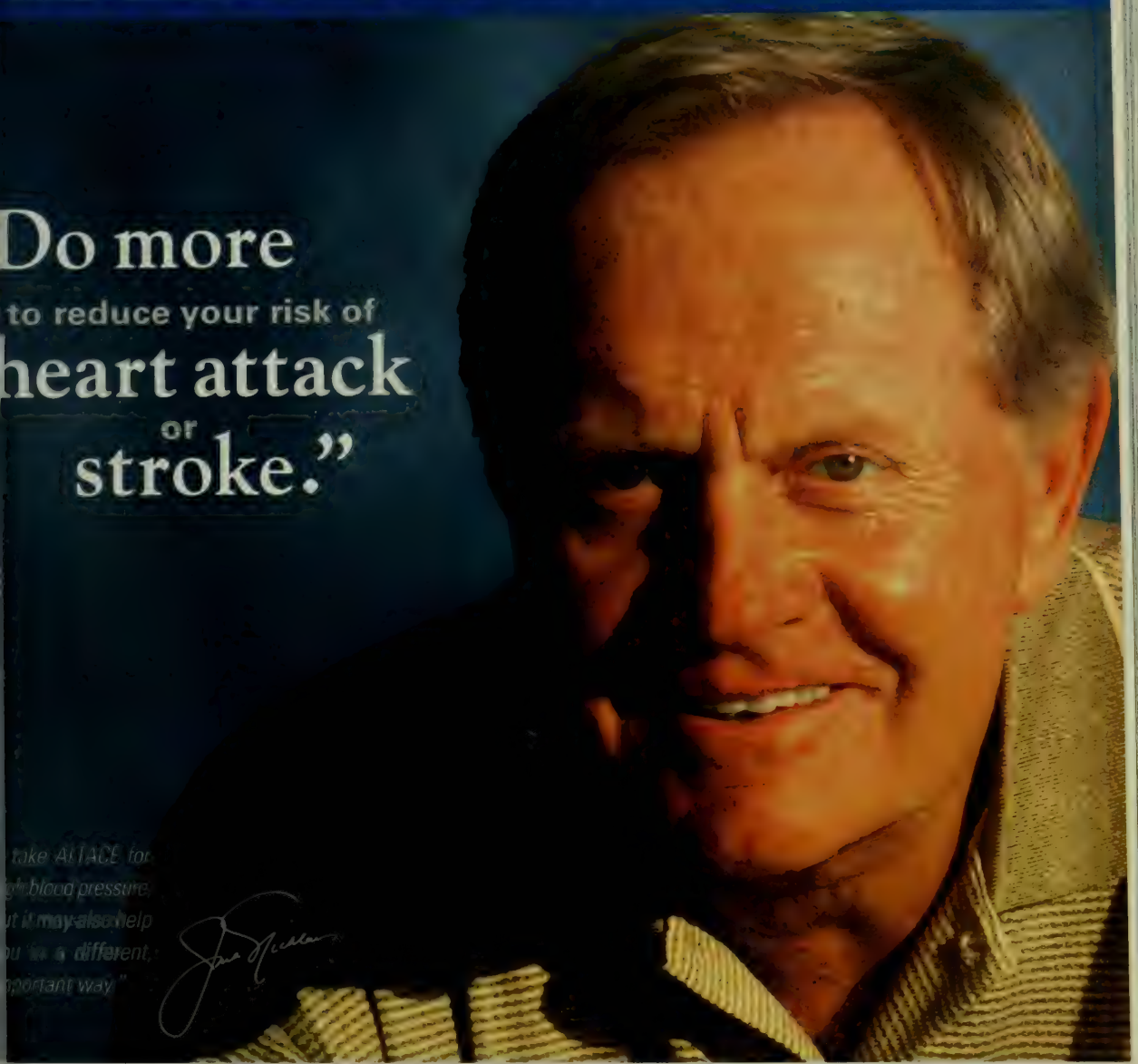
In the vegetable garden, use your tepee to support peas, pole beans, cucumbers, and malabar spinach. Leave space between the poles so you can reach into the trellis at harvest time.

The last step—choosing vines for the trellis—is the fun part. These upright structures stand out from the rest of the garden, and Steven emphasizes their prominence by clothing them in bright colors. He planted an unusual orange-flowered nasturtium relative, *Tropaeolum tuberosum*, on this tepee (*above*) and surrounded it with monkshood, a purple perennial. Next year will bring a different combination. Steven's rustic trellises typically last three or four years before the poles decay, making replacement necessary.

Buying information, page 210

Find more to build at www.bhg.com/gardenprojects

YOU'RE 55 OR OLDER AND HAVE HAD A HEART ATTACK OR STROKE, OR HAVE DIABETES PLUS NOTHER CARDIOVASCULAR RISK FACTOR, SUCH AS SMOKING OR HIGH BLOOD PRESSURE.



Adding ALTACE to existing medications further reduces the risk of heart attack, stroke or cardiovascular death.

escription ALTACE is not for everyone. ALTACE ay cause swelling of the mouth, tongue, or oat, which could cause extremely serious risk and quires immediate medical care. Common side fects include persistent dry cough, dizziness, and ht-headedness due to low blood pressure.

Do not take ALTACE during pregnancy, as death or injury to your unborn child may result, or if you've experienced serious side effects related to previous ACE inhibitors. Your results may vary. See adjacent page for important product information.

ALTACE
ramipril capsules

You can do more

Ask your doctor if ALTACE is right for you.

www.altace.com 1-866-4-ALTACE

Brief Summary of Prescribing Information as of October 2001

ALTACE® Capsules
(ramipril)

USE IN PREGNANCY

When used in pregnancy during the second and third trimesters, ACE inhibitors can cause injury and even death to the developing fetus. When pregnancy is detected, ALTACE® should be discontinued as soon as possible. See WARNINGS: Fetal/neonatal morbidity and mortality.

CONTRAINDICATIONS

ALTACE is contraindicated in patients who are hypersensitive to this product or any other angiotensin converting enzyme inhibitor (e.g., a patient who has experienced angioedema during therapy with any other ACE inhibitor)

WARNINGS

Anaphylactoid and Possibly Related Reactions: **Angioedema** Patients with a history of angioedema unrelated to ACE inhibitor therapy may be at increased risk of angioedema while receiving an ACE inhibitor (See also **CONTRAINDICATIONS**.) Angioedema of the face, extremities, lips, tongue, glottis, and larynx has been reported in patients treated with angiotensin converting enzyme inhibitors. Angioedema associated with laryngeal edema can be fatal. If laryngeal stridor or angioedema of the face, tongue, or glottis occurs, treatment with ALTACE should be discontinued and appropriate therapy instituted immediately. **Where there is involvement of the tongue, glottis, or larynx, likely to cause airway obstruction, appropriate therapy, e.g., subcutaneous epinephrine solution 1:1,000 (0.3 ml to 0.5 ml) should be promptly administered. (See ADVERSE REACTIONS.)** **Anaphylactoid reactions during desensitization:** Two patients undergoing desensitizing treatment with hymenoptera venom while receiving ACE inhibitors sustained life-threatening anaphylactoid reactions. In the same patients, these reactions were avoided when ACE inhibitors were temporarily withheld, but they reappeared upon inadvertent rechallenge. **Anaphylactoid reactions during membrane exposure:** Anaphylactoid reactions have been reported in patients dialyzed with high-flux membranes and treated concomitantly with an ACE inhibitor. Anaphylactoid reactions have also been reported in patients undergoing low-density lipoprotein apheresis with dextran sulfate absorption. ***Hypotension*** ALTACE can cause symptomatic hypotension, after either the initial dose or a later dose when the dosage has been increased. Like other ACE inhibitors, ramipril has been only rarely associated with hypotension in uncomplicated hypertensive patients. Symptomatic hypotension is most likely to occur in patients who have been volume- and/or salt-depleted as a result of prolonged diuretic therapy, dietary salt restriction, dialysis, diarrhea, or vomiting. Volume and/or salt depletion should be corrected before initiating therapy with ALTACE. In patients with congestive heart failure, with or without associated renal insufficiency, ACE inhibitor therapy may cause excessive hypotension, which may be associated with oliguria or azotemia and, rarely, with acute renal failure and death. In such patients, ALTACE therapy should be started under close medical supervision; they should be followed closely for the first 2 weeks of treatment and whenever the dose of ramipril or diuretic is increased. If hypotension occurs, the patient should be placed in a supine position and, if necessary, treated with intravenous infusion of physiological saline. ALTACE treatment usually can be continued following restoration of blood pressure and volume. ***Hepatic Failure*** Rarely, ACE inhibitors have been associated with a syndrome that starts with cholestatic jaundice and progresses to fulminant hepatic necrosis and (sometimes) death. The mechanism of this syndrome is not understood. Patients receiving ACE inhibitors who develop jaundice or marked elevations of hepatic enzymes should discontinue the ACE inhibitor and receive appropriate medical follow-up. ***Neutropenia/ Agranulocytosis*** As with other ACE inhibitors, rarely, a mild – in isolated cases severe – reduction in the red blood cell count and hemoglobin content, white blood cell or platelet count may develop. In isolated cases, agranulocytosis, pancytopenia, and bone marrow depression may occur. Hematological reactions to ACE inhibitors are more likely to occur in patients with collagen-vascular disease (e.g., systemic lupus erythematosus, scleroderma) and renal impairment. Monitoring of white blood cell counts should be considered in patients with collagen-vascular disease, especially if the disease is associated with impaired renal function. ***Fetal/Neonatal Morbidity and Mortality*** ACE inhibitors can cause fetal and neonatal morbidity and death when administered to pregnant women. Several dozen cases have been reported in the world literature. When pregnancy is detected, ACE inhibitors should be discontinued as soon as possible. The use of ACE inhibitors during the second and third trimesters of pregnancy has been associated with fetal and neonatal injury, including hypotension, neonatal skull hypoplasia, anuria, reversible or irreversible renal failure, and death. Oligohydramnios has also been reported, presumably resulting from decreased fetal renal function; oligohydramnios in this setting has been associated with fetal limb contractures, craniofacial deformation, and hypoplastic lung development. Prematurity, intrauterine growth retardation, and patent ductus arteriosus have also been reported, although it is not clear whether these occurrences were due to the ACE inhibitor exposure. These adverse effects do not appear to have resulted from intrauterine ACE inhibitor exposure that has been limited to the first trimester. Mothers whose embryos and fetuses are exposed to ACE inhibitors only during the first trimester should be so informed. Nonetheless, when patients become pregnant, physicians should make every effort to discontinue the use of ALTACE as soon as possible. Rarely (probably less often than once in every thousand pregnancies), no alternative to ACE inhibitors will be found. In these rare cases, the mothers should be apprised of the potential hazards to their fetuses, and serial ultrasound examinations should be performed to assess the intraamniotic environment. If oligohydramnios is observed, ALTACE should be discontinued unless it is considered life-saving for the mother. Contraction stress testing (CST), a non-stress test (NST), or biophysical profiling (BPP) may be appropriate, depending upon the week of pregnancy. Patients and physicians should be aware, however, that oligohydramnios may not appear until after the fetus has sustained irreversible injury. Infants with histories of *in utero* exposure to ACE inhibitors should be closely observed for hypotension, oliguria, and hyperkalemia. If oliguria occurs, attention should be directed toward support of blood pressure and renal perfusion. Exchange transfusion or dialysis may be required as means of reversing hypotension and/or substituting for disordered renal function. ALTACE, which crosses the placenta can be removed from the neonatal circulation by these means, but limited experience has not shown that such removal is central to the treatment of these infants. No teratogenic effects of ALTACE were seen in studies of pregnant rats, rabbits, and cynomolgus monkeys. On a body surface area basis, the doses used were up to approximately 400 times (in rats and monkeys) and 2 times (in rabbits) the recommended human dose.

PRECAUTIONS

Impaired Renal Function: As a consequence of inhibiting the renin-angiotensin-aldosterone system, changes in renal function may be anticipated in susceptible individuals. In patients with severe congestive heart failure whose renal function may depend on the activity of the renin-angiotensin-aldosterone system, treatment with angiotensin converting enzyme inhibitors, including ALTACE, may be associated with oliguria and/or progressive azotemia and (rarely) with acute renal failure and/or death. In hypertensive patients with unilateral or bilateral renal artery stenosis, increases in blood urea nitrogen and serum creatinine may occur. Experience with another angiotensin converting enzyme inhibitor suggests that these increases are usually reversible upon discontinuation of ALTACE and/or diuretic therapy. In such patients renal function should be monitored during the first few weeks of therapy. Some hypertensive patients with no apparent pre-existing renal vascular disease have developed increases in blood urea nitrogen and serum creatinine, usually minor and transient, especially when ALTACE has been given concomitantly with a diuretic. This is more likely to occur in patients with pre-existing renal impairment. Dosage reduction of ALTACE and/or discontinuation of the diuretic may be required. **Evaluation of the hypertensive patient should always include assessment of renal function.** (See **DOSAGE AND ADMINISTRATION**.) ***Hyperkalemia:*** In clinical trials, hyperkalemia (serum potassium greater than 5.7 mEq/L) occurred in approximately 1% of hypertensive patients receiving ALTACE (ramipril). In most cases, these were isolated values, which resolved despite continued therapy. None of these patients was discontinued from the trials because of hyperkalemia. Risk factors for the development of hyperkalemia include renal insufficiency, diabetes mellitus, and the concomitant use of potassium-sparing diuretics, potassium supplements, and/or potassium-containing salt substitutes, which should be used cautiously, if at all, with ALTACE (See **DRUG INTERACTIONS**.) ***Cough:*** Presumably due to the inhibition of the degradation of endogenous bradykinin, persistent nonproductive cough has been reported with all ACE inhibitors, always resolving after discontinuation of therapy. ACE inhibitor-induced cough should be considered in the differential diagnosis of cough. ***Impaired Liver Function:*** Since ramipril is primarily metabolized by hepatic esterases to its active moiety, ramiprilat, patients with impaired liver function could develop markedly elevated plasma levels of ramipril. No formal pharmacokinetic studies have been carried out in hypertensive patients with impaired liver function. However, since the renin-angiotensin system may be activated in patients with severe liver cirrhosis and/or ascites, particular caution should be exercised in treating these patients. ***Surgery/Anesthesia:*** In patients undergoing surgery or during anesthesia with agents that produce hypotension, ramipril may block angiotensin II formation that would otherwise occur secondary to compensatory renin release. Hypotension that occurs as a result of this mechanism can be corrected by volume expansion. ***Information for Patients Pregnancy:*** Female patients of childbearing age should be told about the consequences of second- and third-trimester exposure to ACE inhibitors, and they should also be told that these consequences do not appear to have resulted from intrauterine ACE inhibitor exposure that has been limited to the first trimester. These patients should be asked to report pregnancies to their physicians as soon as possible. ***Angioedema:*** Angioedema, including laryngeal edema, can occur with treatment with ACE inhibitors, especially following the first dose. Patients should be so advised and told to report immediately any signs or symptoms suggesting angioedema (swelling of face, eyes, lips, or tongue, or difficulty in breathing) and to take no more drug until they have consulted with the prescribing physician. ***Symptomatic Hypotension:*** Patients should be cautioned that lightheadedness can occur, especially during the first days of therapy, and it should be reported. Patients should be told that if syncope occurs, ALTACE should be discontinued until the physician has been consulted. All patients should be cautioned that inadequate fluid intake or excessive perspiration, diarrhea, or vomiting can lead to an excessive fall in blood pressure, with the same consequences of lightheadedness and possible syncope. ***Hyperkalemia:*** Patients should be told not to use salt substitutes containing potassium without consulting their physician. ***Neutropenia:*** Patients should be told to promptly report any indication of infection (e.g., sore throat, fever), which could be a sign of neutropenia. ***Drug Interactions With nonsteroidal anti-inflammatory agents:*** Rarely, concomitant treatment with ACE inhibitors and nonsteroidal anti-inflammatory agents have been associated with worsening of renal failure and an increase in serum potassium. ***With diuretics:*** Patients on diuretics, especially those in whom diuretic therapy was recently instituted, may occasionally experience an excessive reduction of blood pressure after initiation of therapy with ALTACE. The possibility of hypotensive effects with ALTACE can be minimized by either discontinuing the diuretic or increasing the salt intake prior to initiation of treatment with ALTACE. If this is not possible, the starting dose should be reduced (See **DOSAGE AND ADMINISTRATION**.) ***With potassium supplements and potassium-sparing diuretics:*** ALTACE can attenuate potassium loss caused by thiazide diuretics. Potassium-sparing diuretics (spironolactone, amiloride, triamterene, and others) or potassium supplements can increase the risk of hyperkalemia. Therefore, if concomitant use of such agents is indicated, they should be given with caution, and the patient's serum potassium should be monitored frequently. ***With lithium:*** Increased serum lithium levels and symptoms of lithium toxicity have been reported in patients receiving ACE inhibitors during therapy with lithium. These drugs should be coadministered with caution, and frequent monitoring of serum lithium levels is recommended. If a diuretic is also used, the risk of lithium toxicity may be increased. ***Other*** Neither ALTACE nor its metabolites have been found to interact with food, digoxin, antacid, furosemide, cimetidine, indomethacin, and simvastatin. The combination of ALTACE and propranolol showed no adverse effects on dynamic parameters (blood pressure and heart rate). The co-administration of ALTACE and warfarin did not adversely affect the anticoagulant effects of the latter drug. Additionally, co-administration of ALTACE with phenprocoumon did not affect minimum phenprocoumon levels or interfere with the subjects' state of anti-coagulation. ***Carcinogenesis, Mutagenesis, Impairment of Fertility*** No evidence of a tumorigenic effect was found when ramipril was given by gavage to rats for up to 24 months at doses of up to 500 mg/kg/day or to mice for up to 18 months at doses of up to 1000 mg/kg/day. (For either species, these doses are about 200 times the maximum recommended human dose when compared on the basis of body surface area.) No mutagenic activity was detected in the Ames test in bacteria, the micronucleus test in mice, unscheduled DNA synthesis in a human cell line, or a forward gene-mutation assay in a Chinese hamster ovary cell line. Several metabolites and degradation products of ramipril were also negative in the Ames test. A study in rats with dosages as great as 500 mg/kg/day did not produce adverse effects on fertility. ***Pregnancy*** *Pregnancy Categories C (first trimester) and D (second and third trimesters)* **See WARNINGS: Fetal/Neonatal Morbidity and Mortality.** ***Nursing Mothers*** Ingestion of single 10 mg oral dose of ALTACE resulted in undetectable amounts of ramipril and its metabolites in breast milk. However, because multiple doses may produce low milk concentrations that are not predictable from single doses, women receiving ALTACE should not breast feed. ***Geriatric Use*** Of the total number of patients who received ramipril in US clinical studies of ALTACE 11.0% were 65 and over while 0.2% were 75 and over. No overall differences in effectiveness or safety were observed between these patients and younger patients, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. ***Pediatric Use*** Safety and effectiveness in pediatric patients have not been established.

ADVERSE REACTIONS

Hypertension ALTACE has been evaluated for safety in over 4,000 patients with hypertension; of these, 1,230 patients were studied in US controlled trials, and 1,107 were studied in foreign controlled trials. Almost 700 of these patients were treated for at least one year. The overall incidence of reported adverse events was similar in ALTACE and placebo patients. The most frequent clinical side effects (possibly or probably related to study drug) reported by patients receiving ALTACE in US placebo-controlled trials were headache (5.4%), dizziness (2.2%) and fatigue or asthenia (2.0%), but only the last was more common in ALTACE patients than in patients given placebo. Generally, the side effects were mild and transient, and there was no relation to total dosage within the range of 1.25 to 20 mg. Discontinuation of therapy because of a side effect was required in approximately 3% of US patients treated with ALTACE. The most common reasons for discontinuation were cough (1.0%), "dizziness" (0.5%), and impotence (0.4%). The observed side effects considered possibly or probably related to study drug that occurred in US placebo-controlled trials in more than 1% of patients treated with ALTACE, only asthenia (fatigue) was more common on ALTACE than placebo (2% vs. 1%). In placebo-controlled trials, there was also an excess of upper respiratory infection and flu syndrome in the ramipril group, not attributed at that time to ramipril. As these studies were carried out before the relationship of cough to ACE inhibitors was recognized, some of these events may represent ramipril-induced cough. In a later 1-year study, increased cough was seen in almost 12% of ramipril patients, with about 4% of patients requiring discontinuation of treatment. ***Heart Failure Post Myocardial Infarction*** Adverse reactions (except laboratory abnormalities) considered possibly/probably related to study drug that occurred in more than one percent of patients and more frequently on ramipril are listed below. The incidences representing experiences from the AIRE study (1004 ramipril patients, 982 placebo patients, follow-up time 6 to 46 months) include hypotension (ramipril 11%, placebo 5%), increased cough (ramipril 9%, placebo 4%), dizziness (ramipril 4%, placebo 3%), angina pectoris (ramipril 3%, placebo 2%), nausea (ramipril 2%, placebo 1%), postural hypotension (ramipril 2%, placebo 1%), syncope (ramipril 2%, placebo 1%), vomiting (ramipril 2%, placebo 0.5%), vertigo (ramipril 2%, placebo 0.7%), abnormal kidney function (ramipril 1%, placebo 0.5%) and diarrhea (ramipril 1%, placebo 0.4%). Safety data in the HOPE trial (4645 patients on ramipril and 4652 patients on placebo) were collected for reasons for discontinuation or temporary interruption of treatment. Discontinuation at any time occurred in 34% of patients on ramipril and 32% of patients on placebo. Permanent discontinuation occurred in 29% of patients on ramipril and 28% of patients on placebo. Reasons for stopping included cough (ramipril 7%, placebo 2%), hypotension or dizziness (ramipril 1.9%, placebo 1.5%) and angioedema (ramipril 0.3%, placebo 0.1%). The incidence of cough was similar to that seen in the AIRE trial. The rate of angioedema was the same as in previous clinical trials (see **WARNINGS**). Other adverse experiences reported in controlled clinical trials (in less than 1% of ramipril patients), or rarer events seen in postmarketing experience, include the following (in some, a causal relationship to drug use is uncertain); events not likely to be drug related and minor events have been omitted. **Body As a Whole:** Anaphylactoid reactions (see **WARNINGS**.) **Cardiovascular:** Symptomatic hypotension (reported in 0.5% of patients in US trials) (See **WARNINGS** and **PRECAUTIONS**), syncope and palpitations. **Hematologic:** Pancytopenia, hemolytic anemia and thrombocytopenia. **Renal:** Some hypertensive patients with no apparent pre-existing renal disease have developed minor, usually transient, increases in blood urea nitrogen and serum creatinine when taking ALTACE, particularly when ALTACE was given concomitantly with a diuretic. (See **WARNINGS**.) **Angioneurotic Edema:** Angioneurotic edema has been reported in 0.3% of patients in US clinical trials (See **WARNINGS**.) **Gastrointestinal:** Pancreatitis, abdominal pain (sometimes with enzyme changes suggesting pancreatitis), anorexia, constipation, diarrhea, dry mouth, dyspepsia, dysphagia, gastroenteritis, hepatitis, increased salivation and taste disturbance. **Dermatologic:** Apparent hypersensitivity reactions (manifested by urticaria, pruritus, or rash, with or without fever), erythema multiforme, pemphigus, photosensitivity, purpura, pemphigoid, Stevens-Johnson syndrome, toxic epidermal necrolysis, and onycholysis. **Neurologic and Psychiatric:** Anxiety, amnesia, convulsions, depression, hearing loss, insomnia, nervousness, neuralgia, neuropathy, paresthesia, somnolence, tinnitus, tremor, vertigo, and vision disturbances. **Miscellaneous:** As with other ACE inhibitors, a symptom complex has been reported which may include a positive ANA, elevated erythrocyte sedimentation rate, arthralgia/arthritis, myalgia, fever, vasculitis, eosinophilia, photosensitivity, rash and other dermatological manifestations. Additionally, as with other ACE inhibitors, eosinophilic pneumonitis has been reported. ***Fetal/Neonatal Morbidity and Mortality*** See **WARNINGS: Fetal/Neonatal Morbidity and Mortality.** **Other:** arthralgia, arthritis, dyspnea, edema, epistaxis, impotence, increased sweating, malaise, myalgia, and weight gain. **Clinical Laboratory Test Findings: Creatinine and Blood Urea Nitrogen:** Increases in creatinine level occurred in 1.2% of patients receiving ALTACE alone, and in 1.5% of patients receiving ALTACE and a diuretic. Increases in blood urea nitrogen levels occurred in 0.5% of patients receiving ALTACE alone and in 3% of patients receiving ALTACE with a diuretic. None of these increases required discontinuation of treatment. Increases in these laboratory values are more likely to occur in patients with renal insufficiency or those pretreated with a diuretic and, based on experience with other ACE inhibitors, would be expected to be especially likely in patients with renal artery stenosis (See **WARNINGS** and **PRECAUTIONS**.) Since ramipril decreases aldosterone secretion, elevation of serum potassium can occur. Potassium supplements and potassium-sparing diuretics should be given with caution, and the patient's serum potassium should be monitored frequently (see **WARNINGS** and **PRECAUTIONS**.) **Hemoglobin and Hematocrit:** Decreases in hemoglobin or hematocrit (a low value and a decrease of 5 g/dL or 5% respectively) were rare, occurring in 0.4% of patients receiving ALTACE alone and in 1.5% of patients receiving ALTACE plus a diuretic. No US patient discontinued treatment because of decreases in hemoglobin or hematocrit. **Other (causal relationships unknown):** Clinically important changes in standard laboratory tests were rarely associated with ALTACE administration. Elevations of liver enzymes, serum bilirubin, uric acid, and blood glucose have been reported. We have cases of hyponatremia and scattered incidents of leukopenia, eosinophilia, and proteinuria. In US trials, less than 0.2% of patients discontinued treatment because of laboratory abnormalities, all of these were cases of proteinuria or abnormal liver-function tests.

OVERDOSAGE

Single oral doses in rats and mice of 10-11 g/kg resulted in significant lethality. In dogs, oral doses as high as 1 g/kg induced only mild gastrointestinal distress. Limited data on human overdosage are available. The most likely clinical manifestations would be symptoms attributable to hypotension. Because the hypotensive effect of ramipril is achieved through vasodilation and effective hypovolemia, it is reasonable to treat ramipril overdose by infusion of normal saline solution.

Rx only.

Prescribing Information as of July 2001

Distributed by Monarch Pharmaceuticals, Inc., Bristol, TN 37620

Manufactured by Aventis Pharmaceuticals Inc., Kansas City, MO 64137

934098

CI 6173-2

Issued October 16, 2

ALTACE is available in 1.25-, 2.5-, 5-, and 10-mg capsules.

Monarch Pharmaceuticals®

Wyeth®



© 2002 Monarch Pharmaceuticals, Inc.

May 2002 100484

She'll never know you can't afford the treatment.



But you will.

You shouldn't have to worry about whether you can afford the care your dog or cat will need. With Veterinary Pet Insurance, you won't have to: VPI covers accidents, illness—even your next checkup.

Besides coverage for the unexpected, we offer routine care coverage to help pay for an annual veterinary exam, vaccinations, even prescription flea control. And, you can use any veterinarian worldwide. In fact, 9 out of 10 veterinarians who recommend pet insurance recommend VPI. No wonder more and more pet owners depend on VPI every year—the nation's number one pet insurance plan for more than 20 years.

It's easy and affordable: Protect your best friend now, so she'll be covered when you need it.

VETERINARY
PET INSURANCE
Making the miracles of veterinary medicine affordable™

Enroll today.
For her sake. And for yours.

Call **800-USA-PETS** (800-872-7387)
Or go to **petinsurance.com**

and exotic pet coverage available; call for details.
rwritten by: Veterinary Pet Insurance Co. (CA), Brea, CA • National Casualty Co. (Nat'l), Madison, WI.

©2002 Veterinary Pet Services Inc.



"I have all these ideas, and Laura makes sure I actually get them done," says Mike Fischer, whose handiwork in the kitchen yielded a new countertop, sink, faucet, plate rack, and paint job.

More than making do

As far as Laura and Mike Fischer are concerned, the Joneses can have their big houses. "We don't live in the world of 'keep-up,' " says Mike, who appreciates beauty but values his dollars. The couple works with what they have (a few good pieces mixed with some more generic ones), and uses bold-color paint to provide maximum impact for minimum cost.

continued on page 60

NEW! 98% FAT FREE

Don't be surprised ifa youa starta talking likea thisa afterwards.



Uncle Ben's introduces four new, authentic pasta bowl flavors. Like Garden Vegetable Lasagna made in a garlic parmesan sauce with mafalda pasta, carrots, broccoli florets, tomatoes, spinach and Italian cheeses. Or savor our Three Cheese Ravioli, Garlic Chicken and Bowties and Four Cheese Lasagna with Meat Sauce.

Uncle Ben's PASTA BOWL



www.unclebens.com



Deep red walls (*below*) enhance the living room's cozy dimensions. Contrasting tab-top curtains ("They were cheap," says Laura) add drama to unexceptional windows.

More than Making Do

continued from page 58

As a project manager for an online advertising firm, Laura is in charge of getting things done. As men's clothing manager for Polo Ralph Lauren in Minneapolis, Mike coordinates colors and textures. With her logistical sense and his eye for style, the Fischers have injected their upbeat personalities into the Cape Cod house they bought 4 years ago.

Though their living space is only 800 square feet, the couple uses bold colors and large-scale furniture to achieve what Laura describes as





"English country meets American folk art." Antiques and do-it-yourself architectural touches complete the look.

"It's almost like an English gentleman did the house, then his wife got involved at the end," says Mike. In the living room, a tweedy wing chair (on deep discount from Ralph Lauren) and an antique chair (discarded from a fitting room) join a plain denim sofa. "What could be more generic?" asks Laura.

continued on page 62

ODUCING THE NEW TWIST AND POUR™ PAINT CONTAINER, ONLY FROM DUTCH BOY®

THE NEAT NEW PAINT 'CAN' WITH A TWIST





Easy to hold



Easy to open



Easy to pour

Dutch Boy

For a Twist and Pour retailer near you, call 1-800-828-5669 or visit www.dutchboy.com

More than Making Do

continued from page 60





Adding beadboard wainscoting to the dining area (*far left*) was "the best way to kill all this excess wall space without adding clutter," Laura says. Mike continued the beadboard onto the kitchen backsplash (*below*), and used the material as the background for the spice rack he built (*left*).



Laura calls Mike, who dresses the clothing forms at work, a master merchandiser. "That's my little joke," she says. "I'll say 'Honey, can you remerchandise the house?' He'll throw a blanket on the sofa that hadn't been there before. He'll rearrange pillows. He's so useful!"

To get an aged look on the woodwork in the kitchen and dining room, Mike used oatmeal-color paint as the base. Then he topped the paint with a tea-stain glaze, which he brushed on and wiped off. He also tea-stained the bottom cabinets, which he first painted red. The black knobs are new, but Mike saved the $400 cost of new hinges by painting the old ones.

The Fischers contend they don't know what they're doing, but their low-cost decorating tips are wise beyond their years:

Don't fight a home's architectural style. If the house has country bones, it's easiest to decorate in the country style, Laura says.

Paint everything. This includes walls, woodwork, and furniture. And be brave with color. The Fischers painted some rooms two or three times before they were satisfied.

continued on page 64

POW!
ZAP!
OMMPH!



leet your new hero: Windex® Powerized Foam. The multi-surface cleaner that
kes concentrated foam all over your home. Oh, yeah. It's streak-free, too!

More than Making Do

continued from page 62

Making do can look great. For example, Laura says the "dumb dining room chairs that I can't stand" are fine for now. Painted blue, they link the blue denim sofa in the living room with the blue bedroom. Mike says strong wall color can compensate for undesirable furniture.

Good decorating evolves. If the Fischers had done the whole house at once when they moved in, they would never have chosen the pear green walls in the kitchen and dining room. "The house almost has to reveal itself," says Laura.

After laboring over the bedroom "forever," the couple chose cobalt blue walls to balance the strong colors in the other rooms. The black iron bed picks up on the other black iron accents used throughout the house. Says Mike of their accomplishment: "It's a tiny-but-comfortable house, and we decorated it the way we like." ⌂

Buying information, page 210



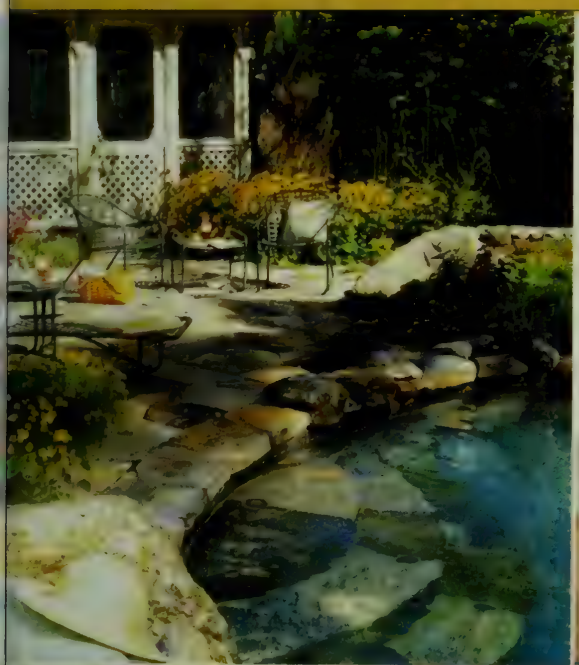




"Who's to say which is better?" asks Mike about the discounted $2,500 mirror from Ralph Lauren and the $75 antiques-store dresser (*above, top*). Because the small house lacks storage, Laura keeps extra towels in a basket by the bed (*above*).

See more ideas for your home a
www.bhg.com/decoratingcente

better by design



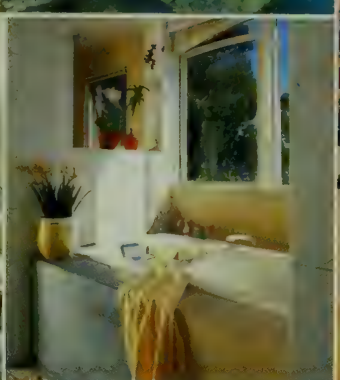
At the Water's Edge

A Connecticut family invited nature home by designing their backyard around a free-form pool and a landscape plan that relies on local materials and no-fuss plants.

Stonewashed Bath

The hard qualities of stone can be soft-pedaled if you make the right choices in material varieties and finishes. Limestone and sandblasted marble are just the thing.







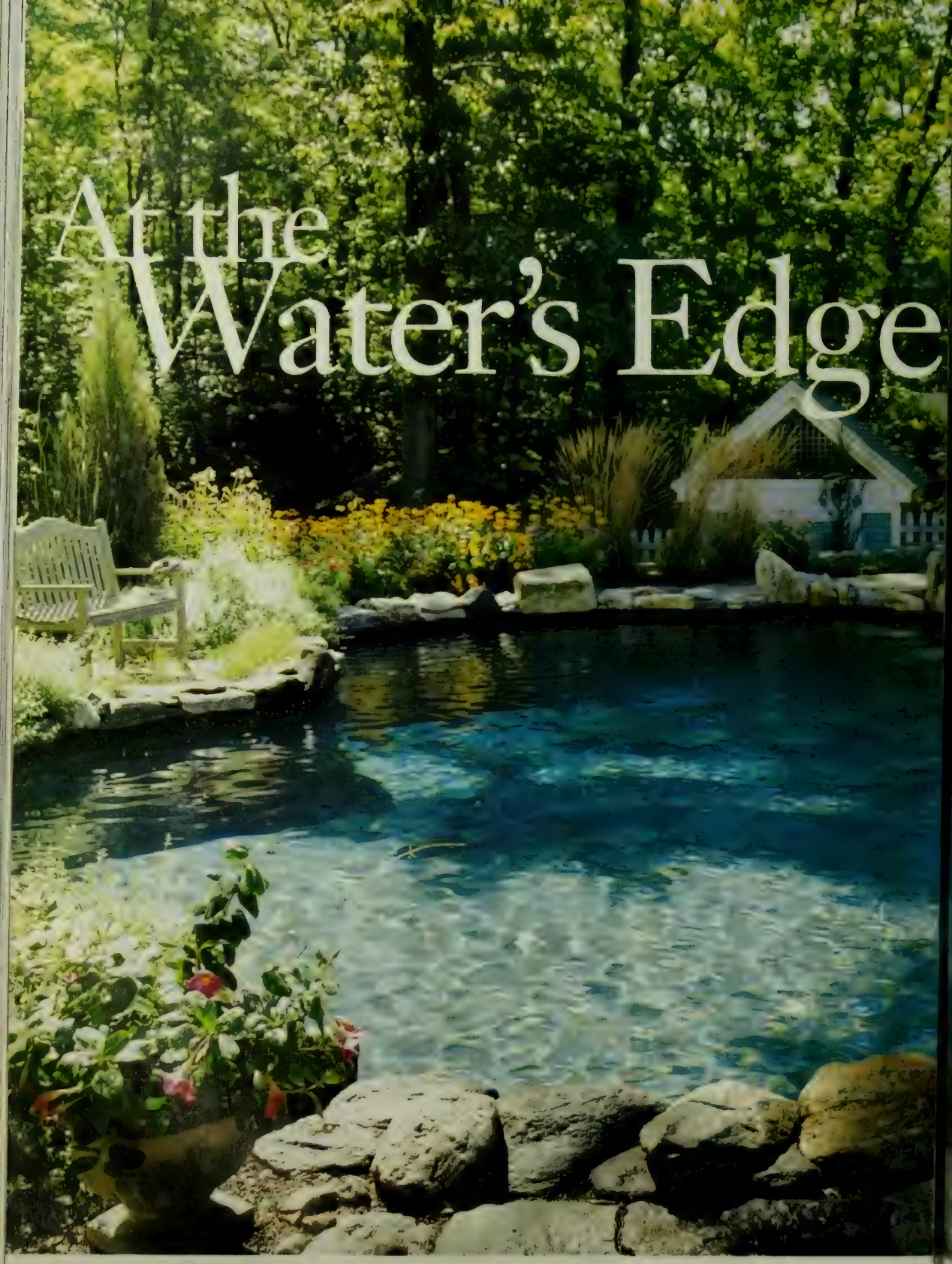
Slip Between the Sheets

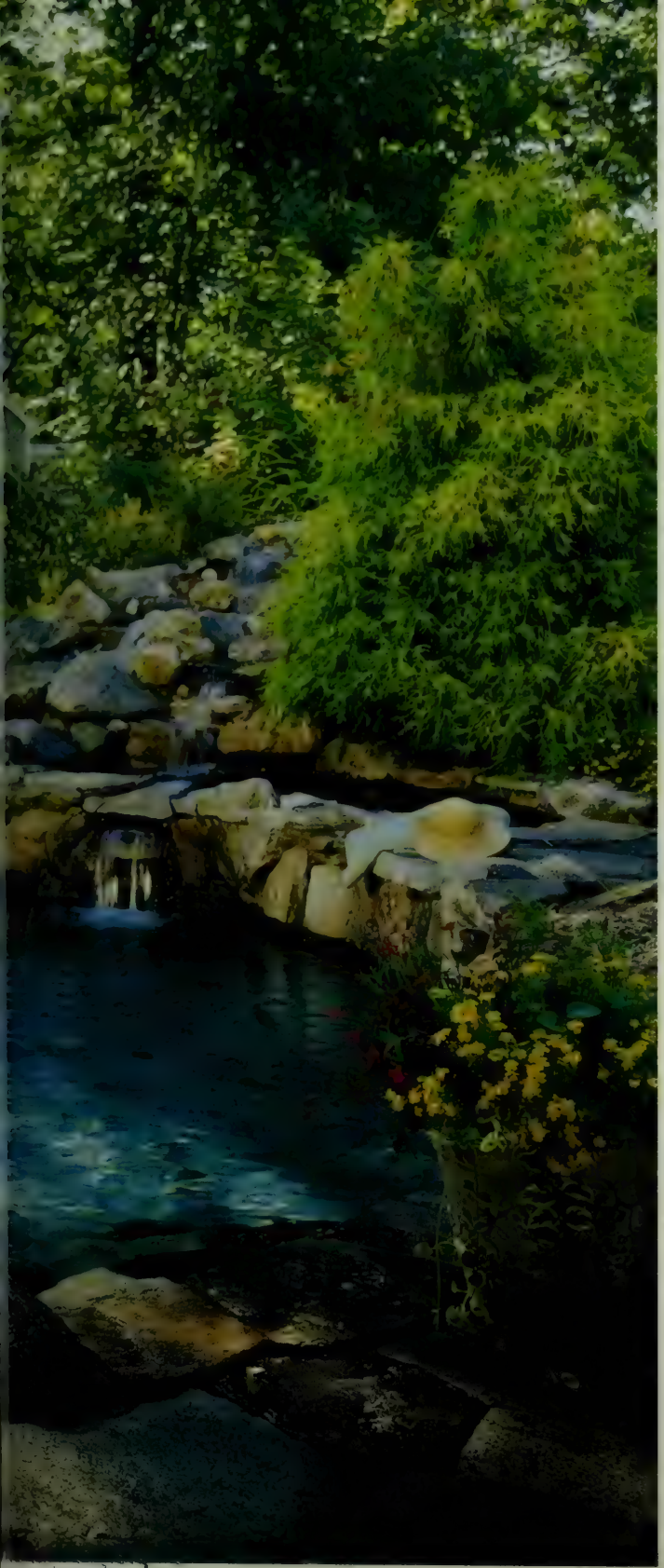
Envelop yourself in crisp new sheets that are as fresh and happy as this summer's crop of daisies.

Open to New Angles

A mix of curves and angles gave a 1970s kitchen a fresh look. A distinctive mix of materials, including a lightly grained tropical hardwood called aniegre, adds to the allure.

At the Water's Edge





PHOTOGRAPHS: TOM MCWILLIAM. ARCHITECT: LEE H. LEVEY, ARCHITECT L.L.C. BUILDER: AQUA POOLS AND PATIO, INC. LANDSCAPE ARCHITECT: JANE L. DIDONA. STONE MASON: NICK VONA. REGIONAL CONTRIBUTOR: KARIN LIDBECK

by
Jill Connors

As traditions are passed along, they evolve. This woodland paradise has been in homeowner Katherine Schoonover's family for 50 years. Now the 8-acre Connecticut site is where sweet memories are made for her, her husband Alan Straus, and their 9-year-old daughter. Knowing its potential, they renovated the old cottage on the property and then embarked on an ambitious landscape and pool plan.

Alan remembers the wintry day that pool builder Ron Giannamore first visited their home. "He stood at our living room window, looked out at the site, and, in an instant, drew a pool sketch," Alan says. What resulted is a rock-lined, free-form pool made of gunite, a cement product. It's just the right material for water-filled retreats because it can be tailored to the site and the homeowners' preference—like this au naturel look. This pond is 21 feet at its widest point, 35 feet at the longest, and from 3 to 8 feet deep. A dark-gray finish was applied to the gunite, forming a smooth-touch-to-the-toes pool bottom and a reflection that is lagoonlike in color.

Stones surrounding the pool create a natural ambience that enhances this wooded property. A pool shed, picket fence, and classic cottage are screened by the foliage.

continued on page Z4

continued from page Z3



The seating arrangement is earth-inspired as well. Landscape architect Jane Didona used local granite for the patio material, and employed a "very relaxed planting plan" that includes black-eyed Susan, coreopsis, and ornamental grasses. A 10×10-foot screened gazebo, designed by architect Lee Levey, evokes the presence of Victoriana with its lattice knee-wall, ornamental brackets, and rows of scalloped cedar roof shingles. Inside, a dining table seats six for bug-free repasts; there's also room for pool toy storage.

continued on page Z6

A granite patio and screened gazebo invite watchers and waders to gather around the pool's shallow end. Three steps lead into the pool; the dark circle on each step hides a pop-up cleaning nozzle.



URA
SSMAN
TERIOR
GINEER

OM PROFESSIONAL
ADE PEOPLE
HE PROFESSIONAL
ADE SUVs.



THE GMC ENVOY.
MOTOR TREND 2002
SPORT/UTILITY OF THE YEAR.

GMC | ENVOY XL | WE ARE PROFESSIONAL GRADE.™

THE GMC ENVOY XL IS NOT ONLY ENGINEERED TO COMFORTABLY SEAT TWO 6'2" ADULTS IN THE THIRD ROW, IT HAS THE ROOMIEST INTERIOR IN ITS CLASS FOR ALL SEVEN PASSENGERS AND THEIR CARGO.* WITH A HYDROFORMED STEEL FRAME FOR A SMOOTH RIDE AND A BEST-IN-CLASS 270 HP ENGINE,* IT ALL PROVES ONE THING. WHEN IT'S PROFESSIONAL GRADE, YOU'LL NEVER HAVE TO ROUGH IT ON THE INSIDE. NO MATTER WHAT SEAT YOU'RE IN. THE GMC ENVOY XL. NOT SURPRISINGLY, MOTOR TREND'S 2002 SPORT/UTILITY OF THE YEAR. GET ALL THE DETAILS AT GMC.COM/ENVOY

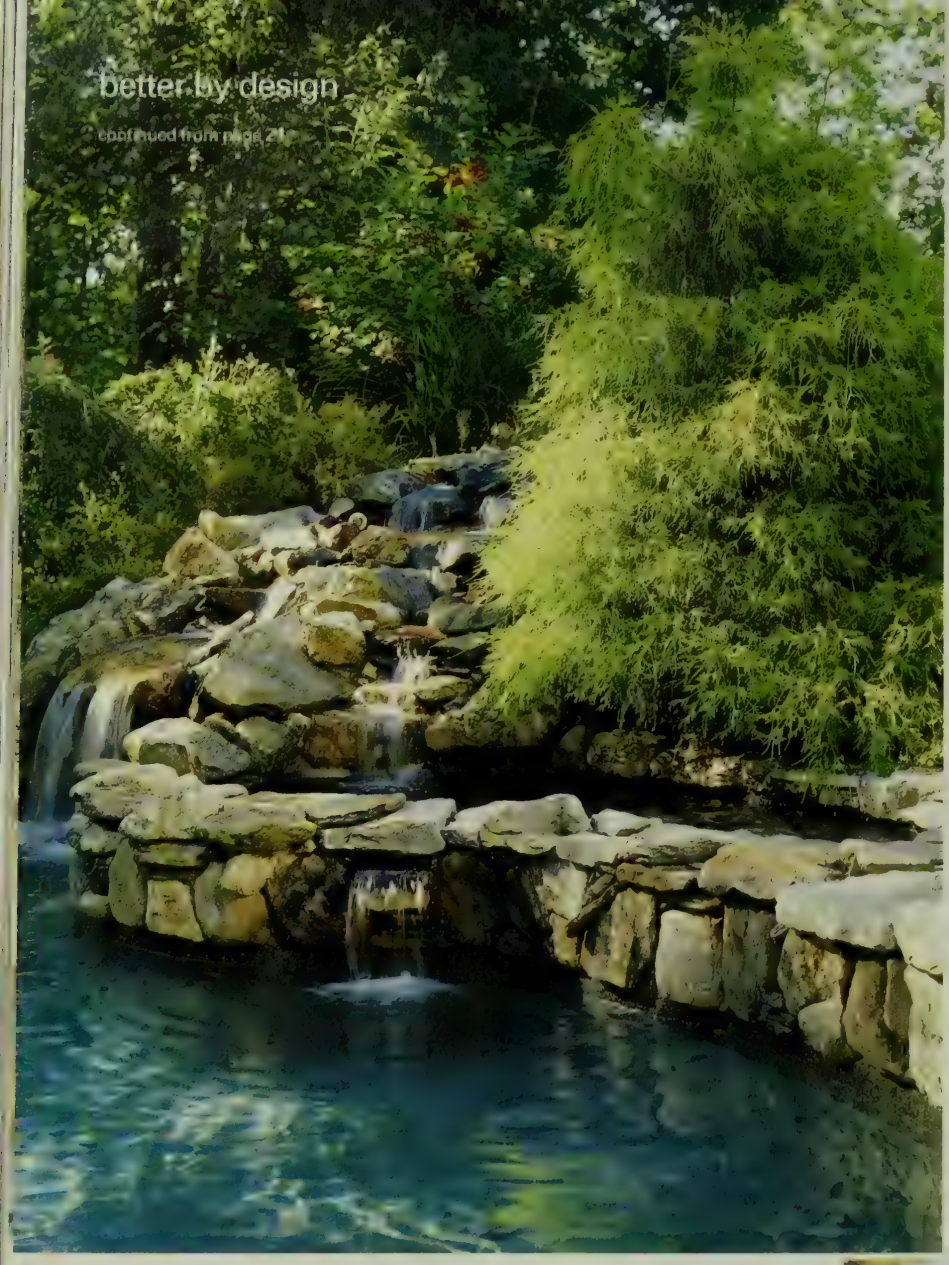


INTRODUCING THE END OF THE "SMALLEST PERSON SITS IN THE BACK" SUV.



egmentation. Excludes other GM vehicles. Envoy and GMC logo are registered trademarks of General Motors Corporation.
Motors Corp. All rights reserved.

continued from page Z4



A waterfall and a spa (*left*) were built of gunite at the same time as the pool. The spa is edged with Brazilian granite like that used for the pool's coping. Boulders found on the property, and nearby, were used for the waterfall. One stone (*below*) even serves as the diving platform.



Although the homeowners initially pictured only a pool out back, they followed the pool builder's advice and added a spa and waterfall. "The spa definitely extends the amount of time we use the pool early and late in the season," Alan says. State-of-the-art technology prevails: From a computerized panel in the house, the owners can control all heat and lighting for the pool system. The spa heats to 100 degrees in just 30 minutes; the waterfall, which recirculates water from the pool, can also be heated more quickly than the pool itself. A shed holds the heater and pumps. Sums up Alan, "The pool is our place for cooling off and relaxing with friends."

continued on page Z10
Buying information, page Z24

CREATE A FAMILY RECIPE THAT TRACES BACK TO YOU.

Make it legendary. Make it KitchenAid.





ep 1: Begin with the powerful Artisan™ Stand Mixer. Using its convenient tilt-head feature and 5-quart capacity, make endless amounts of perfection.

ep 2: Move to the Pro Line™ Dual Fuel Range. With circulating heat from its true convection oven, bake your new sensation.

ep 3: Add a page to the family cookbook.

his recipe, visit KitchenAid.com. To learn more about the entire KitchenAid® line, call 1.800.422.1230.

istered trademark/TM trademark/The mixer shape is a trademark of KitchenAid, U.S.A. ©2002 All rights reserved

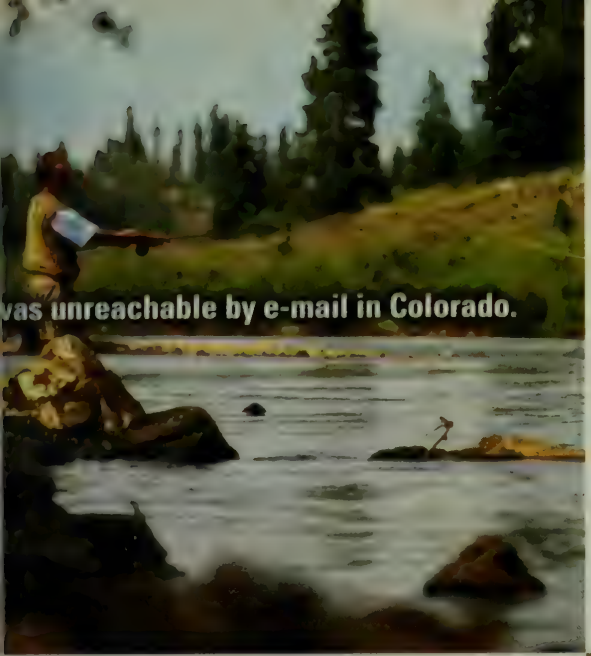
KitchenAid™

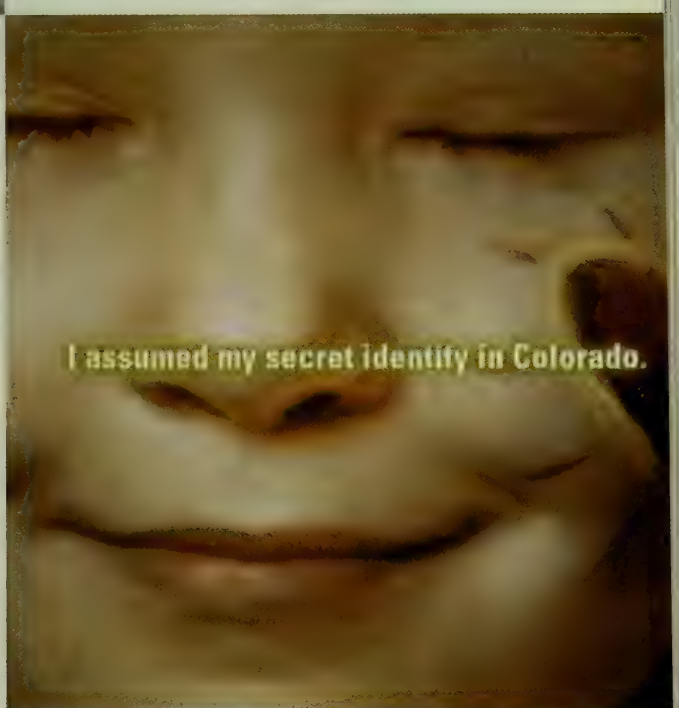
FOR THE WAY IT'S MADE.™





For a day, a week or longer, you can be whoever or whatever your heart desires in a place where the possibilities are infinite and the sky is close enough to touch.





possibilities

COLORADO

colorado.com 1-800-COLORADO

continued from page Z6



Stonewashed Bath

by Dan Weeks

This Del Mar, California, master bath is as soft and pale as stonewashed cotton. Thanks to a limestone floor and sandblasted-marble wall surfaces and vanity, the room retains playful angles while avoiding the hard glare that becomes pervasive when everything is machined to a high gloss. Yellow laminate cabinetry adds to a sunny feel that's in keeping with the home's seaside location.

continued on page Z12

His-and-her mirrors and free-standing vanity cabinets float serenely above the floor. Just beyond, a slate-tiled sundeck beckons.

Grew up in big sky country.

ved to the big city.

Found a window that accommodates both.



n windows and doors are made for you. And only you. So they fit to your exact specifications, style, size estyle. All handcrafted of beautiful wood, durable clad and a meticulous attention to every last detail. to learn more? Visit **www.marvin.com** or call us at **1-800-268-7644** (in Canada, 1-800-263-6161).

Marvin Windows and Doors. All rights reserved. ®Registered trademark of Marvin Windows and Doors

MARVIN
Windows and Doors
Made for you.®

continued from page Z11



An inviting simplicity and a focus on nature give this bath its soothing qualities. The use of natural materials, white fixtures, pale colors, and lots of daylight makes it a pleasant place to start or end the day. A few well-chosen plants add interest without clutter.

The large sunken spa tub opposite the vanities is set into sea-foam-green marble flooring. Windows placed high on the walls preserve privacy and allow ventilation, yet afford views of the canyon lands behind the house. Those same views are reflected in the vanity mirrors. A shower enclosure, separated from the tub by a partial wall, also has its own window. A frameless glass door and white temperature control knobs add to the bath's hushed mood. Thanks to the honed white marble, the whole room is bathed in a restful, indirect sunshine that just happens to be ideal for grooming.

continued on page Z14





TOWN & COUNTRY

Elevate the art of the piggyback with seating for seven, the industry's only remote power dual sliding doors and liftgate,* and Three-Zone Automatic Temperature Control System. For more, 1.800.CHRYSLER or visit chrysler.com.

CHRYSLER

Drive=Love

*able on select Town & Country models



A mix of materials—marble, limestone, laminate, glass, and chrome—creates a delicate interplay of color and texture in this sleek master bath. To portray each material in its best light, each compartment has its own window.

Two half-walls—one between the toilet and tub, another between the tub and shower—allow privacy while preserving a sense of openness. The wall between the toilet and tub is pierced with an unglazed window opening, which lets the two compartments share light and serves as a place to set potted plants. The toilet compartment features a laminate storage cabinet (not visible in the photograph) that matches the material and style of the vanities.

Restful yet efficient, soft yet sophisticated, this bath uses a subtle interplay of color, texture, and design to create an ideal interlude in a busy day.

continued on page Z18
Buying information, page Z24



10 AM 6:07 6:14 6:21 6:28 6:35 6:42 6:49 6:56

Be lost in Luxury Sateen, sheets with 400 exquisitely soft threads.

W

WAMSUTTA Indulge Yourself

www.wamsutta.com

There are two stages of re-doing your bathroom:

"EXCITED ANTICIPATION"

quickly followed by

"DEAR GOD, PLEASE LET THIS BE OVER."

Introducing Town Square.™
A totally coordinated bathroom system.



Designing a bathroom can be equal parts inspiration and headache. And nobody understands that better than American Standard. That's why we've reinvented the way you put your bathroom together. The idea is simple, your decisions risk free. Every curve, handle and shape of the Town Square Collection was designed as a family. So now creating the perfect bathroom is easier than ever. With over twenty pieces that work seamlessly together, this collection is enough to turn anybody into a successful interior designer.

Of course their good looks don't come at the expense of performance. Every toilet features our revolutionary AquaForce™ flushing system for the cleanest, most reliable flush available. So mix and match. Get creative. Follow your vision. And do it all with unparalleled ease c confidence. Town Square, simplest way put togethe beautiful ba room. For in mation on l we can h make your life easier more beautiful, visit u americanstandard-us.co call 800-524-9797, ext 1



Choose from six different fau perfectly matched to the Town Square Collection. Each features ceramic disc valves that eliminate drips. Our specially designed handles won't stick, rattle or bind for a lifetime of smooth operation.

The Town Square Collection ©2002 American Standard, Inc.



American Standard

New Standards For Living.™



Slip Between the Sheets

by Sarah Egge

Next to dipping into a cool, liquid swimming pool, the best sensory treat of summer is slipping between fresh, line-dried linens. They crackle a bit at first, then soften into cottony caresses. We've weeded through the crop of offerings for you: These sheet ensembles promise to chill with cool color and restore with serene pattern. Pick a few to tuck around your loved ones.

continued on page Z20

A classic toile pattern and timeless flannel texture look refreshing in tangy key-lime green.





INTRODUCING THE NEW JEEP® GRAND CHEROKEE OVERLAND It has suede- and leather-trimmed seats, real wood trim, and rain-sensitive wipers. Add a High Output 4.7 litre V8 and you're granted access to the most exclusive mountaintops anywhere. For more info, call 1-800-925-JEEP or visit jeep.com.

Jeep is a registered trademark of DaimlerChrysler.

continued from page Z18





When the nights turn hot, let pastel linens cool your bed. Scoop some lime sherbet with a geometric gingham pattern (*left*) and a figurative all-over toile (*above*). Buy a set of just one pattern, or stack a double decker with different patterns for the flat and fitted sheets. Drizzle blueberry syrup over shaved ice to re-create the icy hue of this pillowcase with a grosgrain ribbon trim (*left*). Oceanic percale sheets (*below*) are clothesline-friendly. Fewer threads per inch allow fast drying.

continued on page Z22



So sexy, it'll make you want
to cheat on your sofa.



The Camilla Chaise

L A Z B O Y

The new look of comfort™

© La-Z-Boy Incorporated lazboy.com 1-800 MAKE A HOME

continued from page Z20





When nature gives us so much to admire, choose linens with subtle patterns. Run your fingers over the raised florals of these matelassé shams (*left*). Like illustrations in a garden journal, seed pods and leaves are sketched across percale pillowcases (*above*). Channel stitching is all the embellishment needed for a tailored silk coverlet (*below, left*). And a sturdy poplin duvet cover (*below, right*) gets dressed up with elegant, trailing, fern-pattern embroidery.





continued on page Z28
Buying information, page Z24



of making your home more beautiful.

Doors from Masonite's Premdor Collection of premium quality doors have been specially designed and crafted to make your home more beautiful. Our research and development team is constantly developing new and innovative ways to enhance the design, lasting durability and overall attractiveness of all the interior and exterior doors in our line.

So whether you are building, renovating or just redecorating, you can be assured that doors from Masonite's Premdor Collection will beautify your home.

For more information on ways to make your home more beautiful, visit us at www.masonite.com

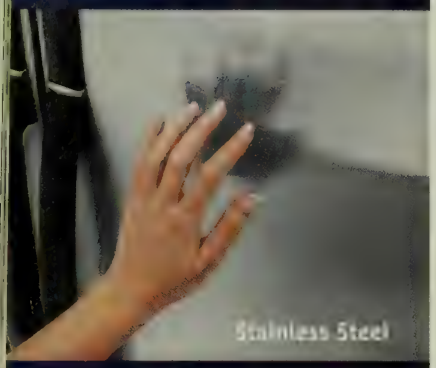


Royal Mahogany™ and Oak wood exterior doors combine the classical beauty of real wood and the elegance of hand-crafted decorative glass.

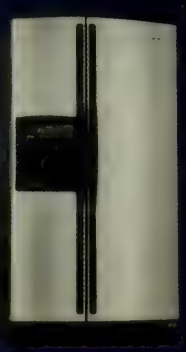
Exclusively from Masonite® Masonite International Corporation

Masonite, Premdor and Royal Mahogany are registered trademarks of Masonite International Corporation.

Whirlpool
Home Appliances
JUST IMAGINE







THE CONQUEST OF FINGERPRINTS.

Imagine the beauty of stainless steel without the smudges. Introducing Satina® stainless-look finish from Whirlpool®. An innovative finishing process reduces fingerprints and makes cleanup easier without the need for special cleaners. Plus, it matches all your other stainless steel appliances. Now available on select Whirlpool® refrigerators.

® Registered trademark/TM Trademark of Whirlpool, U.S.A.
© 2002 Whirlpool Corporation

buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

At the Water's Edge

Pages Z2-Z6: patio furniture—Brown Jordan; for a local store call 800/743-4252; www.brownjordan.com. **Architectural posts and brackets**—Vintage Wood Works; for a catalog call 903/356-2158. **Lattice**—check your local building supplier. **Pillows**—Bed Bath and Beyond; 800/462-3966; www.bedbathandbeyond.com.

Stonewashed Bath

Page Z10: mirrors—Torrey Pines Glass, 8871 Balboa Ave., San Diego, CA 92123; 619/541-1733. **Vase,** similar style available—Pier 1 Imports; for a local retail store call 800/447-4371. **Sinks**—Kohler Co.; 800/456-4537; www.kohler.com. **Cabinetry**—Clyde Turner, CTT Furniture, 7034 Carroll Rd., San Diego, CA 92121-2213; 858/587-9311; www.ctt.com.

Page Z12: tub, "Tea for 2"— Kohler Co.; 800/456-4537; www.kohler.com. **Bath brush,** similar styles available—Pier 1 Imports; for a local retail store call 800/447-4371.

Slip Between the Sheets

Page Z18: toile flat sheet and shams, Colonial Williamsburg, "Raleigh Rose Toile" (Sprout)—Pine Cone Hill; www.pineconehill.com. **Citrus flannel sheet,** 0140, English Flannel bedding (Citron)—Garnet Hill; for more information call 800/622-6216; www.garnethill.com.

Page Z20: fern shams, The Best of Fronds—Haute Home; 415/552-5740; www.hautehome.net. **Green gingham duvet cover,** 71-34 10578—Pottery Barn Kids; 800/993-4923; www.potterybarnkids.com. (***Top right***)**: toile flat sheet,** Colonial Williamsburg, "Raleigh Rose Toile" (Sprout)—Pine Cone Hill; www.pineconehill.com. (***Bottom right***)**: green cotton knit sheet,** 6492-8539, "Supima Cotton Knit" (Light Willow); **blue cotton sheet,** 7797-6530 (Powder Blue)—Lands' End; 800/345-3696; www.landsend.com/home.

Page Z22: wooden chair, Edvard—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Matelassé shams,** Colonial Williamsburg, "William & Mary Matelassé," light green (Sprout), silver green (Sage), light blue (Sky)—Pine Cone Hill; www.pineconehill.com. (***Bottom left***)**: quilted silk coverlet,** COQHGLQ (Glacier)—Ann Gish, Inc. 805/498-4447. **Linen sheets and euro shams,** "Simone Pure Linen" (Sky)—Area; 212/924-7084; Web site: www.areahome.com. (***Top right***)**: flower and seedpod printed sheets,** 7323, Seedpods Percale (Periwinkle)—Garnet Hill; for more information call 800/622-6216; www.garnethill.com. (***Bottom right***)**: embroidered duvet cover and sham,** DCT26PSQ, "Multi Fern Poplin" (Sage)—Sethi & Sethi; for more information call 212/967-1248.

Open to New Angles

Page Z28: track lighting, "Via," "Butterfly," **fixtures**—Bruck Mfg., Fairfield Lighting, 356 Black Rock Turnpike, Fairfield, CT 06432; 203/384-2209. **Art between windows**—Burns Marshall, 57 West Center St., Woodbury, NJ 08096; 609/853-8780. **Dishwasher**—Gaggenau USA Corp.; 800/828-9165; www.gaggenau.com. **Table,** custom made—Lewis Huffman, Designer, 203 Liberty Square, East Norwalk, CT 06855; 203/838-3898. **Chairs,** 902650, "Jake" (Natural); **barstools,** 505941, "Lyra" (Black)—Room & Board; 800/486-6554; www.roomandboard.com. **Cabinets,** custom made—Domestic Kitchen, 553 Commerce Dr., Fairfield, CT 06432; 203/363-1651.

Page Z30 (*top*): art above sink—Burns Marshall, 57 West Centre St., Woodbury, NJ 08096; 609/853-8780. **Faucets**—Grohe America, Inc.; 800/201-3407; www.groheamerica.com. **Sinks**—Kindred Industries LTD; in the United States: 888/530-7406; in Canada: 866/687-7465; www.kindred-sinkware.com. **Drawer hardware,** 1½-inch anodized Epco pulls—Raybern Co., Inc., 26 Weston Ave., P.O. Box 325, Somerville, MA 02144; 617/666-3000. **Countertops,** Baltic green granite—Cupola Marble & Granite, 420 Post Rd., W, Westport, CT 06880; 203/221-1122. **Microwave**—Panasonic Co.; 800/211-7262; www.panasonic.com. (***Bottom right***)**: warming drawer**— Gaggenau USA Corp.; 800/828-9165; www.gaggenau.com. (***Bottom left***)**: refrigerator drawer**—Sub-Zero Freezer Co., Inc.; 800/222-7820; www.subzero.com.

Page Z34: countertop, Baltic green granite—Cupola Marble & Granite (address above). **Track lighting,** "Via," "Butterfly," **fixtures**—Bruck Mfg., Fairfield Lighting (address above). **Cabinets,** custom made—Domestic Kitchen (address above). **Cooktop**—Thermador; 800/656-9226; www.thermador.com. **Oven**—Gaggenau USA Corp.; 800/828-9165; www.gaggenau.com. **Antique Persian rug**—Forama of Westport, 1385 Post Rd., E, Westport, CT 06880; 203/254-0222.

Page Z36: windows—Andersen Windows; 800/426-4261; www.andersenwindows.com. **Table,** custom design—Lewis Huffman, Designer, 203 Liberty Square, East Norwalk, CT 06855; 203/838-3898. **Chairs,** 902650, "Jake" (Natural)— Room & Board; 800/486-6554; www.roomandboard.com. **Rug**—Forama of Westport (address above).

architects & designers

At the Water's Edge

Pages Z2-Z6: architect—Lee H. Levey, AIA Architect L.L.C., 177 Silvermine Ave., Norwalk, CT 06850; 203/847 0374. **Builder, pool design, and installation**—Aqua Pool & Patio, Inc., 53 Newberry Rd., East Windsor, CT 06088; 860/623-9886. **Landscape architect**—Jane L. Didona, Didona Assoc., 70 North St., Suite 301, Danbury, CT 06810; 203/778-1840. **Mason contractor**—Nick Vona, 232 Dudley Rd., Wilton, CT 06897.

Stonewashed Bath

Pages Z10-Z14: architect—Bruce Peeling, Architect AIA, 3538 Inez St., San Diego, CA 92106, 619/224-8575. **Interior designer**—Patrick Maddux, Maddux & Co., 1865 Powell Dr., El Cajon, CA 92020; 619/448-6108. **Contractor**—Bauer Construction, 819 Academy Dr., Solana Beach, CA 92075-2033; 858/481-0909. **Color consultant**—Beth Bali, Schneider Co., 8679 Chantilly, San Diego, CA 92123; 858/627-0864.

Open to New Angles

Pages Z28-Z36: architect—Lewis Huffman, Studio for Architecture, 203 Liberty Square, East Norwalk, CT 06855, 203/838-3898. **Builder/contractor**—Daniel Schine, 349 Beach Rd., Fairfield, CT 06430; 203/256-1944.

Whirlpool®
Home Appliances
JUST IMAGINE™



THE CONQUEST OF SPACE

come to the Conquest™ refrigerator from Whirlpool®. Remarkably, the
has been moved to the door, giving you more usable space inside.
re are also shelves that fold away with a touch, so you'll have even
re room to maneuver. It's the conquest of space. Enjoy the view.

MORE SPACE WHERE YOU NEED IT



the future at WWW.WHIRLPOOL.COM ®Registered trademark/™ trademark of Whirlpool, U.S.A. ©2002 Whirlpool Corporation.

Dual front airbags

Dual side airbags

Traction Control System

3-point seat belts for all 7 passengers

4-wheel anti-lock braking system

Quadruple 5-star safety rating*



When it comes to protecting your kid

EX model shown. Always wear your seat belt. *NHTSA NCAP driver's and passenger's frontal- and side-impact collision tests. © 2001 American Honda Motor Co., Inc. honda.com 1-800-33-Honda

Padded steering wheel

10-inch-thick rubber bumper

Out of control

What seat belts?

Another car

Must be this tall to ride



)nd compare. The Odyssey. HONDA A minivan. Only better.

continued from page Z22



Open to New Angles

by James A. Hufnagel

The remodeling wish list was simple: lots of light, a no-clutter atmosphere, and space for the cook to hang out with the children and guests. Rather than settle for the standard remove-a-wall plan, Pam and Kevin Collins hired architect Lewis Huffman to bring design flair to their 1970 kitchen. "It was an ideal job," Huffman says. "They were very open to new ideas and suggestions."

continued on page Z30

An angled island separates the eating space from the galley, without walling it off. The island steers people entering the area away from the cook center.

sonicare

Brush.

Clean.

Whiten.

Smile.



WHITER, HEALTHIER TEETH IN 28 DAYS GUARANTEED.

The simple truth is all power toothbrushes are not created equal.

Sonicare has patented sonic technology. Its bristle tips move 3 times faster than other leading power toothbrushes to create dynamic cleaning action. Sonicare cleans so effectively it naturally whitens teeth by removing 80% of coffee, tea and tobacco stains. Ask your dentist or hygienist about Sonicare.

PHILIPS sonicare

the **sonic** toothbrush

www.sonicare.com - AOL Keyword: sonicare

continued from page Z28

Because Pam wanted lots of natural light, she thought about eliminating wall cabinets but later decided to include a few, placing custom windows below them. The windows continue around the entire kitchen, and every outside wall looks out to the yard. To further brighten the room, Huffman designed cabinets made of aniegre, a tropical wood with a light and airy grain. Flat cabinet fronts and clean-lined, unobtrusive hardware complete the simple look.

continued on page Z34





Dark green granite countertops and backsplashes contrast with light wood cabinets and flooring (*top*). A warming drawer next to the second sink (*above*) preps plates for meals, while one of two refrigerated drawers (*left*) keeps fruits and vegetables garden fresh.

CHARLES P. ROGERS BEDS



strated above: Queen size hand-forged iron Breton Bed $1399, ***Sale $999****. Linen and Cotton Bedding Ensemble $840,* ***Sale $399****: includes Aubergine duvet cover and two standard ms in pure linen with flat sheet, fitted sheet and two pillowcases in 450 thread count Egyptian cotton. Coordinating Aubergine or Hyacinth decorative pillows $40 each,* ***Sale $29****.*

HARLES P. ROGERS. BED MAKERS SINCE 1855.
ginal 19th and 20th century beds in wood, brass and iron
handmade in our own workshops much as they were
r a century ago. Our natural linen and cotton bedding is
m Europe and America's oldest mills. All products are of
highest quality and now available direct to the public
m our factory showrooms. For a Free catalog and sale
e list call **1-800-272-7726** or visit **charlesprogers.com**.
ne orders are welcome. We ship anywhere.

N YORK: 55 W. 17 ST. (5-6 AVES) IN MANHATTAN, 212-675-4400.
N JERSEY: 300 RTE. 17 NO. EAST RUTHERFORD, 201-933-8300.



Hamilton Sleighbed



Sleigh Daybed



Alexandria Canopy Bed

© REBUILDING TOGETHER



All across America, what we're really restoring is simple human dignity.

Our premise is simple. Everyone deserves a decent place to live. We're Rebuilding Together. And this year, almost a quarter million volunteers will bring warmth, safety and dignity back into the lives of elderly, disabled and low-income homeowners. To learn how you can help, phone **1-800-4-REHAB-9**. Or visit **www.RebuildingTogether.org**.

better by design directory

building or remodeling

1 American Standard — The key to putting together your ideal bathroom is at your fingertips. Order our product catalogs. AMERICAN STANDARD. FREE. Circle No. 1.

2 Delta Faucet Company — Discover hundreds of Beautifully Engineered™ products that add style and function to your home. FREE 60-page color catalog and bonus "Faucet Buyer's Guide". DELTA FAUCET COMPANY. FREE. Circle No. 2.

3 Icynene Inc. — The Icynene Insulation System® completely air-seals the building providing a Healthier, Quieter, More Energy Efficient™ home. Brochure. ICYNENE INC. FREE. Circle No. 3.

4 James R. Moder Crystal Chandelier Inc. — Catalog available from world-famous designer James R. Moder. A beautiful selection of crystal chandeliers, priced from $300 to $10,000. JAMES R. MODER CRYSTAL CHANDELIER INC. FREE. Circle No. 4.

5 KraftMaid Cabinetry, Inc. — KraftMaid's FREE Kitchen Planner and 100-page Cabinetry Idea Book will inspire you with design ideas, provide you with helpful planning tips and illustrate the reasons that KraftMaid has been named a Consumers Digest Best Buy for five years running. KRAFTMAID CABINETRY, INC. FREE. Circle No. 5.

6 Minwax—Wood Beautiful® — This inspirational magazine from Minwax® contains 36 pages filled with exciting home improvement projects, decorating ideas and expert wood finishing tips and techniques. MINWAX. FREE. Circle No. 6.

7 Rust-Oleum — New "Dream Spaces" inspirational booklet from Rust-Oleum offers an innovative, small project approach to decorating. Helps you easily create personalized dream spaces that will surprise and delight family and friends. RUST-OLEUM. FREE. Circle No. 7.

furniture and accessories

8 Anderson Ultimate Bed — Save space with a top quality, solid wood underbed dresser. Sleep better on an adjustable air mattress with dual firmness controls! 48-page catalog. ANDERSON ULTIMATE BED. FREE. Circle No. 8.

9 Flexsteel — The Christopher Lowell Home Collection from Flexsteel is so easy, so stress-free, so effortless, you'll hardly have to lift a finger. FLEXSTEEL. $2.00. Circle No. 9

10 Fran's Wicker & Rattan Furniture — Spectacular sets. Hard to find specialty items. All from America's oldest and largest wicker & rattan importer. Free 72-page color catalog. FRAN'S WICKER & RATTAN. FREE. Circle No. 10.

11 Pioneer Table Pad Co. — For over 83 years, this family-owned company has been committed to providing families with the finest traditional hand-tailored table padding. PIONEER TABLE PAD CO. FREE. Circle No. 11.

12 Charles P. Rogers Beds, Est. 1855 — Original 19th and 20th century headboards, beds, canopy beds, daybeds and traditional European bed linens now available direct from America's oldest bed maker. Free color catalog and sale price list. Shipping available worldwide. CHARLES P. ROGERS. FREE. Circle No. 12.

13 Waverly — Your complete decorating resource with an assortment of home furnishings products. Send for a free brochure on the Waverly brand. WAVERLY. FREE. Circle No. 13.

windows and doors

14 Andersen Windows & Patio Doors — FREE! The "Long Live The Home™" idea book from Andersen Windows. Get room ideas, inspiration and more. ANDERSEN WINDOWS. FREE. Circle No. 14.

15 Country Curtains — Over 100 ready-made curtain styles and fabrics. 72-page color catalog. COUNTRY CURTAINS. FREE. Circle No. 15.

16 Marvin Windows & Doors. Think of the Possibilities. — 30-page catalog featuring their wood and clad wood windows and doors. Information on Marvin's standard and custom products. MARVIN WINDOWS & DOORS. FREE. Circle No. 16.

17 National Blinds & Wallpaper — Up to 85% off name brand wallpaper. Blinds and area rugs direct from leading manufacturers. Free shipping on all orders. Free brochure. NATIONAL BLINDS & WALLPAPER. FREE. Circle No. 17.

fireplace products

18 Heat-N-Glo Fireplace Products — Heat-N-Glo offers quality gas, woodburning and electric fireplaces, including gas log sets, stoves, and inserts for pre-existing fireplaces. HEAT-N-GLO FIREPLACE PRODUCTS. FREE. Circle No. 18.

better by design

August 2002
Dept. BBD0802-2
PO Box 10486
Des Moines, IA 50306-0486

_____ Number of items ordered
$ _____ Total enclosed *(if applicable)*

name
_____
address
_____
city
_____
state/zip
_____
(optional) e-mail address
_____
We will share your e-mail address with the advertisers from which you request information

to order literature

by phone Call toll-free, 1.800.770.4771 (Mention code BBD0802). Mon.–Fri., 7am–11pm CST, Sat., 8am–4:30pm. Please have item numbers ready. Credit Cards accepted for literature fees *(if applicable)*.

by mail Circle your choice(s) and fill in below. Send this coupon and a check or money order *(if applicable)* in a stamped envelope to: better by design directory, PO Box 10486, Des Moines, IA 50306-0486

to subscribe to Better Homes and Gardens® Circle #19 (1 year U.S. $19.00). Outside the U.S., circle #20 (1 year, $31.00). You will be billed separately

1	FREE	12	FREE
2	FREE	13	FREE
3	FREE	14	FREE
4	FREE	15	FREE
5	FREE	16	FREE
6	FREE	17	FREE
7	FREE	18	FREE
8	FREE	19	(US) BILL ME
9	$2.00	20	BILL ME
10	FREE		
11	FREE		

continued from page Z30



The island's mix of materials (*left*) reminds the architect of a big 3-D puzzle: Light aniegre wood for the cabinets, a dark mahogany partition, and a green granite countertop. Pockets in the backsplash partition (*below* and *bottom*) let everyday utensils serve as sculptural elements.



Huffman played lots of angles in the kitchen. Besides angling the island, he opened the dining area vertically with a cathedral ceiling. Then he threw in some curves by mounting track lights over the island. Individual lights on the undulating track can be turned in any direction.

The island's most interesting feature is a backsplash that is designed to screen food-prep messes. The backsplash also organizes utensils, using steel pockets that slip in and out for easy cleaning. Cubbies on both sides of the island store spices and art pieces.

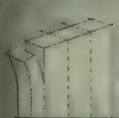
continued on page Z36







COMFORTHERM
ENCAPSULATED FOR
LESS ITCH. LESS DUST.



EASYCUT
LESS CUTTING FOR
FASTER INSTALLATION



KRAFT-FACED
BUILT-IN VAPOR BARRIER

IT MAKES EVEN LESS SENSE IN YOUR INSULATION.

Why would you want formaldehyde in your insulation when you can get the same quality and performance without it? Introducing the world's only complete line of formaldehyde-free fiber glass insulation, only from Johns Manville. It's naturally white because we don't add any formaldehyde. And that means one less thing to worry about. Call 1-800-654-3103 or visit www.jm.com. Formaldehyde-free insulation from Johns Manville – a company that's been improving building products for over 144 years. JM. Smart ideas. Better insulation.



continued from page Z34



For the dining area, architect Lewis Huffman created a table that stands on its own as functional art. Miniblinds drop over the big windows to provide privacy at night.

To maximize light in the dining area and to give this spot a greenhouse air, Huffman stacked standard-size, fixed-pane windows wall to wall and almost floor to ceiling, making the bump-out addition seem an integral part of the landscaping that surrounds it. Huffman also drew inspiration from the outdoors for a custom-built table that serves as the room's centerpiece. The table's base, which is made of black steel bolted to diagonal mahogany struts, is an abstract interpretation of a tree. Huffman topped the sculptural base with a concrete top, which is 5 feet in diameter. The concrete, tinted a soft mauve to resemble granite, was sealed with clear finish for a smooth, hard, easy-to-clean surface.

Buying information, page Z24

5 Reasons Why You Will Sleep Better on Air®



1 **You receive better support.** The metal coils in an innerspring mattress can poke and prod, but the patented air technology in a Sleep Number Bed by Select Comfort™ conforms to your body's shape, more properly supporting your back and spine.

2 **You adjust the firmness with a touch of a button.** Thanks to an advanced air pump system, you can quickly adjust the bed's firmness and comfort with a simple hand-held remote.

3 **Each side adjusts independently.** Unlike ordinary fixed-firmness mattresses, the SLEEP NUMBER® bed lets each of you set your side of the mattress to your exact level of comfort - your Sleep Number®.

4 **You toss and turn less.** The Sleep Number® bed gently contours to your body's shape, reducing uncomfortable pressure points that can cause tossing and turning.

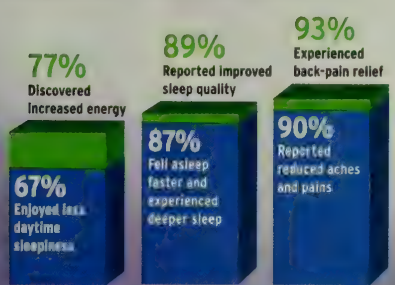
5 **You get relief from back pain.** Clinical studies show that the Sleep Number® bed can provide a better night's sleep even for back-pain sufferers.

"It's amazing... I've noticed a real improvement in my overall well-being and the way I feel in the morning even after being up in the middle of the night to care for my son. Now, I'm not exhausted when I wake up."

Natalie Blizzard, Wife, Mother of two

It's the bed clinically proven to improve sleep quality and relieve back pain.

Independent clinical studies show:



Descriptions of clinical research studies conducted on the Sleep Number® bed are available at 1-800-831-1211.



Rated #1 Bedding Retailer by Furniture Today

Metal coil mattresses can create uncomfortable pressure points and uneven support over time.

The Sleep Number® bed cushions you with its unique air chamber design. It adjusts to your body to more properly support your back and spine, reducing uncomfortable pressure points.

BETTER NIGHT'S SLEEP 30 NIGHT TRIAL GUARANTEE

30-NIGHT IN-HOME TRIAL!

Call 1-800-831-1211 for your FREE information kit. In it you'll find full details about our amazing Better Sleep Guarantee and our full 30-Night In-Home Trial.

1-800-831-1211
ext. 28683

YES! Please rush me a FREE Video and Brochure



Name_____

Address_____

City_____State_____Zip_____

Phone_____E-mail_____

select comfort. Ext. 28683

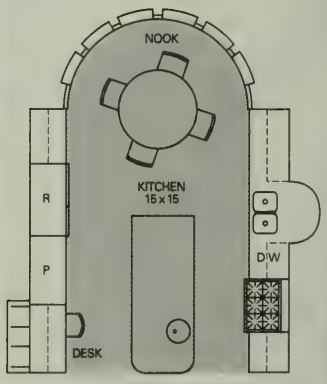
CREATOR OF THE SLEEP NUMBER® BED

Mail to: Select Comfort • 6105 Trenton Lane N., Minneapolis, MN 55442

Call Now! For a FREE Video & Brochure

©2002 Select Comfort Direct





Hide and Sleek Kitchen

Often it's what you *don't* see in a kitchen that gives it a look and feel of streamlined efficiency. Superior storage—places for everything at the points where they will be used—clears the decks for culinary chores. When combined with generous countertop space and appliances suited to your cooking needs, well-planned storage makes it easy for family members and friends to pitch in at mealtimes.

This California kitchen, planned by kitchen designer and home cooking expert Lesa Heebner, lines up work centers on both sides of a long, storage-lined island. One side of the 15×21-foot layout organizes cooking and cleanup centers, and the other fits a planning desk into what was once a walk-in pantry. A new, shallower pantry to the right of the desk holds almost as many supplies as the old one did.

continued on page 68



The kitchen's storage scheme includes soffit cabinets (*above*) used for storing seasonal items. A breakfast bay adjacent to the work space (see plan, *top right*) is illuminated by a big skylight and six tall casement windows (*right*).

Perfect for race cars, downhill skiers and kids learning to fly.





KODAK MAX Versatility Plus film gives you clear, sharp pictures in all conditions, even fast action. So even if his childhood flies by, at least it won't all be a blur.

MAX Versatility Plus

Share Moments. Share Life.™

Hide and Sleek Kitchen

continued from page 66











Two ovens and a warming drawer facilitate entertaining and easily provide daily needs for a family of four. Although space was limited because the remodeling took place within the kitchen's original footprint, relocating items, such as the island sink, allows the room to handle two cooks. "The old food prep sink was at the far end of the island near the door, instead of across from the cooktop where it is now," Heebner says. "So you had to stand out in the traffic flow and block everything else to work there."

The work area includes (*clockwise, from bottom left*) a faucet over the range that extends to all burners; a three-tier rack holding spices and sauces, opposite the range; etched-glass cabinet doors that put contents in partial view without requiring obsessive neatness; baskets for potatoes and onions; and curved doors at the end of the island that hold water bottles and items for packing kids' lunch boxes.

continued on page 71



Mud

Washer for this stain

Life is unpredictable. Stain removal isn't. The Maytag® Neptune® Washer. It's almost like having a Maytag Man™ at your side. The exclusive StainBrain™ feature gives you one-button, step-by-step instructions to take the guesswork out of removing over 50 different types of stains, like mud. Plus, Maytag Neptune is so powerfully efficient, it can actually pay for itself through water and energy savings. Neptune. Another dependable idea from Maytag. For information, visit Maytag.com.

MAYTAG®

Now there's a moisturizer that firms skin in just 2 weeks?



Bet your bottom.

- Firms skin in just 2 weeks
- Reduces the appearance of cellulite in just 8 weeks
- Contains seaweed extract
- Nothing firms better

Jergens
Love your body.

©2002 The Andrew Jergens Co.

Hide and Sleek Kitchen

continued from page 68

ELEMENTS OF A GREAT KITCHEN

Planning a new kitchen? These tips from designer Lesa Heebner can make the difference between a merely good kitchen and a great one.

- **Workstations.** Organize kitchens into a series of workstations. These might include food prep, cooking, meal setup, cleanup, grocery storage, and lunch and leftovers packing.
- **Specific storage.** Match cabinets to their contents. Plan on shelf space tall enough for large cereal boxes and drawers shallow enough to allow you to easily find small bags and boxes. Provide ventilation for vegetable storage (such as the baskets for the onions and potatoes on *page 68*).
- **Clean-sweep cleanability.** Choose surfaces that don't collect much dust and grime. Smooth countertops, clean-lined cabinets, and undermount sinks are free of edges that would otherwise catch debris.
- **A friendly ambience.** Opt for a mellow color scheme that makes the kitchen as comfortable for everyday activities as it is attractive for entertaining. Consider the room's quality of light before deciding on a color scheme.





The pantry's pull-out drawers and contoured shelves (*above*) make everything readily accessible. The planning center (*left*) replaces a walk-in pantry that jutted into the old kitchen.

Buying information, page 210

"Ruby-throated Hummingbird"

Heirloom Porcelain Bowl

From America's Most Beloved Floral Artist, Lena Liu

This first-ever Lena Liu Collectible Bowl is available for a limited time *exclusively* from Bradford Editions



A magnificent "braided" handle and hand-painted sculptural flowers add glorious romance

Shown smaller than actual s of about 6½ inches wide X inches high including han

Share in an inviting summer moment with artist Lena Liu's "The Ruby-throated Hummingbird," her *first-ever collectible bowl.* Featuring borders of colorful flowers and petite hummingbirds, shades of malachite green frame Ms. Liu's soft, romantic image, repeated on the outside of the footed bowl. A sculptural "braided vines" handle arches gracefully over the top. Lavish 22K gold enhances each fluid curve and gentle scallop.

Urgent Notification! Availability Is Strictly Limited. Given its time-intensive hand-crafting, demand for this first-ever collectible could rapidly exceed supply. So order now, and be one of the select group to get this unique Collectible Bowl at only $59.97 (plus shipping), backed by our 365-day guarantee. To order, send no money now. You will be billed in 3 convenient monthly installments.

collectiblestoday.com

Home of The Bradford Editions and All Things Collectible

© 2002 The Bradford Editions, a division of the Bradford Exchange 87911-BD

Please Respond Prom

The Bradford Editions

9303 MILWAUKEE AVENUE NILES, ILLINOIS 60714

YES. Please enter my order for "The Ruby-throated Hummingbird" *Heirloom Porcelain* Collectible Bowl. I understand I need SEND NO MONEY NOW. I will be billed the first of three convenient monthly installments of $22.32* (includes a one-time charge of $6.99 post. and handling) before my collectible bowl is shipped.

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____ State _____ Zip _____

*Illinois residents add state sales tax. Please allow 4-6 weeks for delivery. Pending credit approval

87911 E

Spirals of Angelic Wonder

Premiering at only $9.99 each

Uniquely shaped *Heirloom Porcelain*™ ornaments

"How I Wonder What You Are"

Set One

"Up Above the World So High"



"Twinkle, Twinkle, Little Star"

The unique ornament shape is the path of angels spiraling into the heavens

Certificate of Authenticity and 365-day Guarantee

Shown smaller than actual size of about 5 inches high. Silvery hanging cords included

The *Starlight Blessings* *rloom Porcelain* Ornament Collection by emed artist Dona Gelsinger is inspired by image of angels in fluid flight. These uisite, spiral-shaped ornaments curl like uming silk ribbons flowing on the wind. h precious angel appears poised for flight, ring our heartfelt hopes and wishes venward. Hand-applied underglaze colors, rkling crystalline star toppers and bands noonlit platinum on the "ribbon" edges ance the divine artwork.

rgent Note! Given the time-intensive ting, demand could quickly exceed avail- ity. So reserve the collection now, and be of the select group to get each ornament nly $9.99 (sold in sets of 3 for $29.97 plus ping), backed by our 365-day guarantee. *r prompt response is critical.* To secure r collection—and receive a FREE** ament Storage Case—send no money . Just complete and mail the coupon.



FREE Heirloom Ornament Storage Case

Order now and receive a specially designed Heirloom Ornament Case for storage and display of your complete collection—a $45-value, yours FREE**

collectiblestoday.com
Home of The Bradford Editions and All Things Collectible

©2002 The Bradford Editions, a division of the Bradford Exchange 89270-BDSPB

Please Respond Promptly

The Bradford Editions

9303 MILWAUKEE AVENUE NILES, ILLINOIS 60714

YES. Please enter my order for the *Starlight Blessings Heirloom Porcelain* Ornament Collection, beginning with Set One as shown. I need SEND NO MONEY NOW. I understand I will be billed $29.97* (plus $4.99 postage and handling) when my first 3-ornament set is shipped. Subsequent sets in the series will be shipped automatically, about every other month, backed by our 365-day guarantee.

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Your Address _____

City _____

State _____ Zip _____

*Illinois residents add state sales tax. Pending credit approval.
**One-time charge of $6.99 postage and handling added for Storage Case, shipped after Set 3. 49268-E81201

set a place

Your prized plates deserve **more attention** than being stored away until a holiday. Instead, use your collection to create a **wall arrangement** everyone will notice.



Hanging How-To

Cut paper to fit your wall space. Lay it on the floor, and arrange plates on the paper. Trace the plates and mark nail holes. Tape paper to the wall, and transfer nail hole placements.

mixed greens

Paintings and mirrors are the reliable mainstays of mantel art. But if you like the unexpected, try an arrangement of plates in varying shapes. With their grooves, recesses, and fluted edges, these plates have a sculptural quality—giving the mantel display dimension that flat artwork can't. A single color unifies the grouping, but shades ranging from olive to chartreuse keep it interesting. While the structure appears symmetrical, some items are shifted to the left for a more casual, imprecise look. A linear asparagus dish anchors the round plates, and left-leaning pots bridge the space between the wall and fireplace.

continued on page 76

- When you wake up
- When you're taking a shower
- When you're making your bed
- When you have your coffee
- When you're putting on your socks
- When you're pouring your cereal
- When you're reading the paper
- When you're walking the dog
- When you get in your car
- When you're driving
- When you get out of your car
- When you're in the elevator
- When you walk in your office
- When you're checking your email
- When the phone rings
- When the phone doesn't ring
- When you meet with your boss
- When you meet with your clients
- When you meet anyone at all
- When you walk to the deli
- When you order your sandwich
- When you finish your pickle
- When you leave the office
- When you pick up your cleaning
- When you stop to get gas
- When you walk into the store
- When you're squeezing the melons
- When you're checking out
- When you pull into your driveway
- When you unload the car
- When you check yo
- When you turn on t
- When you're watch
- When you're peeli
- When you're mashi
- When you're openi
- When you finish ea
- When you're havin
- When you're walki
- When you put on y
- When you're washi
- When you're brushi
- When you're gettin
- When you're going t
- When you're countir

Because your cravings are with you 24 hours a day, so are we.



Quitting smoking is one of the hardest things you'll ever do. To succeed, you need support that's not only strong, but constant.* NicoDerm® CQ® never leaves you alone with your cravings. And our 3-step process lets you step down gradually, at your own pace. **You're not a superhero. You don't have to be.**

*If worn for 24 hours. Use as directed. Individual results may vary. Support program can improve success. GSK makes an annual grant to the ACS for cancer research and education in return for the use of their seal. © 2002 GlaxoSmithKline Consumer Healthcare

www.nicodermcq.com



mass impact

A collection of white plates (*left*) makes an impact when grouped together on a plate rack. Mixing shades of cream, beige, and ivory adds interesting tonal variety. Visually grounding this three-tier arrangement is a large platter placed on the bottom shelf. Beneath the platter is a dish towel draped on the diagonal, which provides visual weight and connects the rack to the table. The rack's middle shelf is filled with same-size plainer plates. Up top, a unique "cameo" piece in the center is flanked by a plate pair.

Hanging How-To

Plate racks are available from many sources, such as mail-order catalogs and unfinished furniture stores. The shelves are shallow and usually have grooves for holding plates securely. Install the rack with screws, and screw into at least one wall stud. Make sure the rack is level.

clear view

For a collection of clear glass or tinted glass plates, your best decorating tool is light. Here, pale green plates, arranged along the lower sash of a rarely opened double-hung window (*right*), act as a valance for sheer cafe curtains. Different plate sizes and styles contribute to a casual look, while identical plates are more formal.

Hanging How-To

The header on these sheer curtains disguises tacky wax, which holds each plate in place. Simply hang the curtains from tension rods inside the window frame.





A SMART LENS provides comfort by getting light when it's dark and dark when it's light. A not-so-smart lens just sits there and does absolutely nothing.

Introducing the newest Transitions®: advanced lens technology that enables you to see clearly and comfortably in virtually any light condition.

Indoors, Transitions are as clear as your regular eyeglasses. But in outdoor light they darken as much as necessary, even getting as dark as sunglasses. And Transitions provide 100% UV protection.

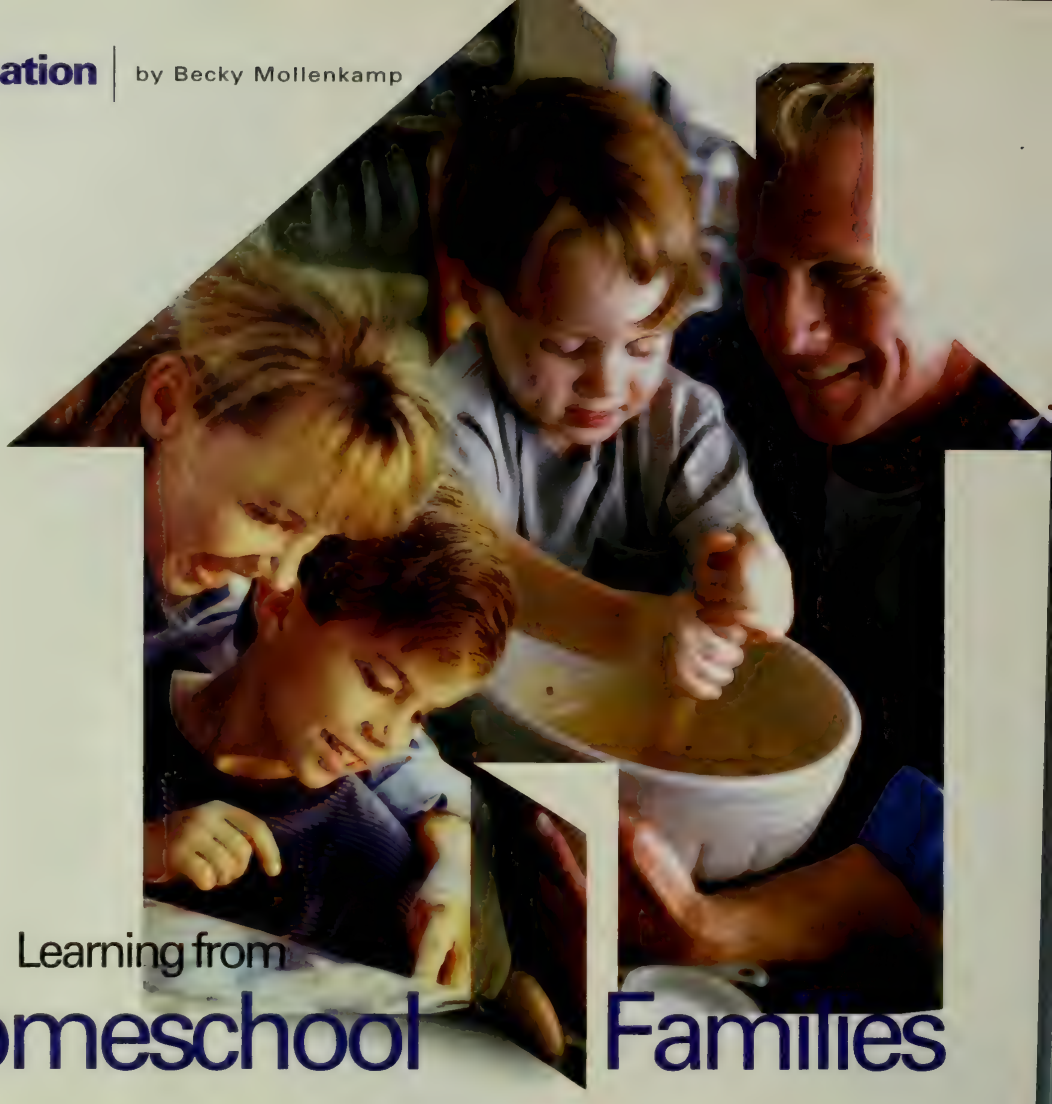
So tell your eyecare professional that you're interested in making Transitions your everyday glasses. And find out just how smart a lens can be.

Transitions®

Right in any light®

www.transitions.com

Transitions is a registered trademark of Transitions Optical, Inc. © 2002 Transitions Optical, Inc.



Learning from Homeschool Families

Shauna Pearson has always loved art. Unfortunately, her favorite subject was taught for just one hour a day in her public elementary school. What's worse, Shauna once told her art teacher that she wanted to be an artist when she grew up, to which the teacher replied, "Artists are poor," while several classmates laughed.

When Shauna was in the fourth grade, her parents made the life-changing decision to pull her out of the public school system and teach her themselves. As a homeschooler, Shauna spent as much time on art as she liked.

"I was able to explore what I was interested in and make it a priority in my education," says Shauna.

Self-directed learning also taught Shauna how to think creatively and to manage her time effectively. These skills should help her reach her college goals.

Although there are millions of high-achieving kids in public schools, there is no doubt that Shauna and many other homeschooled kids are making remarkable progress for themselves. What can their approach to learning teach those attending traditional public and private schools? The answer starts with a look at who these students are and what they are achieving.

Roughly 1.7 million American children are schooled at home. Although this represents only about 2 percent of school-age children, the total number of homeschoolers increases by as much as 10 percent a year. And what have they accomplished? Consider:

- Twenty-six percent of homeschool students who applied to Stanford University in 2000 were accepted, nearly double its acceptance rate of traditional-school students.
- A 1999 study of 20,000 home students found those in grades first to fourth performed better than public and private school students in every subject of the Iowa Test of Basic Skills. By eighth grade, the study found, the average homeschool student performed four grade levels above the national average.
- Students who are homeschooled scored an average o

continued on page 80



VS.



PŪR
WATER FILTRATION SYSTEM

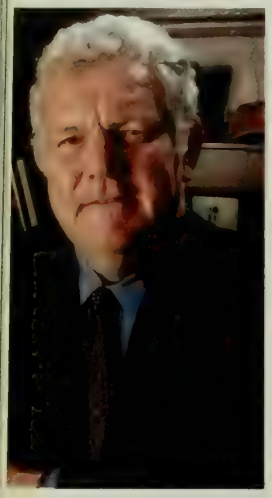
©2002 P&G HJAN02003

YOUR WATER SHOULD BE PŪR.

R filtered water is every bit as healthy and great-tasting as bottled. The only difference is PŪR costs ten times . Plus it couldn't be more convenient. The faucet-mounted filter attaches in seconds and turns on and off h a twist. PŪR filtered water. Now you can actually afford to drink water like it's water. www.purwater.com

Learning from Homeschool Families

continued from page 78



"All parents need to realize they are teachers," says former U.S. Secretary of Education William Bennett.

1,100 out of a possible 1,600 on the SAT college entrance exam in 2000—80 points higher than the national average. They outscored other students on the ACT exam.

- The winner of the 2001 Scripps Howard Spelling Bee was homeschooled. In 2000, all three top winners were homeschooled.

Why do homeschoolers often outperform their public school counterparts? As a group, homeschooling parents are more educated than the general population and they have slightly higher household incomes. Experts agree, however, that it is more than degrees and money that make homeschooling successful.

"Homeschooling provides intimate, individualized attention by an instructor who knows the child better than anyone else," says Mitchell Stevens, author of *Kingdom of Children* (2001). "These aren't fancy, fashionable ideas. This movement is built around things we all know work, but that we don't all do."

Learning is 24/7

Homeschooling's most important lesson is that parental involvement is essential to a child's academic success, says former U.S. Secretary of Education William Bennett. Parents must make it clear to their children that education is a priority and that learning happens all day long, not just inside a classroom.

"All parents need to realize they are teachers," says Bennett, who now runs K12, a for-profit online service for homeschoolers. "Not every teacher is a parent, but every parent is a teacher," he says.

Linda Dobson, author of *The First Year of Homeschooling Your Child* (2001), agrees. "Most of us have been programmed to believe that school is the only place where learning can happen," Dobson says. "That's poppycock. Learning happens all the time. It's part of the daily rhythm of life."

Think beyond school

An amazing amount of quality education happens inside the schoolhouse. Don't forget, however, the world outside. Nearly every situation can be a learning tool.

Any parent—homeschooler or not—can use the following techniques to bolster a child's learning potential.

- Use the home as a classroom, suggests Bennett. The kitchen can play host to a science lesson about condensation or a math problem about adding fractions in a recipe. The backyard garden is a great science laboratory. Get out a globe and discuss history and current events.
- When buying groceries, discuss unit pricing. Let your kids help balance the checkbook, or get them involved in preparing the family's tax return.
- Find out what children are learning in school and extend that knowledge by pursuing related activities. If a child is studying the Civil War, take her to a historical reenactment. If he is learning about another country, help him plan and prepare a meal from the area.
- Partner with other families to create a co-op, of sorts. Each parent can turn his or her area of expertise into a real-life lesson for all the children. Someone with a physics background can give science demonstrations, while a parent with technology skills can help the children build a Web site.
- Take advantage of the fun and often free opportunities in your community. Attend music festivals and dance performances, or visit the local children's museum, historical society, or an orchard. And don't forget the library. Troy Smith, who educates his three daughters at home, took his kids on a tour of a veterinary hospital.

Quality family time

Two-income and single-parent families often lack one precious resource they need for their children: time. But parents can take advantage of the time they do have.

"Homeschoolers are able to wear the education hat most of the day," says Bennett. "But all parents can put that on for at least a few minutes a day."

Engage children in active, not passive, learning. That means turning off the television and spending quality, interactive time together, not just in each other's presence. Don't get too formal. The goal is to make learning fun.

Your child's interests should drive your time together. If she loves Harry Potter, read and discuss a book. He's interested in spiders? Capture and research a few.

"Be alert," says Dobson. "If your child states an interest in something, pick up on that and take him to the library or a museum to learn more."

When Paul Mech's 9-year-old daughter caught the science bug from him, he engaged her in learning experiences. He helped his daughter make a rocket launcher using a 2 liter bottle and a bicycle pump.

"Time is the biggest gift a parent can give to a child," Mech says. "It tells the child, 'You are worth it to me, you are valuable to me, your happiness is my concern.' "

EVERY KID GOES THROUGH STAGES.
FORTUNATELY, SO DO OUR NEW BRUSHES.



Stages 1

4- to 24-months
Brushing starts with the first tooth. Baby-soft bristles massage gums. Non-slip grip is easy for Moms to handle.

Stages 2

2- to 4-year-olds
Kids' mouths can't open wide enough, so our brush head is narrow. Easy-to-hold handles help kids learn to brush. Features Winnie the Pooh or Mickey.

Stages 3

5- to 7-year-olds
Kids tend to brush just one side of their teeth, so our cup-shaped bristles surround each tooth; Power Tip bristles target back teeth. Features Buzz Lightyear or Disney Princesses.

Stages 4

8-plus-year-olds
For first teeth, permanent teeth, gaps and tender gums, combination CrissCross® and flared bristles to clean and massage. The perfect brush for young adults who aren't adults yet.

old us they don't like
ush because it hurts, so
3 Stages brushes have
oned heads.

That's the thing about kids:
they're always growing.
So we made a line of toothbrushes
to meet their growing needs. New Oral-B® Stages™
is the only line of toothbrushes designed for the way kids'
teeth grow, their motor skills, even how they think.
Only from Oral-B. The brand more dentists use themselves.

INTRODUCING NEW

Oral-B®

Stages™

ey. Based on the "Winnie the Pooh" works by A.A. Milne and E.H. Shepard



friends for life

Your child's friends matter more than you may think. Help your kids find the best friends for future success and happiness.

That giggly group of girls you drive around every weekend or those boys who gather in the basement to play video games are doing more than entertaining your son or daughter. They are helping shape who your child will be someday.

"Friends *do* matter, and it is appropriate to pay attention to that aspect of your child's growth and development," says Kenneth Rubin, Ph.D., director of the Center for Children, Relationships, and Culture at the University of Maryland and author of *The Friendship Factor* (2002).

Children who form good, sustaining friendships and who are accepted and valued within their peer group will generally do better in school and better in life, Rubin says.

Parents can steer children in the right direction by teaching basic social skills, such as tolerance and how to start conversations, as well as building up the child's self-confidence. Research has found that children who choose good friends are supported by parents who spend time with their kids.

Good social skills help kids meet—and keep—good friends, and it's never too early for parents to start teaching friend-making strategies.

Being a good friend

Parents of toddlers can encourage them to smile and use eye contact with other kids. By age 3 or 4, try the two-praise rule: Anytime your child goes out, remind her to praise other kids with similar values and interests at least two times, says Michele Borba, author of *Building Moral Intelligence* (2001). Repeating "you're sure good at that" is certain to attract a new friend.

During the stressful middle school years, in particular, kids worry about where to sit in the lunchroom or about not being picked for a gym team. Charlene Giannetti, author of *Cliques: 8 Steps to Help Your Child Survive the Social Jungle* (2001), suggests some easy tricks that may help your child connect with others, such as saving a seat on the bus for someone or saying "hi" to someone in the hall. These little courtesies build a sense of belonging—even among middle schoolers.

Reaching out to the bystander

Some kids need extra help socializing effectively. But don't assume there is a problem just because your child likes to spend a lot of time alone. If a

continued on page 84

All that rebellion makes them thirsty.



A NEW WAY TO Respect yourself IN THE MORNING.™

ALL THE GOODNESS OF NUTRI·GRAIN, ONLY MINI.



Friends for Life

continued from page 82

child is happy and confident, don't worry about the number of friends, says Elizabeth Pantley, author of *Perfect Parenting* (1998). Sometimes a child is more introverted. Only step in if the child perceives a lack of friends as a problem.

It's difficult for children to admit that they don't have friends, so when they do speak up, listen. "We tend to jump in and say 'Of course, you have friends.' We tend not to validate their feelings," says Giannetti. They may have friends, but just not the ones they want.

Objectively, watch your child's behavior with other children. His attitude toward others may prevent good kids from being attracted to him. Is he bossy on the playground? Does she interrupt? Is he teased because of a grooming issue? Tackle one issue at a time. Just like a good coach, encourage practice and role play to make your child a winner.

Lapsing into the wrong crowd

Maybe your child doesn't have a problem making friends—but you're just not too pleased with the friends she has chosen.

You want your child to stay away from bullies or those who do not consider other people's feelings or perspectives, says Rubin. Also, if there is an imbalance of power or no give-and-take, it's not a good match. "Your goal as a parent is to help your child find decent friends, not dominant ones," he says.

If your child spends time with an inappropriate friend, her behavior will change. Be alert if your child does something very uncharacteristic, such as abandon schoolwork or become secretive about her social life.

Neil Bernstein, a clinical psychologist and author of *How to Keep Your Teenager Out of Trouble* (2001), says that if friends seem overly influential, talk to your child about what a true friend should be. Ask him to consider if his friend is someone he can trust, who will be there for him, who won't encourage him to do something dangerous, and with whom he can be himself.

And as difficult as it can be, try not to judge potential friends by their hairstyle or dress. "Just because a kid has blue hair and an earring doesn't mean he is an ax murderer, and the preppy kid who says 'please' and 'thank-you' may be the worst person for your son or daughter to be with," Bernstein says. Look at a new friend's track record. Check with other parents or call the school principal to see if the child has been in trouble.

The best weapons against negative peer pressure are a loving, accepting home and open communication. "The choice of peers is a barometer for a kid's sense of self," says Bernstein. "If you don't talk to them, they will talk to anyone who listens, relying on peers for validation, instead of you."

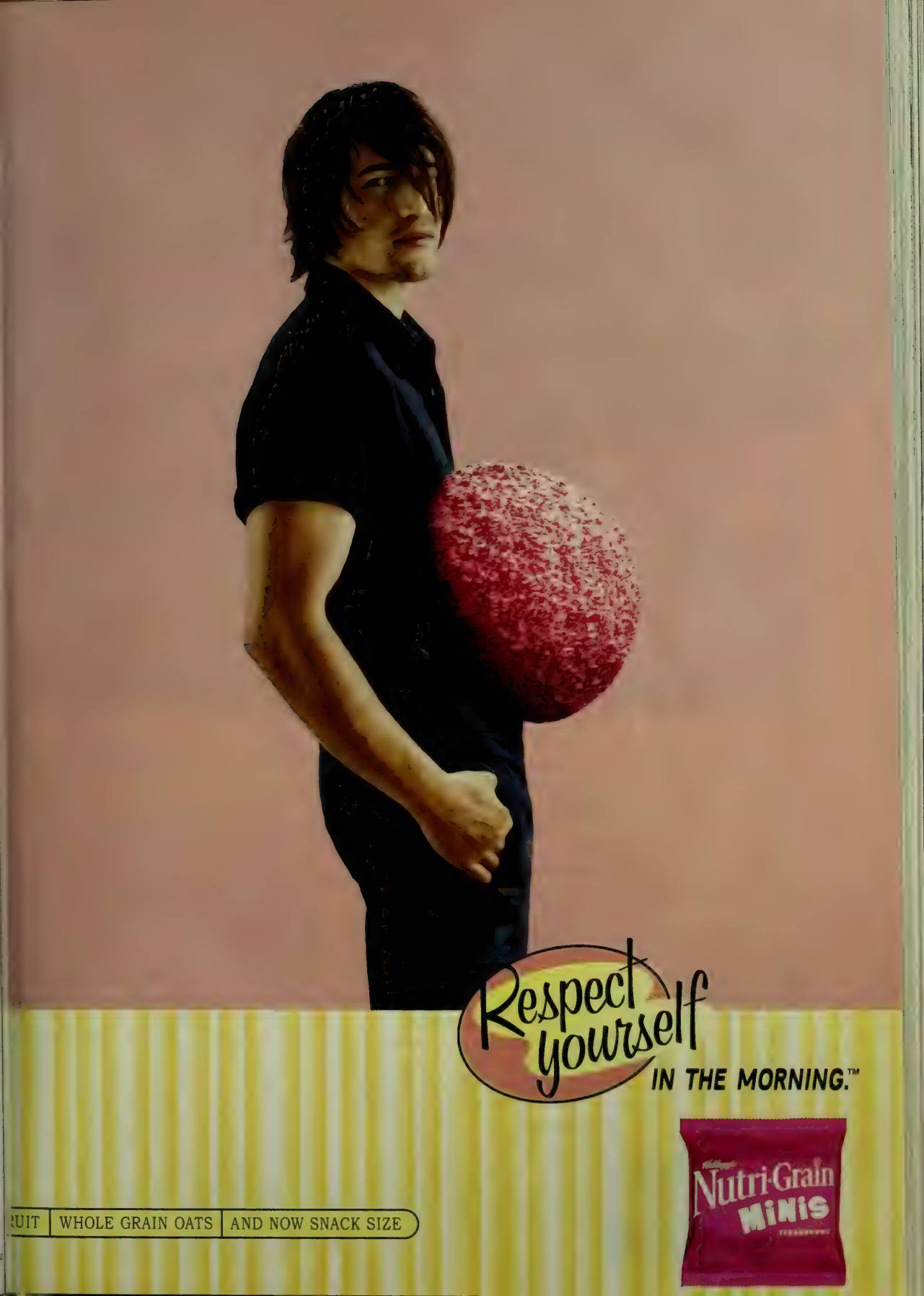
Stepping in

Even if you've confirmed your instincts about an inappropriate friend, avoid criticizing the friend or forbidding they see each other. This may cause your child to defend her friend and push the two closer together.

Instead, ask open-ended questions about the friend's behavior without attacking the friend. "Why do you think she is always criticizing everyone?" or "Why do think he smokes?" Plant seeds of doubt so your child can ultimately make the decision, Giannetti suggests.

Try subtle ways to make it less convenient for inappropriate friends to have influence. Look for reasons to decline invitations with the friend. Curb the friendship with limits, such as making a phone curfew. Or when the friends do get together, have them at your house so you can exert some control.

You may find your child is relieved to have a parent step in.


Respect yourself
IN THE MORNING.™
RUIT | WHOLE GRAIN OATS | AND NOW SNACK SIZE
Nutri-Grain
MINIS



"We admit we're entering luxury territory with this car."

—VW's Karen Marderosian

Movin' on Up

Volkswagen's Passat W8 becomes the only midsize family sedan or wagon with a muscular eight-cylinder engine. But the extra power pushes the price into a posh new neighborhood.

People's car. That's what Volkswagen means in German. Starting with the original Beetle, Volkswagen built affordable, bare-bones cars for the masses. But these days VW has its eye on other *volks*, the kind who carry fat wallets and desire a luxury *wagen* to take them uptown in a refined way that the Beetle never could.

A *wagen* like the $37,900 Passat W8, the first eight-cylinder Volkswagen sedan in North America and the only eight in a midsize family car. The model name W8 comes from the sophisticated engine's unique shape, a "W" instead of the usual "V" (more on that later).

That engine produces a whopping 270 horsepower, enough to blast the car from stoplight to 60 in 6.5 seconds. (A typical six-cylinder family sedan has 150 to 190 horsepower and needs 8 to 10 seconds to accelerate to 60 mph.)



So what good is all that power? Value-conscious buyers may argue that this top-of-the-line Passat is like gilding the lily, because the more affordable models are already fine cars. *Consumer Reports* magazine rates the $22,000 four-cylinder Passat as its top family sedan, ahead of big-sellers Camry, Accord, and Taurus.

Refinement is one reason the W8 costs more. Its elegant, glassy-smooth power is highly seductive. Driving a W8 makes you understand why eight-cylinder cars once ruled the American road in the days before oil price shocks created demand for buzzy-engined little econocars.

The W8 is as smooth as the old V-8s, but it doesn't share their insatiable thirst for gas or their smog-belching tendencies. Instead, it gets 25 miles per gallon highway, 18 city, and qualifies as a low-emissions vehicle (LEV).

Another reason to like this car: Its standard equipment list is longer than a Tolstoy novel. The price includes all-wheel drive and a

continued on page 88

No Person shall be

REPRESENTATIVE

of Anyone but Himself



{ *but just in case. we offer* IDENTITY FRAUD *coverage.* }

Encompass PROTECTS your HOME, your AUTO and now your good name with our new Identity Fraud coverage. It provides you with up to $20,000 for expenses incurred as a direct result of identity fraud such as legal fees and loan reapplication costs. Ask your Independent Insurance Agent about it today.

For THE AGENT NEAREST YOU, *call* TOLL-FREE 1-866-760-6050 *or visit* encompassinsurance.com/info

ENCOMPASS℠
INSURANCE

LIBERTY, JUSTICE, AND REALLY GOOD INSURANCE℠

©2002 Encompass Holdings, LLC. Encompass Holdings, LLC is a subsidiary of Allstate Insurance Company, which is the exclusive administrator of the personal auto and homeowners insurance products issued through the insurance subsidiaries of CNA Financial Corporation. Home office: Chicago, IL. Subject to availability and qualifications.

continued from page 86

five-speed automatic transmission that matches the engine's smoothness and adapts to your driving style. Also included: heated eight-way power seats; an eight-speaker Monsoon sound system; and a HomeLink universal transmitter, the kind that can be programmed to open your garage doors, turn on indoor and outdoor lighting, and operate many home security systems.

The all-wheel-drive system—VW calls it 4Motion—distributes power to all four wheels at all speeds. In normal driving, half the power goes to the front wheels and half to the rear. On snow, ice, or rain-slick roads, the tires with the most grip get the most power.

Safety First

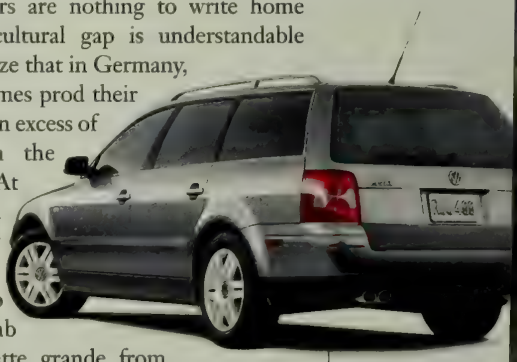
Every piece of safety equipment is also standard, including the electronic stability program that helps avoid skids. Passat performs well in safety tests. It earned the highest five-star rating for driver and front passenger in the federal government's front-end crash test. In the harsher insurance industry test, the car's rigid body structure helped it win "best pick," the top rating. Safety features on the W8 include:

- Agile handling, advanced antilock brakes, and daytime running lights to help avoid accidents.
- Driver and passenger front air bags, plus a safety belt tensioning system that tightens the belts within milliseconds of a crash.
- Side-impact air bags for front-seat occupants. Doors get anti-intrusion bars and foam padding.
- Side-curtain air bags that deploy down the side windows during a severe side collision to help protect the heads and upper bodies of front and rear passengers.

Safety is one reason VW engineers chose the unusual but compact design of the W8 engine. Even if they could have shoehorned a conventional V-8 into the engine compartment, it wouldn't leave enough crush space to absorb energy in a crash. The W8 configuration allows for that crumple zone because it's not much longer than a computer keyboard.

Crying over Spilled Latte

VW designers, like those at all German-based automakers, fervently believe you should keep your hands on the steering wheel and your focus on the road at all times. As a result, the cruise control and audio controls are mounted on the steering wheel, no extra charge. A less happy result for American drivers is that the four cupholders are nothing to write home about. This cultural gap is understandable when you realize that in Germany, drivers sometimes prod their cars to speeds in excess of 150 mph on the autobahn. At that speed, you are not likely to steer with your knees so you can grab that mocha latte grande from the cupholder.



VW's unusual W8 engine is available in both sedan and wagon. Price for the wagon is $38,700 plus $550 for delivery; $800 more than the sedan.

Cruising a New Neighborhood

At its price of nearly $38,000, the W8 has clearly moved from the family sedan neighborhood where most Passats live to a more luxurious part of town. Nearby garages are likely to house a Mercedes E320 or BMW 530i. Volkswagen marketers, who acknowledge trying to move VW's image upscale, probably prefer the comparison to the German luxury cars anyway. That way, when an even more luxurious VW called the Phaeton arrives in two years, we won't be shocked by a "people's car" with a price tag of $60,000.

WHAT'S A W8 ANYWAY?



Everyone has heard of a V-8 engine, which has two banks of four cylinders joined in the shape of a V. But what's a W8? Just as the letter W is two Vs joined together, the W8 is like two V-4 engines joined at their crankcases. It's a compact layout that crams eight pistons in a space intended for only six. So a car like the Passat, with its engine compartment designed for four- and six-cylinder engines, gets the benefit of eight-cylinder power. Only Volkswagen makes the W8, and it's too new to tell whether it will be a durable engine.



Today's Purple Pill is NEXIUM

from the makers of Prilosec® (omeprazole)

Relieve the heartburn Heal the damage

For many, it's possible with NEXIUM.

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

Control heartburn for 24 hours.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.

Talk with your doctor or health care professional to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

For a FREE Trial Offer
call 1-888-PURPLEPILL
purplepill.com

Zeneca

ad the important Product Information about NEXIUM
ec on the following page and discuss it with your doctor.

Prilosec are registered trademarks of the AstraZeneca group of companies.

Nexium®
(esomeprazole magnesium)

Please read this summary carefully, and then ask your doctor about NEXIUM and PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

Nexium® *(esomeprazole magnesium)*
20-MG, 40-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion; therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human dose on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system:
Body as a Whole: abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors. ***Cardiovascular:*** flushing, hypertension, tachycardia. ***Endocrine:*** goiter. ***Gastrointestinal:*** bowel irregularity, constipation, aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting. ***Hearing:*** earache, tinnitus. ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease. ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect. ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis. ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis. ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria. ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion. ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria. ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert). **ADVERSE REACTIONS**) No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

Prilosec® *(omeprazole)*
20-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND USA**
Erosive Esophagitis: PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the healing of e
esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** **Omeprazole:** PRILOSEC Delayed-R
Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PRECAUTI**
Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has
noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information for Pati**
PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushed, and should be
lowed whole. For patients who have difficulty swallowing capsules, the contents of a PRILOSEC Delayed-Release Capsule can be
to applesauce. One tablespoon of applesauce should be added to an empty bowl and the capsule should be opened. All of the pellets
the capsule should be carefully emptied on the applesauce. The pellets should be mixed with the applesauce and then swallowed
diately with a glass of cool water to ensure complete swallowing of the pellets. The applesauce used should not be hot and should b
enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellets/applesauce mixture should
stored for future use. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, warfarin and phen
drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was
there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (eg, cyclosporine,
firam, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when
concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion; therefore, it is theoretically possible that omeprazole may
fere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin
digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Carcinogen**
Mutagenesis, Impairment of Fertility: In two 24-month carcinogenicity studies in rats, omeprazole at daily do
1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and a
dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this
was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated
addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treate
13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for one year, then followed for an additional year without the
No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end
year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs
but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat (2
similar tumor was seen in male or female rats treated for two years. For this strain of rat no similar tumor has been noted historica
a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show inc
tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Saimonella typhimurium*
an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 m
human dose gave a borderline result; as did an in vivo bone marrow chromosome aberration test. A second mouse micronucleus
at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general repro
performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose) was n
or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology studies conducted
nant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to 69 mg
(approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits,
zole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related incre
embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal develop
toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximatel
345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been r
of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole sh
used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers:** It is not known
omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of
138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in
milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for
genicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to disc
the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric
have not been established. **Geriatric Use:** No overall differences in safety and efficacy were observed between the elde
younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and y
patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical tri
lation of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse
ences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentage
adverse experiences considered by investigators as possibly, probably or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=195
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in internationa
blind, and open-label clinical trials in which 2,631 patients and subjects received omeprazole and 120 patients took a placebo
relationship was not assessed. The percentages are given omeprazole then placebo respectively. *Body as a Whole* site uns
Abdominal Pain 5.2% and 3.3%, Asthenia 1.3% and 0.8%. *Digestive System* Constipation 1.5 and 0.8, Diarrhea 3.7 and 2.5, H
2.7 and 5.8, Nausea 4.0 and 6.7, Vomiting 3.2 and 10.0, Acid regurgitation 1.9 and 3.3. *Nervous System/Psychiatric* Headache
2.5. Additional adverse experiences occurring in < 1% of patients or subjects in domestic and/or international trials, or occurri
the drug was marketed are shown below within each body system. In many instances, the relationship to PRILOSEC was uncle
As a Whole Allergic reactions, including, rarely, anaphylaxis (see also *Skin* below), fever, pain, fatigue, malaise, abdominal
Cardiovascular Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral edema. *Gastroin*
Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidiasis, mucosal atrophy of the
dry mouth. During treatment with omeprazole, gastric fundic gland polyps have been noted rarely. These polyps are benign and a
be reversible when treatment is discontinued. Gastroduodenal carcinoids have been reported in patients with ZE syndrome on l
treatment with PRILOSEC. This finding is believed to be a manifestation of the underlying condition, which is known to be associ
such tumors. *Hepatic* Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transp
alkaline phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepatocellular, cholest
mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional* Hypo
hypoglycemia, weight gain. *Musculoskeletal* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous*
Psychiatric Psychic disturbances including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremors
somnolence, anxiety, dream abnormalities, vertigo, paresthesia, hemifacial dysesthesia. *Respiratory* Epistaxis, pharyngeal pa
Rash and, rarely, cases of severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-
syndrome, and erythema multiforme (some severe), purpura and/or petechiae (some with rechallenge), skin inflammation
angioedema, pruritus, alopecia, dry skin, hyperhidrosis. *Special Senses* Tinnitus, taste perversion. *Urogenital* Interstitial nephri
with positive rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinu
turia, glycosuria, testicular pain, gynecomastia. *Hematologic* Rare instances of pancytopenia, agranulocytosis (some fatal), th
topenia, neutropenia, anemia, leucocytosis and hemolytic anemia have been reported. **OVERDOSAGE** Reports have been
of overdosage with omeprazole in humans. Doses ranged up to 2400 mg (120 times the usual recommended clinic
Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, vomiting, diaphoresis,
headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience. (See ADVERSE REA
Symptoms were transient, and no serious clinical outcome has been reported when PRILOSEC was taken alone. No specific
omeprazole overdosage is known. Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the even
dosage, treatment should be symptomatic and supportive.

All trademarks are the property of the AstraZeneca group
©AstraZeneca 2002

205646 1/02

AstraZeneca

NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with th



NEED A NEW APPLIANCE?

WE HAVE THE ONE YOU WANT.

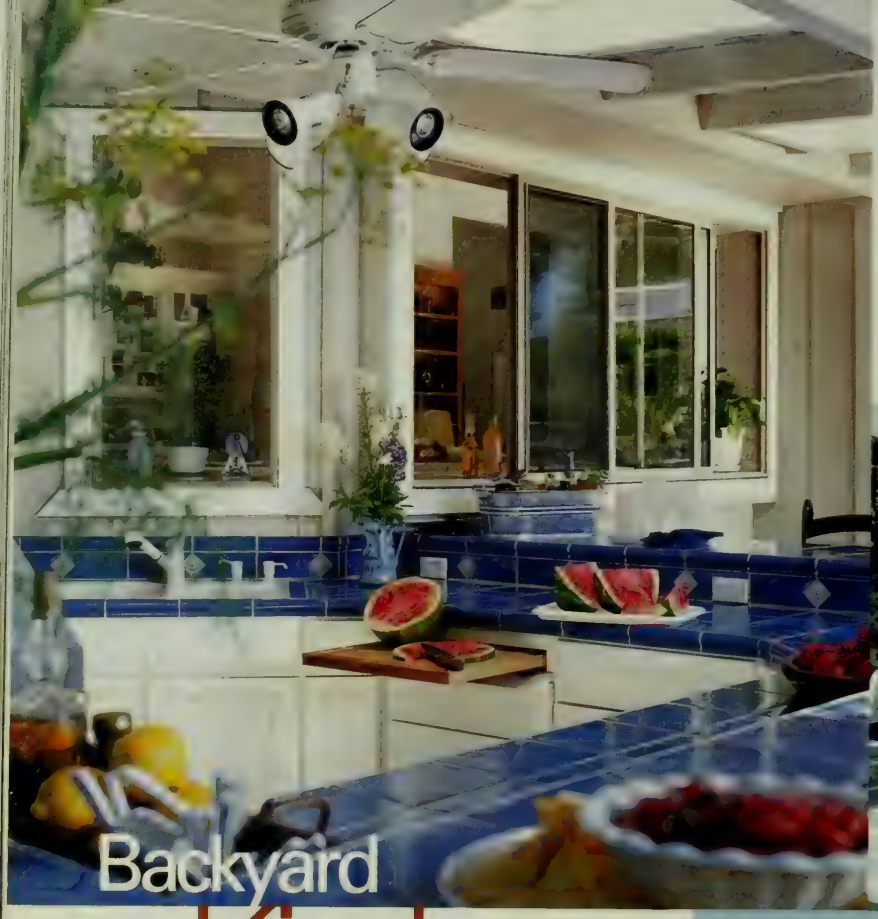
(AND 249 MORE JUST IN CASE.)

Shopping at Lowe's for appliances definitely has its advantages. Our team of experts can help you choose from over 250 name brand appliances. They're in-stock and ready to go. So you get the appliance you want, when you want it. We'll also deliver your new appliance within 24 hours.* And we'll even haul your old one away for free. Stop by today or visit lowes.com for more information.

LOWE'S
Home Improvement Warehouse

Improving Home Improvement™

EVERYDAY LOW PRICES. GUARANTEED!*





Backyard Kitchen

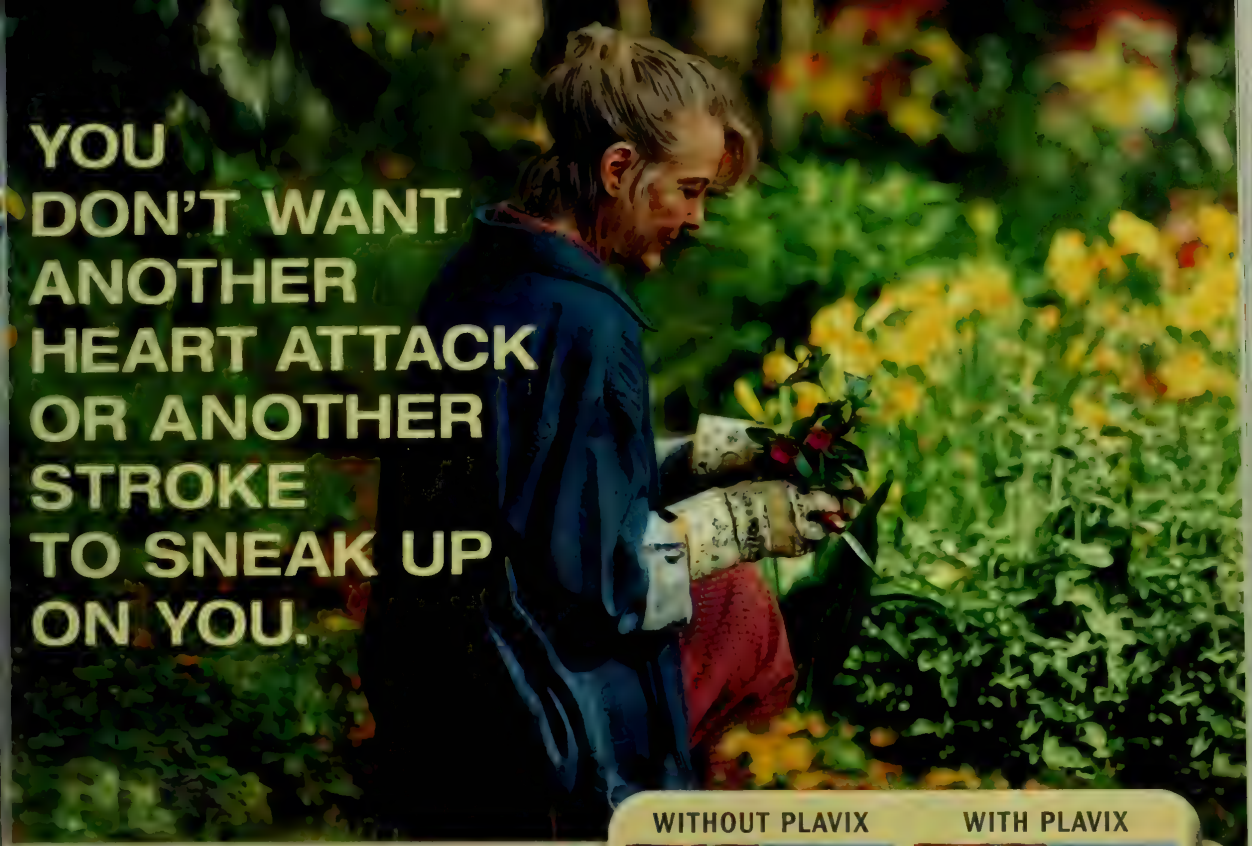
What started as a simple built-in grill turned into a full-feature backyard kitchen for Gayle and Ken Riley of Stockton, California. It took first place for outdoor projects in the *Better Homes and Gardens*® Home Improvement Contest.

Rather than heating up their home by cooking indoors on warm summer evenings, Gayle and Ken escape to their breezy kitchen out back, where children Karina and Scott can join in on the fun. "This functions as a separate kitchen, so we don't need to be in and out of the house all the time," Gayle says.

A sink, three outlets for blenders and small appliances, and cabinets for dishes, spices, and snacks occupy the work-core side of the U-shape kitchen. The tile countertop is cantilevered so it can also serve as a bar-height eating area.



The kitchen is the heart of the home for the Riley family (*above right*), even if it's outside (*right*). A sliding window between the interior kitchen and its outdoor counterpart serves as a convenient pass-through (*above left*).



AVIX® HELPS KEEP BLOOD PLATELETS OM STICKING TOGETHER AND FORMING OTS, WHICH HELPS PROTECT YOU FROM OTHER HEART ATTACK OR STROKE.

ou've had a heart attack or stroke, the last thing you d is another one sneaking up on you. PLAVIX may o. PLAVIX is a prescription medication for people who e had a recent heart attack or recent stroke, or who e poor circulation in the legs, causing pain.

AVIX OFFERS PROTECTION.

AVIX is proven to help keep blood platelets from king together and forming clots, which helps keep r blood flowing. This can help protect you from ther heart attack or stroke.

AVIX IS A SMALL PILL YOU TAKE ONCE A DAY.

ou have a medical condition that is causing bleeding, h as a stomach ulcer, you should not use PLAVIX.



Side effects include itching, rash, diarrhea and bruising. Additional rare, but serious, side effects could occur.

TALK TO YOUR DOCTOR ABOUT PLAVIX.

For more information, visit www.plavix.com or call **1-888-763-9633.**

ONCE-A-DAY

Plavix®

(clopidogrel bisulfate) 75mg tablets

PROVEN TO HELP PROTECT FROM ANOTHER HEART ATTACK OR STROKE

Please see important product information on the following page.

Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership

sanofi-synthelabo

Bristol-Myers Squibb Company

PLAVIX®
clopidogrel bisulfate tablets

BRIEF SUMMARY — Please see package insert for full prescribing information.

INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.

CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.

WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In world-wide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.

PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.

Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.

Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.

Drug/Laboratory Test Interactions: None known.

Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).

Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.

Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.

Pediatric Use: Safety and effectiveness in the pediatric population have not been established.

ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.

Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

Adverse events occurring in ≥2.5% of patients on PLAVIX in the CAPRIE controlled clinical trial shown below regardless of relationship to PLAVIX. The median duration of therapy was 20 mon with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX Patients

Body System Event	% Incidence PLAVIX [n=9599]	% Incidence Aspirin [n=9586]	(% Discontinuation) PLAVIX	(% Discontinuation) Aspirin
Body as a Whole - general disorders				
Chest Pain	8.3	8.3	(0.2)	(0.3)
Accidental Injury	7.9	7.3	(0.1)	(0.1)
Influenza-like symptoms	7.5	7.0	(<0.1)	(<0.1)
Pain	6.4	6.3	(0.1)	(0.1)
Fatigue	3.3	3.4	(0.1)	(0.1)
Cardiovascular disorders, general				
Edema	4.1	4.5	(<0.1)	(<0.1)
Hypertension	4.3	5.1	(<0.1)	(<0.1)
Central & peripheral nervous system disorders				
Headache	7.6	7.2	(0.3)	(0.2)
Dizziness	6.2	6.7	(0.2)	(0.3)
Gastrointestinal system disorders				
Abdominal pain	5.6	7.1	(0.7)	(1.0)
Dyspepsia	5.2	6.1	(0.6)	(0.7)
Diarrhea	4.5	3.4	(0.4)	(0.3)
Nausea	3.4	3.8	(0.5)	(0.4)
Metabolic & nutritional disorders				
Hypercholesterolemia	4.0	4.4	(0)	(<0.1)
Musculo-skeletal system disorders				
Arthralgia	6.3	6.2	(0.1)	(0.1)
Back Pain	5.8	5.3	(0.1)	(<0.1)
Platelet, bleeding, & clotting disorders				
Purpura	5.3	3.7	(0.3)	(0.1)
Epistaxis	2.9	2.5	(0.2)	(0.1)
Psychiatric disorders				
Depression	3.6	3.9	(0.1)	(0.2)
Respiratory system disorders				
Upper resp tract infection	8.7	8.3	(<0.1)	(<0.1)
Dyspnea	4.5	4.7	(0.1)	(0.1)
Rhinitis	4.2	4.2	(0.1)	(<0.1)
Bronchitis	3.7	3.7	(0.1)	(0)
Coughing	3.1	2.7	(<0.1)	(<0.1)
Skin & appendage disorders				
Rash	4.2	3.5	(0.5)	(0.2)
Pruritus	3.3	1.6	(0.3)	(0.1)
Urinary system disorders				
Urinary tract infection	3.1	3.5	(0)	(0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parentheses.

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients rece PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below regardle relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin-tre group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole - ge disorders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and peripheral ner system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastrointes system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation atrial. *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disorders:* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorders:* Arth Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets decre *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory sy disorders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration. *Ur system disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serious ad events which may be of clinical interest but were rarely reported (< 1%) in patients who rec PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidence of events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis isch *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gastric perforated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system diso* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* hemarth hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhage of ative wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocytopenia *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorders, fe* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorders:* B eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloendo system disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils decre

Postmarketing Experience: The following events have been reported spontaneously from wor postmarketing experience: fever, very rare cases of hypersensitivity reactions including angioedema, chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TTP) ha reported as part of the world-wide postmarketing experience, see **WARNINGS**

OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) was re in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg dose of P (equivalent to 14 standard 75-mg tablets). There were no associated adverse events. No s therapy was instituted, and she recovered without sequelae. No adverse events were reporte single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PLAVIX in h volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to that ty observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose of clopi at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to baboons. Sym of acute toxicity were vomiting (in baboons), prostration, difficult breathing, and gastroint hemorrhage in all species.

Recommendations About Specific Treatment: Based on biological plausibility, platelet tr sion may be appropriate to reverse the pharmacological effects of PLAVIX if quick reve required.

DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once daily without food.

Distributed by:
Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership
New York, NY 10016

sanofi~synthelabo Bristol-Myers Squibb Comp

PLAVIX® is a registered trademark of Sanofi-Synthelabo

Revised March 2001 1081251B1 1171

69-2011 00B B





time *flies* when you're a kid.

Take a minute to savor the (too few) sweet days

of swing sets and sandboxes with fudgy, homemade

Betty Crocker™ chocolate chunk brownies.

You can have them in the oven

in less than ***5 minutes.***

Her childhood won't last, but her memories

of the way you made it special will.





Betty Crocker®

...what a great *idea.*™

find more great ideas at www.bettycrocker.com

by
Doug Hall

Kathy Thompson, an artist, has a knack for visualizing how a plant will look in her landscape. Even so, she says, "I'm always wanting to change the arrangement."

Small Yards Big Show



Don't expect Kathy Thompson to pepper her conversation with botanical Latin; she's not that kind of gardener. "That's just not an interest of mine, knowing all the names of the plants," she says. How the plants look, though, and especially how they contribute to her artfully composed backyard, is everything. The yard behind her Fayetteville, Arkansas, bungalow is small—just 64 feet wide and half as deep. With a do-it-all-herself enthusiasm, Kathy took on the challenge of turning the empty space into a garden. "I'd live in my yard if I could," she says. continued on page 98

Despite their size, these two backyards offer lessons in thinking big.

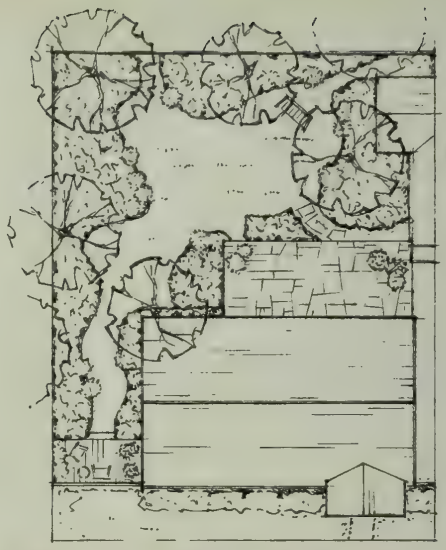

For best results, use daily and wait 20 years.
New VitaSkin.™
The personality of a daily moisturizer. The power of a sunscreen.
Years of sun can take its toll on your skin. But now, there's new VitaSkin.™
Vitamins A, C & E, carrot extract and broad-spectrum UVA/UVB protection helps prevent skin damage.
With aloe vera to replenish moisture. Dermatologist tested. Available in SPF 15, 30 & 50.
For Vital, Vibrant Skin.
www.bananaboat.com
Banana Boat
VitaSkin
FACIAL CARE
Advanced Sun Protection
Helps Prevent Signs of Aging
OIL FREE
SPF 30
UVA UVB filters

Small Yards, Big Show

continued from page 96

To keep her fence-enclosed backyard from inducing claustrophobia, Kathy left the center of the yard open (*right*). The patch of lawn gives her two dogs a place to romp.

Around the corner from the rest of the yard, a hidden deck is Kathy's spot to unwind (*below*). This secluded refuge is crowded with plants for a lush and jungly environment.



abridged on page 100





Our Raspberries 'n' Cream Is Handpicked by Produce-Expert Curtis Aikens.

TASTE WHAT'S OUT THERE.™

With over thirty exquisite tastes,
there's a Millstone coffee that's definitely you.

PREMIUM ARABICA COFFEES
MILLSTONE

002 P&G www.millstone.com

ven puppies who look fit may have too much body fat.

Only one pet food company discovered this solution.

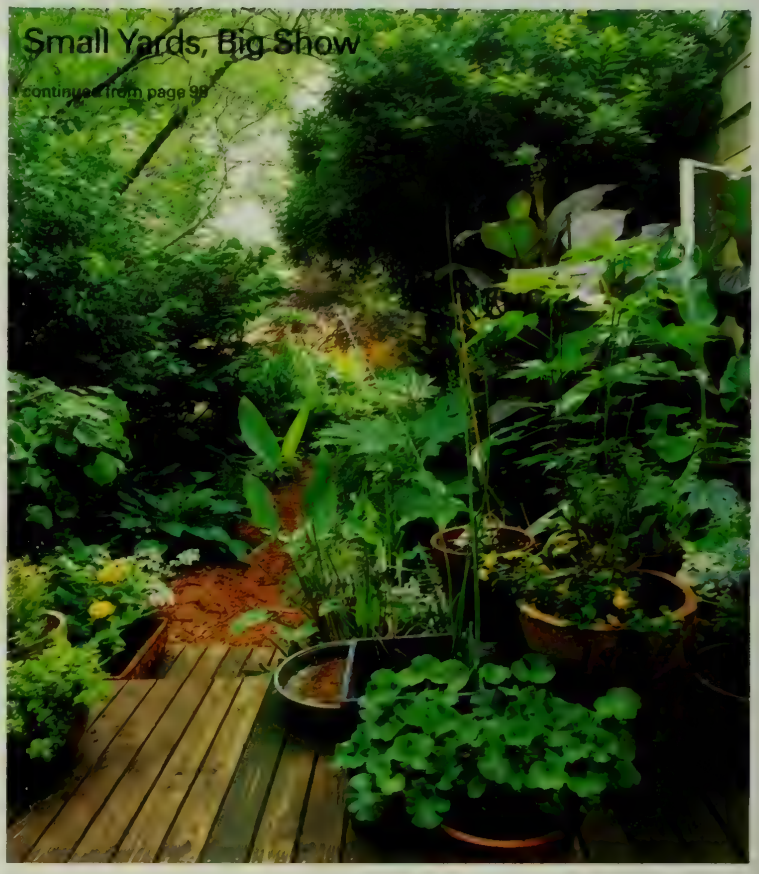


Did you know a lean puppy is a healthy puppy? That's why today Purina uses a patented ingredient to create the first and only puppy foods with a nutrient proven to help reduce the percentage of body fat. Because when it comes to a puppy's health, PURINA SCIENCE proves that the right nutrition can make all the difference.

PURINA
Advancing Life.™

Small Yards, Big Show

continued from page 98



Kathy groups potted plants for spectacular effect, as well as for ease of watering (*above*). Bits of unearthed pottery, a cast-iron greyhound doorstop, and other found objects complete a tableau of treasures (*below*).

Bold-textured plants, such as cannas, oakleaf hydrangea, hostas, and elephant's-ears, are among Kathy's favorites. "There are flowers in my garden, but I'm more interested in texture and form and leaf shape," she says.

Kathy continually looks over her garden with a critical eye, and when she spots something that bothers her—the outline of a bed or the placement of a plant—she changes it. "You can't be a gardener if you don't dig things up all the time," she says. "For me, it's trial and error. If things are not in the right spot, I move them or give them to someone else." She adds: "Sharing is one of my favorite things about gardening."

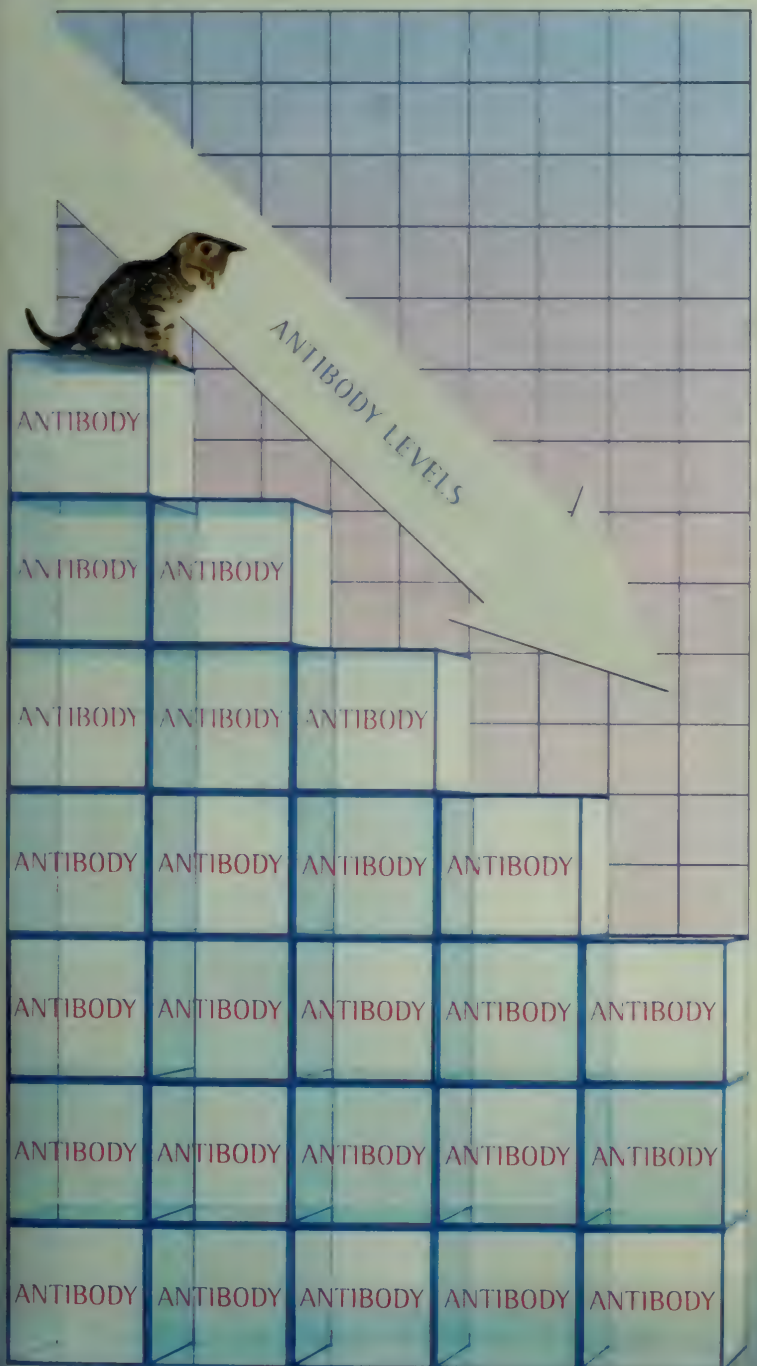


That's good, because with no room left for expansion, Kathy often has divisions of perennials to share.

continued on page 102

LESSON ONE

Did you know kittens lose antibody protection when they're weaned from mother's milk?



THE WEANING PROCESS (4-6 weeks)

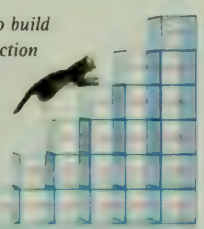
w.PurinaONE.com

A HIGH PROTEIN, COMPLETE DIET HELPS BUILD ANTIBODY PROTECTION.

When kittens are weaned from mother's milk, their antibody levels drop, putting them at risk from exposure to bacteria and viruses in the environment.

But the extra protein in Purina ONE Growth & Development Formula helps kittens build their own antibodies and develop a strong immune system.

Kittens need to build antibody protection after they're weaned.



Help your kitten when she needs it most. Choose Purina ONE Growth & Development Formula. The complete and nutritious dry kitten food that's scientifically formulated with an unsurpassed level of protein.



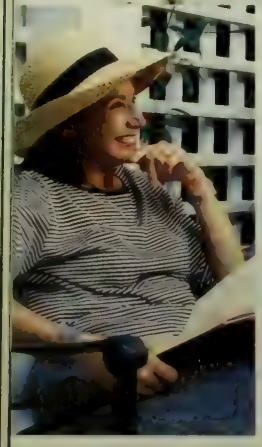
ONE CAN MAKE A DIFFERENCE.

© 2002 Nestlé

continued from page 100

"Because this is a small garden, we wanted to make it an extension of the interior of the house."

—Roxanne Vogel



Charleston style

Houses in the historic district of Charleston, South Carolina, stand shoulder to shoulder, which puts a premium on the space that's available for outdoor living. Roxanne and Richard Vogel wanted their backyard garden to be usable and comfortable—both achievable goals—as well as private, which in such close quarters turned out to be the tricky part. Working with a landscape architect, the Vogels created a garden that's as eclectic as their home's interior. The garden's scale and paving materials are true to Charleston's architectural traditions, but the layout is contemporary, the painted trellises are updated Old World, and the jazzy tropicals evoke New Orleans courtyards.

continued on page 104

To order a Project Plan for the trellis shown *above*, see page 107

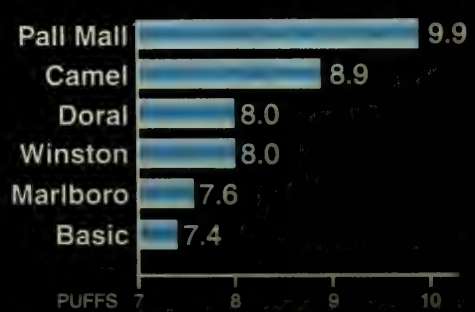
© 2002 B&WT Co.

THE SMOOTHER, FILTERED



BURNS SLOWER
LASTS LONGER

Filtered Pall Mall gives you more puffs than other major brands



Avg. Puffs Per Cigarette
Source: B&W Analytical Test Results (FTC Method)
Comparison of Pall Mall, Marlboro, Winston, Camel, Doral and Basic King Size Filter Box

and Basic are registered trademarks of Philip Morris Incorporated.
Camel, and Doral are registered trademarks of RJ Reynolds Tobacco Company.

Menthol, 12 mg. "tar", 1.0 mg. nicotine; Lights, 12 mg. "tar", 1.3 mg. nicotine; Filter, "tar", 1.3 mg. nicotine, av. per cigarette by FTC method. Actual deliveries will vary based you hold and smoke your cigarette. For more product information, visit our website at hw.com

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

DEAR MAGGIE,



The pan I love has formed an indecent attachment to lasagna. How can I win my pan back?

Concerned
Topeka, Kansas

Dear Concerned,



You just can't trust a pan. And although you might want to make it suffer, I suggest gentle, loving treatment. Just squeeze a dollop of new Palmolive Super Scrub™—with its crystal blue scrubbers—onto a sponge and clean. That indecent attachment is history. (For pans and plates that aren't attached to food, use regular Palmolive.®) Remember, nothing should come between you and your pan.

Maggie

Maggie Ross of "Fearless Cooking"



Tough on Grease, Soft on Hands.®

For more of Maggie's tips, visit
www.Palmolive.com

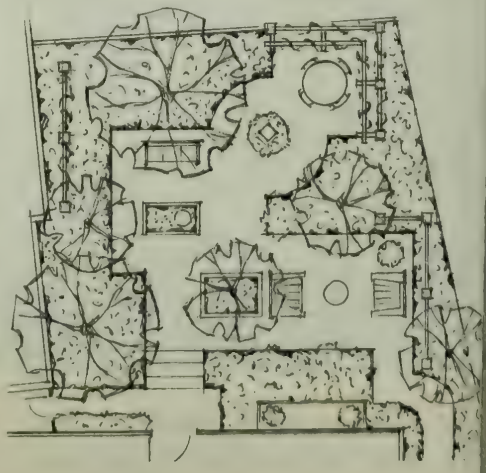
Small Yards, Big Show

continued from page 102



The Vogels found room in their tiny backyard for three distinct seating areas (see plan, *below*). A narrow corridor (*above*), between the Vogels' house (on the left) and a neighbor's brick wall, leads to the garden.

"Privacy was our main focus," Roxanne says. "Four properties border ours, and one is a zero property line"—a house built right up to the lot line. To buffer views of the nearby houses, Roxanne and Richard layered in three tiers of foliage. Tall palmettos and a multi-trunked crape myrtle make a leafy canopy overhead, helping to hide the patio from neighbors. Shrubs and vines do the job of screening at eye level, and ferns, hostas, and grasses fill in at ground level. Vine-clothed lattice trellises are placed at right angles to the house to square off the odd diagonal lot lines. While once the backyard seemed hemmed in by walls, it now feels secluded, welcoming, and embraced by greenery.





Antique urns are the focal point of a vignette that includes colorful crotons and a Mexican fan palm (*above*). Roxanne crafted a fountain from a ceramic strawberry jar topped with black river stones (*below*).

The Vogels' garden is laid out as a cluster of rooms, each with a slightly different character. The windowpane trellises are painted white in one area, black in another. The same paving materials, brick and bluestone, are used throughout, but different paving patterns distinguish each area.

Roxanne has replaced some of the original plantings with palms, bamboo, dracaenas, and other large-scale tropicals that are thought of as houseplants in colder climates. "I buy them very inexpensively at the local home improvement store. Many things I thought would not survive the winter, did, and vice versa." She replaces the tenderest plants annually.



Although Roxanne and Richard had professional assistance in shaping their backyard, it is Roxanne alone who (quite willingly) takes on the day-to-day maintenance. "The garden is basically a creative outlet for me," she says. "I like the physical aspect of working in the garden. In fact, I call my left knee my 'shovel knee' because it talks to me sometimes."

Buying information, page 211

For more container and small-space projects, see www.bhg.com/containergardens

DEAR MAGGIE,



My pan's become such a drag.
It's stuck on only one subject and
the subject isn't me—
it's meat loaf!

Insulted
Bangor, Maine

Dear Insulted,



No woman has to play second fiddle to meat loaf. Use new Palmolive Super Scrub.™ Squeeze some onto a sponge and clean. Its crystal blue scrubbers will remove stuck-on meat loaf quickly and easily. Your pan will respect you for it. (And relax—not all pans get stuck and that's when you should use regular Palmolive.®)

Maggie

Maggie Ross of "Fearless Cooking"



Tough on Grease, Soft on Hands.®

For more of Maggie's tips, visit
www.Palmolive.com

© 2002 Colgate-Palmolive Co.



Wired for Style

Antique wireware offers a fanciful twist on everyday objects

The 1905 catalog for the famous Paris department store, Le Printemps, lists hundreds of wire items—from skimmers, griddles, and toasting forks to larger drainers, strainers, and food safes. This was the heyday of wire, when its durability and flexibility made it the choice material for household tools. But ancient cultures were the first to realize the creative potential of wire as artists turned thin gold threads into jewelry. Merging function with form, wire-makers in the Victorian era plied extra flourishes to embellish such wire furnishings as plant stands (*left*) and garden sets.

Whether humble or fashionable, the sculptural forms of these vintage pieces have lured collectors, who invent new uses or simply display wireware as folk art. ⌂





Origins

Initially, wire was formed by hand rolling metal into thin threads. It didn't become widely available until the advent of wire-making machinery in the late 19th century.

Availability

Look for vintage wireware pieces at antiques/garden shows, flea markets, and online auction sites. New wireware is sold at decorative accessories and import stores.

Condition

Avoid pieces that are bent out of shape or heavily restored with new splices or soldering. Though rust and flaking paint may add patina, such pieces should be kept outdoors.

Value

Prices range from $10 for simple utensils to several thousand dollars for a wireware chair or cradle. The whimsical folk-art design adds to the value. To judge a good buy, do a little research. We recommend reading *Wire,* by Suzanne Slesin, Daniel Rozensztroch, Jean-Louis Menard, Stafford Cliff, and Gilles Chabaneix (1994).

IF YOU'RE FACING AGE
RELATED VISION LOSS
FOR THE FIRST TIME EVER
THERE'S HOPE

NEW Bausch & Lomb Ocuvite® PreserVision™
The only eye vitamin proven effective by the National Eye Institute



The NEI* has just released the findings of a 10-year eye study on the leading cause of vision loss in people over 55. The results: a unique formulation of high-potency antioxidant vitamins and zinc can help preserve the sight of people most at risk for age-related vision loss. That formulation is new Bausch & Lomb Ocuvite® PreserVision™. No other eye vitamin gives you this combination of high-potency antioxidants and zinc. So ask your eye doctor if new Ocuvite® PreserVision™ is right for you. In the vitamin aisle of your drug store, food store or mass merchandiser. Protect your eyes. Preserve your vision.

For more information, visit www.bausch.com

*The NEI is a division of the National Institutes of Health.

© Bausch & Lomb Incorporated. Bausch & Lomb, Ocuvite PreserVision is a trademark of Bausch & Lomb Incorporated.

BAUSCH & LOMB
See the wonder

formal for fun

The solarium rises two stories above a terrace (*left*). The statue of Pan is a fountain. "When we open the doors we can hear the water from the bedroom," Billie Jo Starr says. A carved stone bench from Mexico reminds her of the benches in Monet's garden in Giverny.

by
Mark Kane

The inspiration for Billie Jo Starr's garden and house in Fayetteville, Arkansas, came into focus on a visit to France. "It was a seventeenth-century farmhouse redone by a decorator about forty miles from Paris," she says. "But we're less formal. For one thing, we do a lot of outdoor entertaining." Hence the terrace (*above*). It was built in the back of the house and was so nice that Billie Jo extended it to one end of the house, where it overlooks a parterre (*left*). The statue in the circle represents fall and the harvest season. "I love that look," Billie Jo says, "the gravel and the topiaries and the circle. The topiaries stay green all winter. It's very nice to see some life that time of year."





Don't let seasonal allergy symptoms wear you down

GET REAL RELIEF WITH ALLEGRA — AND THE ALLEGRA EXTRAS PROGRAM

If seasonal allergy symptoms make it hard to enjoy being outdoors, ask your doctor about Allegra. And be sure to join the Allegra Extras Program.

FREE

multi-purpose cushion

Use the reply card or call **1-800-972-3260** to sign up and get this high-quality cushion to use around the yard or at your favorite sporting event. As an Allegra Extras member you'll also receive:

- A FREE Welcome Kit with tips to help you manage your seasonal allergy symptoms, and complete facts on the Allegra Extras program.
- A valuable newsletter with updates, tips, and information to help manage your seasonal allergies.



What's more, when your doctor prescribes Allegra, you may qualify for your choice of other offers and "extras" — including a rebate of up to $10 on your prescription.*

This allergy season, talk to your doctor about Allegra 180 mg. Taken once a day, Allegra 180 mg tablets relieve most seasonal allergy symptoms in people 12 and over. Side effects with Allegra 180 mg are low and may include headache, cold, or back pain.

ALLEGRA® extras

JOIN TODAY AND GET YOUR FREE MULTI-PURPOSE CUSHION!

SIMPLY MAIL THE REPLY CARD OR CALL

1-800-972-3260 *NOW!*

once-daily allegra® fexofenadine HCl 180 mg tablets

Real relief. For real living.

r additional special offers
visit llegra.com

r not valid for prescriptions reimbursed/ aid under Medicare, Medicaid or any r federal or state health care program, ding any state medical or pharmaceutical tance programs. Void in the following s if any third party payer reimburses you ys for any part of the prescription price: esota, Massachusetts, Michigan, and le Island. Offer also void where ibited by law, taxed or restricted. unt of rebate not to exceed $10 or y, whichever is less. See rebate coupon etails and other restrictions.

se see additional important information on back.

© 2002 Aventis Pharmaceuticals Inc.

ALG-JA-1230-1

Brief Summary of Prescribing Information as of November 2000

ALLEGRA
(fexofenadine hydrochloride)
Capsules and Tablets

INDICATIONS AND USAGE
Seasonal Allergic Rhinitis
ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.
Chronic Idiopathic Urticaria
ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

CONTRAINDICATIONS
ALLEGRA is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS
Drug Interaction with Erythromycin and Ketoconazole
Fexofenadine hydrochloride has been shown to exhibit minimal (ca 5%) metabolism. However, co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole. In two separate studies, fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24 each study). No differences in adverse events or QT, interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)

Concomitant Drug	$C_{max ss}$ *(Peak plasma concentration)*	$AUC_{ss(0-12h)}$ *(Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.
The mechanism of these interactions has been evaluated in *in vitro*, *in situ*, and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion, while erythromycin may also decrease biliary excretion.
Drug Interactions with Antacids
Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsule) within 15 minutes of an aluminum and magnesium containing antacid (Maalox ®) decreased fexofenadine AUC by 41% and C_{max} by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.
Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration-vs-time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).
In *in vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity. In rat fertility studies, dose-related reductions in implants and increases in postimplantation loss were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).
Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).
Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.
Pediatric Use
The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended doses.
The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 538 pediatric patients 6 to 11 years of age in two placebo-controlled 2 week seasonal allergic rhinitis trials. The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.
The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one trial (n=411) in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo, along with extrapolation of demonstrated efficacy in patients ages 12 years and above, and the pharmacokinetic comparisons in adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on an extrapolation of the demonstrated efficacy of ALLEGRA in adults with this condition and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar in children to that of adult patients.
The safety and effectiveness of ALLEGRA in pediatric patients under 6 years of age have not been established.
Geriatric Use
Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether this population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the geriatric and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY.)

ADVERSE REACTIONS
Seasonal Allergic Rhinitis
Adults. In placebo-controlled seasonal allergic rhinitis clinical trials in patients 12 years of age and older, which included 2461 patients receiving fexofenadine hydrochloride capsules at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg capsules twice daily), and that were more common with fexofenadine hydrochloride than placebo, are listed in Table 1.
In a placebo-controlled clinical study in the United States, which included 570 patients aged 12 years and older receiving fexofenadine hydrochloride tablets at doses of 120 or 180 mg once daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 1 also lists adverse experiences that were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at doses of 180 mg once daily and that were more common with fexofenadine hydrochloride than placebo. The incidence of adverse events, including drowsiness, was not dose-related and was similar across subgroups defined by age, gender, and race.

Table 1
Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States
Twice daily dosing with fexofenadine capsules at rates of greater than 1%

Adverse experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%

Adverse experience	*Fexofenadine 180 mg once daily (n=283)*	*Placebo (n=293)*
Headache	10.6%	7.5%
Upper Respiratory Tract Infection	3.2%	3.1%
Back Pain	2.8%	1.4%

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.
Pediatric. Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

Table 2
Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 30 mg twice daily (n=209)*	*Placebo (n=229)*
Headache	7.2%	6.6%
Accidental Injury	2.9%	1.3%
Coughing	3.8%	1.3%
Fever	2.4%	0.9%
Pain	2.4%	0.4%
Otitis Media	2.4%	0.0%
Upper Respiratory Tract Infection	4.3%	1.7%

Chronic Idiopathic Urticaria
Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials, which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

Table 3
Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 60 mg twice daily (n=186)*	*Placebo (n=178)*
Back Pain	2.2%	1.1%
Sinusitis	2.2%	1.1%
Dizziness	2.2%	0.6%
Drowsiness	2.2%	0.0%

Events that have been reported during controlled clinical trials involving seasonal allergic rhinitis and chronic idiopathic urticaria patients with incidences less than 1% and similar to placebo and have been rarely reported during postmarketing surveillance include: insomnia, nervousness and sleep disorders or paroniria. In rare cases, rash, urticaria, pruritus and hypersensitivity reactions with manifestations such as angioedema, chest tightness, dyspnea, flushing and systemic anaphylaxis have been reported.

OVERDOSAGE
Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However, dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level), and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.
In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.
Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (1.7% removed) following terfenadine administration.
No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (110 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m²) and up to 5000 mg/kg in rats (290 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m²). Additionally, no clinical signs of toxicity or gross pathological findings were observed. In dogs, no evidence of toxicity was observed at oral doses up to 2000 mg/kg (300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m²).

Prescribing Information as of November 2000

Aventis Pharmaceuticals Inc
Kansas City, MO 64137 USA

US Patents 4 254 129; 5 375 693; 5 578 610

www.allegra.com

allb1100Aa ALG-JA-1230-1



Accents for Outdoors

Bird Friendly

Made especially with our feathered friends in mind and introduced this season by Woodstock Percussion, these **Birdhouse Chimes** (*above, left*) are tuned to the first five notes of *Louise*, a carefree melody written in 1929. The chimes feature five bronze tubes suspended from a hand-crafted, hardwood birdhouse perfectly suited for a wren or a warbler. The wood parts have a soft gray washed finish for a charming weathered look. From top to bottom, the chimes measure 33 inches in length. The birdhouse is 8¼×8¼×6 inches with a 1-inch diameter entrance hole. The bottom of the birdhouse is removable for easy cleaning. The cost for one set of chimes is $44.95; additional chimes to the same address are $40.00 each. Prices include shipping, handling, and applicable sales tax. Order information on *page 107*.

Light the Path

New this season from Woodstock Percussion, the lantern-and-wind-chime combination (*above, right*) will light the way in your garden. The **Pathfinder Chime** feature lovely silver tubes tuned to C, D, F, G, and (a pair of tubes) B flat. The chimes measure 27 inches from top to bottom; the hexagon-shaped lantern is 5½ inches wide

by 7 inches tall and uses a standard tea light candle (not included). The cost for one set of chimes is $44.95; additional chimes are $40.00 each. Prices include shipping, handling, and applicable sales tax.

Privacy Plus

As pretty as it is functional, this **Old-World Privacy Trellis** measures about 8½×8½×8 feet tall. You can duplicate it with our easy-to-use project plan. The professionally drawn woodworker's blueprint is available exclusively to the readers of *Better Homes and Gardens®* magazine and is not sold in retail stores. Each plan contains a photograph, a list of materials, construction drawings, full-size patterns, and clearly written directions to take you step-by-step through the project. The plan costs $14.95, which includes shipping, handling, and applicable sales tax.



TO ORDER with your Visa, MasterCard, Discover, or American Express card, call 800/881-4066. To order by mail, specify items desired, and send a check or money order for the total to: *Better Homes and Gardens®* Reader Shopping, Dept. 0208, Box 9128, Des Moines, IA 50306-9128. Or, visit www.bhgcatalog.com.

New Jell-O® Oreo® No Bake Dessert

WOW!



cause it's a tasty new twist on an Oreo.

Because it can be made in 15 minutes.

Because it's magic.™

.com

©2002 KF Holdings



editor's choice

That Old Black Magic

As the pastels of the cottage garden style continue to give way to the hot tropical looks, elephant's-ears become more and more a part of the home landscape. And why not? Come summer, almost all of the nation exists in a tropical or subtropical state, where huge leaves and eye-popping colors feel right at home.

Green has always been an easy foliage color to acquire, so bolder gardeners in the tropicalismo style are taking elephant's-ears one step beyond—to black. Black Magic colocasia sports its 2-foot leaves in striking shades of dark purple to near black, often with green veining. En masse, or grouped with other black-foliaged tropicals, Black Magic adds real drama when countered with torrid tones. Think Persian shield (purple and silver), Lucifer crocosmia (hot red), or even Margarita sweet potato (chartreuse).

And a tip: Black Magic overwinters much better potted up in your basement than stored as a tuber. And in late spring, you can bring your potted Black Magic upstairs into the sun to get a head start on the growing season. When nights get above 50 degrees, plant your Black Magic outdoors and watch it cast its spell.

Black Magic elephant's-ears
(Colocasia esculenta Black Magic)

- **Light:** Sun or shade. **Hardiness:** To 20° (maybe colder).
- **Growth habit:** 3 to 4 feet tall by almost as wide.
- **Bloom time:** Mid- to late summer.

continued on page 110

by Craig Summers Black



"When I have a cold sore, I feel like that's all people are looking at."

abbreviate cold sores

abbreviate

abreviate

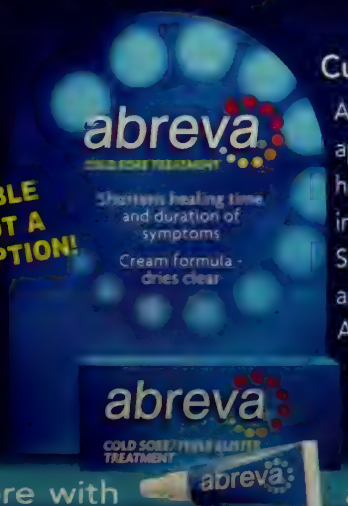
abreviate

abreviat

abrevia

abreva

with abreva®



AVAILABLE WITHOUT A PRESCRIPTION!

Cut cold sore healing time in half.[1]

Abreva® is the only non-prescription medicine approved by the FDA to actually shorten healing time. Abreva helps stop the cold sore infection from invading healthy cells.[2]

So use Abreva at the first sign of a cold sore and cut healing time in half.

Ask your pharmacist or dentist about Abreva, or visit **www.abreva.com** for more information and a money-saving coupon.

breviate your cold sore with abreva® and cut healing time in half.

©2002 GlaxoSmithKline [1]On average versus untreated outbreaks [2]based on laboratory studies

Lysol DISINFECTANT Presents FACTS of LIFE

FACT: Still your MAIN SQUEEZE after all these years.



Derived from *American Gothic* by Grant Wood. Friends of the American Art Collection. All rights reserved by The Art Institute of Chicago and VAGA, New York, NY.

© 2002 Reckitt Benckiser

FACT: LYSOL® Toilet Bowl Cleaner is still your one and only. LYSOL® is UNBEATABLE at removing tough stains and nothing kills more GERMS.



LIFE DEMANDS LYSOL®. THAT'S A FA

gardener's almanac

continued from page 108

looking good

Welcome Home

Maybe it's because Karen Greiner is an interior designer that she puts so much thought into gardening by the entry to her home. Just for starters, she had the concrete steps that lead to her door covered in stone. She had the runwaylike concrete sidewalk ripped out, and a curving stone pathway installed. Then Karen began gardening in earnest: She started with trudging in loads of soil and rock and





ended with a sheltered seating area. The little patio is surrounded by cozy color, and it's all right smack-dab in the front yard. "One aspect of gardening I like," she says, "is that your desires change, and the garden can change with them."

Karen Greiner greets visitors in the intimate seating area just to the right of the front door in her St. Paul, Minnesota, garden (*opposite, far left*).

Karen's stairway is cloaked in the blue-gray foliage of *Rosa glauca* and the gold tones of potted sweet potatoes (*opposite, near left*). Containers of annuals provide flower color.

The table, chairs, and encompassing iron arbor are nestled into a rock-lined bed and hidden behind a blue spruce (*right*).

continued on page 112



Lysol Presents FACTS of LIFE

FACT: If it's raining cats and dogs outside, it can SMELL like it inside.



FACT: LYSOL® Disinfectant Spray Plus Fabric Refresher is the only aerosol fabric refresher that ELIMINATES ODORS on fabrics and kills 99.9% of germs*on hard non-porous surfaces in 30 seconds.



h, K. pneumoniae, E. coli, Salmonella choleraesuis, Athlete's Foot fungus

LIFE DEMANDS LYSOL®. THAT'S A FACT.



TAKING FIBER DOESN'T HAVE TO FEEL LIKE TAKING FIBER.

Citrucel's fiber won't give you excess gas like the fiber in Metamucil can. And people prefer the taste of Citrucel over Metamucil 2 to 1.



Metamucil® is a registered trademark of Procter & Gamble

DON'T JUST HAVE A REGULAR DAY. HAVE A GREAT DAY.™

gardener's almanac

continued from page 111

perfect pairs

Received Wisdom



Ann Holt plans her plant combinations from inside the house looking out the windows—with an eye toward improving the view. "I look at texture, shape, color, bark, cones, fruit," she says. "Not all color comes from blooms, you know." But even with the knowledge of 50 years of gardening, Ann knows you can't plan everything. "There's an awful lot that just happens," she says. "And you've got to be smart enough to leave it alone."





A huge-leaved gunnera dominates the woodland setting in Ann Holt's garden on Bainbridge Island, Washington (*right*). Zebrinus maiden grass, babylonica willow, and Korean fir surround the gunnera, a tricky moisture lover.

The yellow foliage of a Baggesen's Gold honeysuckle bush contrasts with the flower spike of an acanthus (*opposite, far left*). That's a herbaceous *Clematis integrifolia* in the background.

Shasta daisies, crocosmias, and persicaria bob in the breeze (*opposite, near left*).

continued on page 114



Lysol Presents FACTS of LIFE

FACT: Too many cooks SPOIL the KITCHEN.



FACT: LYSOL® All Purpose Cleaner removes even the toughest soils. And LYSOL kills 99.9% of germs in 30 seconds.



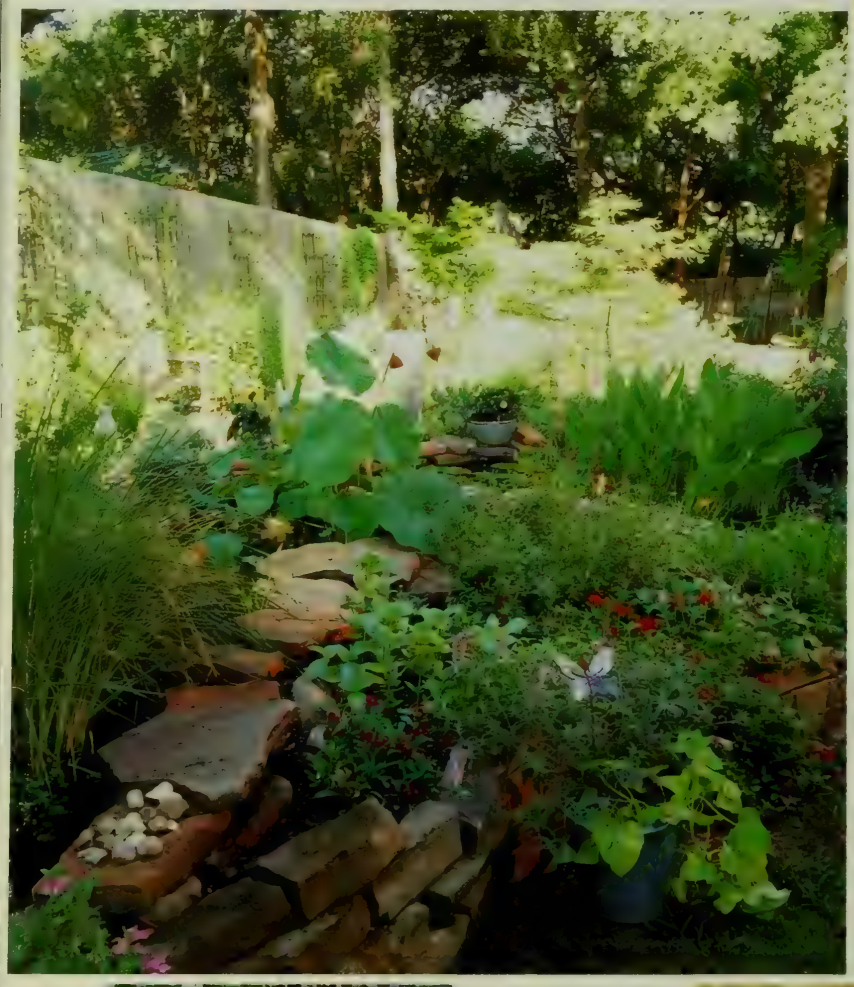
Visit www.Lysol.com

LIFE DEMANDS LYSOL. THAT'S A FACT.

continued from page 113



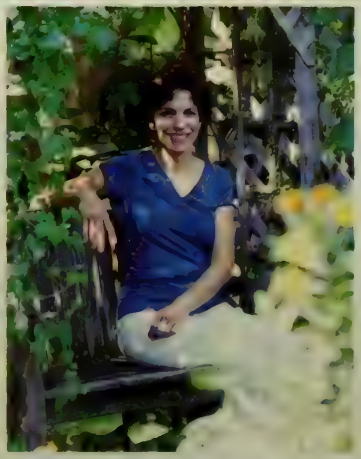
A monarch perches on a Simpson rosinweed (*Silphium stimsonii Wrightii*), a Texas wildflower.



test garden tip

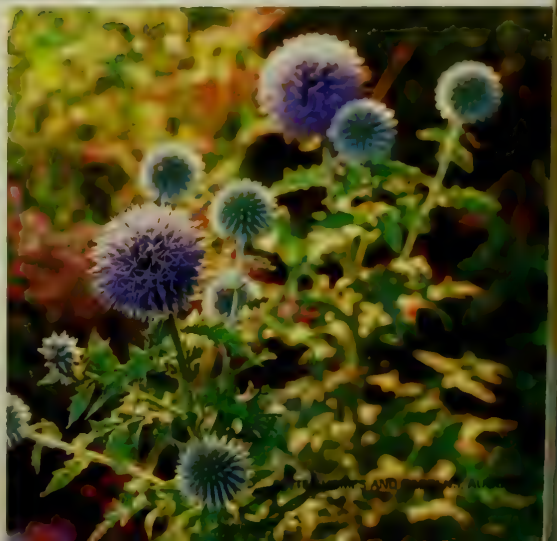
Bring on the Butterflies

Judy Hominick likes to say you can "grow your own" butterflies. If you want flights of flying flowers in your garden, she says, simply plant the colorful blossoms that attract butterflies. And don't use bug-killing pesticides, or it will defeat the whole purpose of trying to attract what are, basically, pretty bugs. Milkweed attracts monarchs; common rue, giant swallowtails; pawpaw trees, zebra swallowtails. But Judy does have a favorite: "I can't help but brag. Last year I grew frostweed (*Verbesina virginica*), and in the fall I counted 70 monarchs on the flowers at one time—a record for us!"



"My children's friends immediately want to go out and see the yard when they come over," says Judy Hominick (*left*), who gardens in Dallas.

Veitch's Blue globe thistle (*right*) is a perennial that butterflies adore. They also flock to long-flowering annuals such as pentas, lantana, and zinnia.





Arthritis pain can change the way you see yourself. But only if you let it.

Fight back with Tylenol Arthritis Pain Extended Relief. This is a different Tylenol. Just two caplets work all day.* So move over Aleve,® this is going to be a Tylenol day.

Aleve® is a registered trademark of Bayer Corp



Take comfort in our strength. **ALL DAY.**


If this isn't particularly pleasant to look at for two seconds, imagine looking at it for the rest of your life.
ORIGINAL
NEOSPORIN®
FIRST AID ANTIBIOTIC OINTMENT
A clinical study shows that treating scrapes with Neosporin® ointment helps minimize the appearance of scars*. And it kills the bacteria that can cause infection. That way minor wounds don't become major reminders.
EVERY CUT.
EVERY TIME.™
*Based on a clinical study comparing the appearance of treated and untreated minor abrasions when used as directed twice daily until healed. Do not use longer than one week unless directed by a physician.

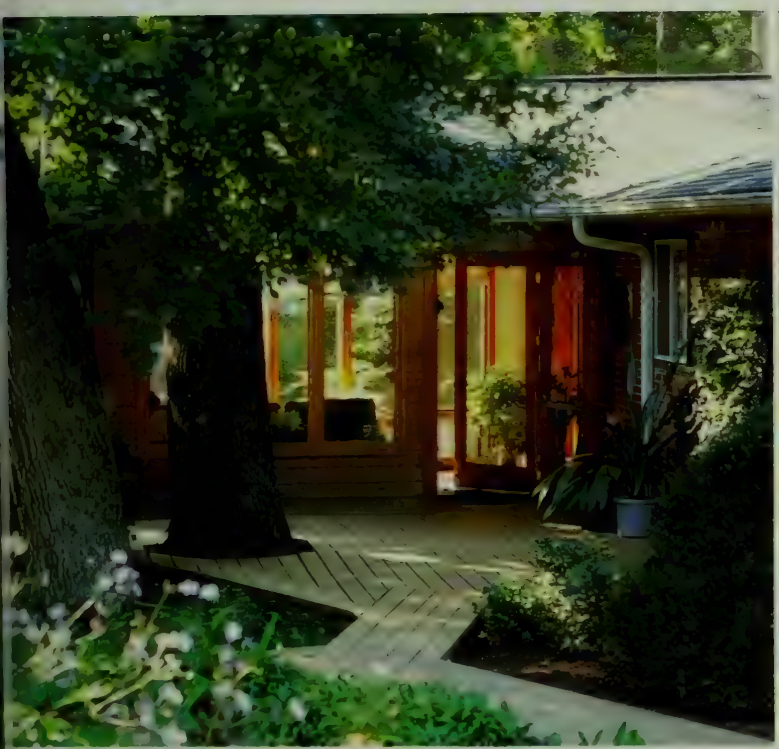


urban oasis

Photographs by Celia Pearson ■ Produced by Pam Beck ■ Written by Doug Hall

Step across the wooden footbridge, over a narrow wet-weather creek, and between the guardian tetrapanaxes to enter the unexpectedly secluded garden of Christine Baukus and Irv Coats. From inside, worldly distractions disappear behind a wall of leaves. Enter and unwind.







Christine and Irv have done such a good job of screening out the neighborhood, you might think their house is surrounded by acres of forest. In reality, the corner lot is average in size—just a quarter acre—and urban, located just 10 minutes from downtown Raleigh, North Carolina. "When you are this close to people, you have got to get yourself a little space," Christine says. "A little protection. So I like the idea of an oasis."

Christine and Irv work in the bookstore they own in Raleigh, and at the end of a workday they want a place to relax. Their garden is that place. If the yard feels like a clearing in the woods, it's because of the view-blocking boundary of shrubs and towering shade trees on three sides. Sunny openings are given over to flowers. Grass paths beg to be strolled. When you're here, it's easy to forget everything that lies beyond the green perimeter.

As a counterpoint to the uninhibited growth within her flowerbeds, Christine gives the beds sharply defined edges (*opposite*)—a clean look that she calls "contained exuberance." Rapidly spreading clumps of tetrapanax, or rice paper plant, flank the footbridge at the entrance to the yard (*page 117*). A zigzag walkway that leads to the front door (*above left*) reflects Christine's interest in Japanese design. The wood platforms rest directly on the ground and are built to accommodate the trunks of mature trees.





Some gardeners will tell you that annuals (which live and bloo
for one growing season) are for amateurs, while perennials (pla
that return year after year) are the choice of sophisticated pla
lovers. Christine rejected that notion when she discovered how mu
time most perennials spend out of bloom. "Too green for me," s
decided. Color that endures in Raleigh's sultry summers is what s
wants, and she achieves that goal by setting out hundreds of ann
flowers every spring. Christine mixes her annuals with perenni
bulbs, and a year-round framework of shrubs, all in the same be

A small vegetable plot (*left*) next to the toolshed is Irv's domain. Wil
tepees act as garden sculpture even after the tomato plants they suppo
have been removed for the season. A bed of perennials is energized fr
April through fall with annuals: coral-colored salvias, coleus, and Pers
shield (*above*). The deck floats on a sea of pink impatiens (*opposite*).



"There are a lot of annuals in my garden because I like the burst of color to last all year. I really crave color."

—Christine Baukus



1. Cedar
2. Japanese Maple
3. Wax Myrtle
4. Boxwood
5. Blue Wave Hydrangea
6. Flowering Dogwood
7. Tulip Poplar
8. Camellia
9. Forsythia
10. Winter Daphne
11. Nikko Deutzia



The dense mixed border that encloses Christine and Irv's property is a rich tapestry of tall trees, smaller ornamental trees, shrubs of all sizes, perennials, and ground covers. Although the shade trees are older, most of this living screen dates back about 10 years, to when Christine and Irv began to landscape their yard in earnest.

The section shown *above* and in detail at *right* is almost impenetrable in summer, hiding a shady side yard from the street. In winter, when the dogwoods and Japanese maples lose their leaves and the perennials disappear for the season, the yard is still masked from view by broad-leafed evergreens, such as rhododendrons, camellias, wax myrtle, and boxwood. Elsewhere in the yard, Leyland cypresses form a solid wall of feathery foliage. The perimeter plants are left loose, informal and, for the most part, unpruned. It's this wraparound border that gives the yard its character as a tranquil oasis.

Nice with rice.

Chopsticks optional.





NEW!

Chicken Breast Cuts & Teriyaki Sauce.
Ready for a great meal?

kraftfoods.com

THE NATIONAL HIGHWAY TRAFFIC SAFETY
ADMINISTRATION'S HIGHEST RATING IN ALL FOUR CATEGORIES

"★★★★★"

-frontal driver impact, frontal passenger impact, side front impact, side rear impact

THE 2002 SEDONA.

ITS 5-STAR SAFETY RATING PROTECTS YOU.
ITS 10 YEAR WARRANTY PROTECTS YOUR INVESTMENT.



When it comes to family, there's no such thing as being overprotective. And that's just what we kept in mind when designing the Sedona. You see, as far as minivans are concerned, the Kia Sedona stands alone. Of the 14 minivans available today, only 10 come standard with dual sliding doors, seating for seven and a V6 engine. Of those 10, only three have been awarded the government's highest safety rating in all four crash-test categories. But only one, the Sedona, offers the added protection of Kia's 10 year/100,000 mile limited warranty and a starting price under $19,000. So visit your Kia retailer and check out the new Kia Sedona or any of our other quality vehicles backed by our incredible warranty.

10 YEAR/100,000 MILE LIMITED POWERTRAIN WARRANTY

5 YEAR 24-HOUR ROADSIDE ASSISTANCE
5 YEAR/60,000 MILE LIMITED BASIC WARRANTY

KIA

kia.com



family-friendly style

Photographed by Tria Giovan ■ Produced by Joseph Boehm ■ Written by Dan Weeks

Faced with a black hole of a kitchen and a bear cave of a family room, the Gil family won our home improvement contest—and our kudos—for transforming a suite of particularly unpleasant 1970s rooms into light, bright, stylish spaces.







his room was so bad, we almost moved," says Gail Marie Gil about her home's family room, now a smartly redesigned embrace of sunshine that beckons all to sit and relax. "It's now what I dreamed it would be. Sometimes I cannot believe we pulled this off."

Gail, her husband Bill, and their two sons, Sean and Ryan, were faced with an all-too-common conundrum: They had a great house, yard, and neighborhood, but also a mid-'70s interior so dark that you almost had to navigate by echolocation. In the family room, char-black, fake-wood beams hung over a smoldering orange shag carpet. Expanses of dark-chocolate-colored paneling overpowered the room's single picture window, sucking all the sunshine from the space. The adjacent living room was even worse. "We never went in there," says Gail. "And we felt crowded. We actually started looking at bigger houses. Yet we had all this space we never used."

Light now pours in through a triple bank of windows and two casement windows beside the fireplace. Crisp white slipcovers and pillows made from vintage linens invite you to the window seat to soak up the sun. A cherry floor adds a warm, mellow note. This room is now where the Gils spend most of their time.

The transformation started when Gail decided to paint her kitchen cabinets white. The project spanned two years and includes not only the kitchen and family room, but also a reworked living room and vestibule (see floor plan, *page 130*).



Once rarely used, the living room was reincarnated as the TV room, where Sean and Ryan Gil challenge each other to a game of checkers (*below*).

The rearranged layout created an airy vestibule (*opposite*). Light from neighboring rooms flows through wide doorways and a leaded-glass window tucked in a wall cutout.



In the family room, a custom built-in (*right*) houses the stereo. Old frames and a new mantel lighten the original brick chimney (*above*).





A decade before remodeling began, Gail, an inveterate thrift-shop browser, used to bring stuff home that she had no place for, but that she felt she had to have regardless. For years, these odds and ends were stashed in the basement.

She likes white. She likes the post-Deco simplicity of 1940s everyday furniture—porcelain-topped steel tables, white metal cabinets, a streamlined kitchen table and chairs. She likes primitive rough-and-chunky wood pieces that appear to have been weathering for years. "I'm not a refinisher," she says. "I scrub it, seal it, and that's that. It has more character that way." She likes contrasts, such as the patrician gentility of white vintage linens paired with the gritty integrity of weathered wood.

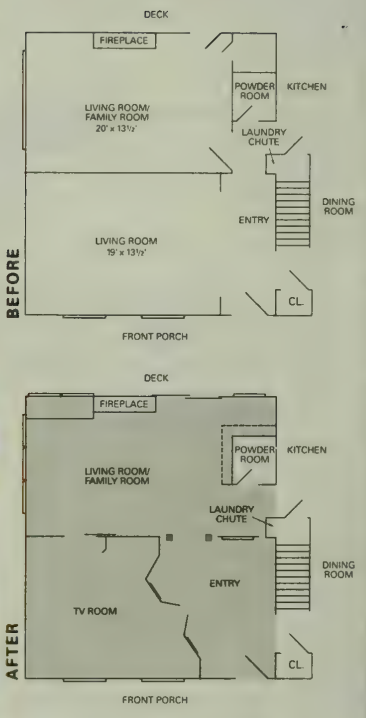
Most of all, she likes a comfortable, lived-in look. Her new furniture is slipcovered in washable white cotton, creating a slightly rumpled compatibility with the antique quilts and throws that drape sofa arms. In the entry, smart white skirts dress a dark wood armchair and gateleg table.

Gail started renovations the kitchen. "I don't see why I can't just *paint* those cabinets," she told Bill. "I guess he figured the alternative was a $25,000 kitchen remodel, so he let me have at it," Gail says, laughing.

"Well, it was awful!" she says. "I did all the painting—a few cabinet doors at a time—in my laundry room. Everything that had been in the kitchen was on the living room floor. Sometimes dinner was chips and a beer."

But the process had its benefits. While prepping the cabinet doors, Gail decided to knock out several wood panels on the uppers, and replaced them with glass to better display her collection of Southwestern dinnerware.





Reducing the living room to a TV room allowed for a big entry (*above*). Glass-fronted cabinets showcase Southwestern dinnerware (*left*). A post-Deco table and stools are a casual spot for breakfasts and snacks (*below*).

To keep costs down, the Gils did many tasks themselves, such as adding solid-brass hardware—one hand-driven screw at a time. Gail ordered Mexican tiles for the stove backsplash, and Bill took a day off from work to help her set them. "The grout's not perfect, but neither are the tiles," says Gail philosophically. "We like it that way." Bill also installed pendant lights in the eating area, and Gail hired an electrician to install task lighting for the countertops. The cost of the whole makeover job came to a few thousand dollars—much of which went for a new range.

Her advice to other remodelers: "Don't just have someone come in and rip things up," she says. "The time we spent thinking and planning our work really paid off. This space is perfect, exactly what we wanted it to be. We're so happy."



Buying information, page 210

Pardon me, Madam, is your refrigerator running? On the same amount of power as a 75-watt light bulb?

Kenmore Elite® Curved Silhouette Series

It's no joke. We conducted tests comparing the equivalent amounts of energy consumed by a 75-watt light bulb and our refrigerator. We didn't stop there. Our Ultra-Fresh system and Grocery Savor = ideal temperature zones • In-door ice storage = lots of freezer space • Ice and water filtration = better taste • Colors = stainless, bisque, black + white • Check out Sears or Sears.com for more fun facts. Questions? Call 1-888-kenmore.

Kenmore ELITE

SEARS
Where else?



IS IT ANY SURPRISE THAT SO MANY BRILLIANT IDEAS COME FROM A PLACE WHERE YOU CAN ACTUALLY HEAR YOURSELF THINK?



$499 or less
Chifforobe with mirror.
5-drawers, three shelves
and garment rod
Mission Collection.
Model #8425, #8414

It can get pretty quiet in Archbold, Ohio. Which may be why, for sixty years, the people at Sauder have been discovering better ways to make furniture. Smarter, more versatile designs that blend beauty and function. There's no doubt. It's good to be the product of a great environment. For more information, call 1 800 4 SAUDER or visit www.sauder.com.

SAUDER

Good furniture made possible

Photographed by Brad Simmons ■ Produced by Hilary Rose ■ Written by Shawn Gilliam

giving the ranch a hand



EXTERIOR PHOTO PETER WALTER

Clean lines and convenience popularized the ranch house plan in the 1940s. But the chic style of the mid-century modern home had vanished by the time Susan and Ed Clarke's ranch was built in 1975. So they gave the house a second chance.



he first house Susan and Ed Clarke owned served as a remodeling experiment: "We learned basic construction and carpentry skills, and we made some mistakes," Ed says. So when the Chicago couple bought a bland rental property five years ago, they were ready to put their home-improvement skills to the true test. "Because there was nothing great here, we didn't feel bad coming in and ripping everything up to fit our style," Susan says.

The Clarkes are construction amateurs—in fact, Susan is a certified public accountant and Ed is an engineer in the semi-conductor industry—but have made working on remodeling projects a hobby of sorts, involving their children, Arianne and Ryan, and several other family members. "If we didn't do it ourselves, we couldn't afford it," Ed says. "You save a lot of cash with elbow grease."



To create a spacious feeling, the ceiling in the entry (*top left*) was vaulted, and built-in glass shelves (*left* and *opposite*) replaced a solid wall dividing the living and dining rooms.



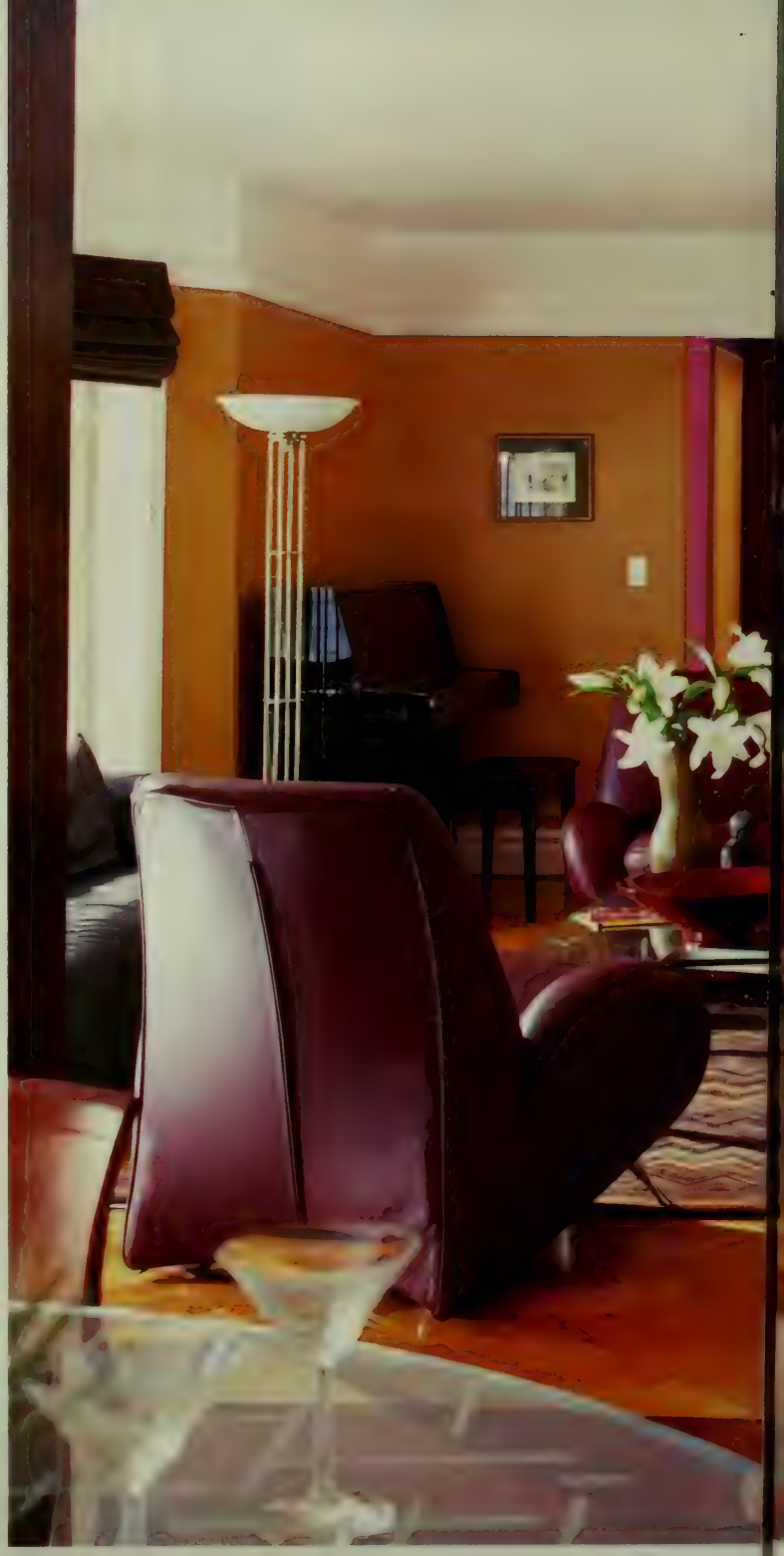
Adding personality, with patience

Demolition began with the removal of a wall dividing the living and dining rooms. Susan and Ed appreciated the newly open design but still wanted to define the two spaces. So they planned and installed a cherry framework for glass display shelves to go in place of the solid wall. "We both took wood shop in high school and learned how to cut boards and make a coffee table," Susan says. "So we thought we could tackle something like these built-ins."

To handle the woodworking chores, the Clarkes bought a router, a planer, and a table saw, and then practiced using the tools on cheap lumber. "You have to be patient when you're learning something new," Ed says. "Your first attempt won't be perfect."

For the living room/entry floor, Ed found a wood distributor who would sell him red oak shorts (lumber mill leftovers) for $1 per square foot. During Chicago Bulls games, Ed, Susan, and the kids laid out the wood patterns—herringbone in the living room and diagonal in the entry. Including professional milling and finishing costs, the total came in at $2,250. An entirely professional job would have approached $10,000.

The boldest change, however, was the easiest one: painting. "We actually took some color ideas from our local Starbucks," Ed says. "By painting the surface planes different colors, the architecture becomes more interesting." He and Susan went with chocolate brown in the dining room, gold in the living room, and purple in the entry. "Paint is the least expensive mistake you can make," Susan says. "Look at all of your colors at once. By themselves, these don't look so good, but together they work wonderfully."



"The color chip was obnoxious,



but we kept coming back to it."

—Susan Clarke



Creating a two-cook kitchen

Susan does the prep work, and Ed takes care of most of the cooking, but both enjoy spending time in the kitchen together. Unfortunately, the former kitchen made them work with their backs to each other. After unsuccessfully batting around floor plan ideas of their own, they tapped the skills of kitchen designer Steve Karp. He suggested the L-shape work zone defined by an island of the same shape. Now Susan can work at the island sink and face Ed while he's at the cooktop. The design also lets them interact with their children or guests, who can pull up a stool to the island snack bar.

The kitchen's granite countertops are 39 inches high—3 inches more than the standard height—which comfortably accommodates Susan and Ed, who are tall. The upper cabinets were installed high as well. "Many appliances today are quite tall," Karp says. "Even some coffeemakers are 15 inches high, so this extra space is essential to make the counter efficient." A stainless-steel appliance garage stores items when they're not in use.

To boost light quality, Susan and Ed opened the kitchen to an adjacent sunroom. They rented a ceiling jack and put up an I-beam to support the roof's load, but later had to rip the beam out to reposition it one foot higher. "You have to laugh and chalk it up for experience," Ed says.







The use of glass in the kitchen includes: much of the island countertop and several cabinet fronts (*left*); the pantry door (*top right*), which was professionally decorated using silver back-painting and varying shades of sandblasting (*right*); and tile on the backsplash (*far right*).

"My best







Made of end-grain maple, the butcher-block cutting surface (*above*) ties in with the wood-look plastic laminate cabinets in the kitchen and nearby bar. The maple trend continues in the breakfast area's window trim, ceiling fan, and chairs (*right*).

Reeling in the savings

"You spend so much time on a kitchen remodeling because you know you're going to spend so much time in the kitchen," Susan says. But when it came to spending money, the Clarkes hunted for deals. The round butcher block between the cooktop and the sink, for instance, could have set the couple back quite a bit. "A local place wanted $1,500 for one, but we found this online for $300," Ed says. "With a little legwork, you can really cut prices down."

Research also paid off when they bought the leather/stainless steel daybed in the breakfast area (*right;* also shown on *page 133*), which was made by a furniture designer (also found online) for less than it would have cost at a store. "It cost half as much," Susan says. "But it's custom-made and of a high quality."

remodeling advice? Turn off the TV."

—Ed Clarke



Adding style to secondary rooms

Susan and Ed's design savvy didn't stop with the big rooms. In the 4×6-foot powder room, Ed cut up maple pieces and assembled them on the wall using thin metal strips—the same kind used to divide carpet from tile. "It helps the geometric pattern stand out and hides the rough cuts," Ed says.

Daughter Arianne's bedroom was remodeled as well. Here the family laid the wood floors and installed new awning windows. They also hung the low-voltage cable lighting. "It went up in two hours and was easy," Ed says. "The fixture looks and acts like artwork. You can bend it whatever way you want it."

The Clarkes' creative work continues this summer, as they remodel two additional bedrooms and baths. That's fine, says Ed. "When we aren't relaxing, we like to work on projects around the house."





The design and color choices in the powder room (*above*) were inspired by the art of Piet Mondrian. Arianne's room (*left*) is also brushed with a bold color. Her inspiration? Her parents, of course.

Buying information, page 210

Learn the steps it takes to finance a major home-improvement project. Click on www.bhg.com/financetips.

SAFELY REMOVES REALLY BAD PET STAINS. AS IF THERE ARE ANY GOOD ONES.



OxiClean® lifts out the worst organic stains and odors from carpet and upholstery, without the damaging effects of chlorine bleach. Perhaps today will be the day you reclaim your home territory from your pets.

Millions believe for a reason.™

A room screaming for personality.

Faux plaster texture like the

expert in the orange apron showed me.



Potential is a wonderful thing.







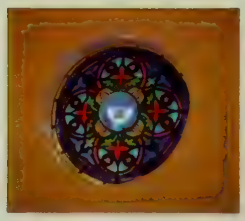
Follow Hallway in *Khaki Shadow*. Back ▾



remaking a classic

Philip Mittell makes his living representing people who design movies. When it came time to do a little set dressing of his own—turning a 1916 house in the Hollywood Hills into the Mediterranean villa of his dreams—he wanted more than celluloid magic. A deliberate process integrating modern designs with antiques created a refined look that will last long after the credits roll.

PHOTOGRAPHED BY MICHAEL GARLAND. WRITTEN BY SHARON OVERTON.
PRODUCED BY LAURA HULL



"I consider this house my thesis project," says Philip, who long ago traded architecture school for the movie biz. "I was going to do it right from the get-go."



Everyone has his or her own idea of what it means to arrive: a beautiful family, the corner office, a European sports car. For Philip Mittell, who owns a Los Angeles talent agency for art directors, lighting designers, and other film artisans, success meant finally being able to afford a house like the one he'd grown up in.

"My parents had this beautiful Spanish-style home" filled with fine antiques, he says. After bunking for 10 years in a two-bedroom condominium that doubled as his business office, Philip was ready to trade breakfast meetings in his pajamas for a more refined style of living. "I used to say, 'Everything I want has got to be very beautiful, very classic, like it had been there for hundreds of years.' "

He found almost everything he wanted in this Mediterranean-style home, which reminded him of both his parents' place and the country villas he had discovered as a young man living in Europe.

Philip turned the foyer, formerly a claustrophobic, dark hole, into a light-filled atrium by removing the first-floor ceiling and adding a skylight. The new banister, crafted by a fourth-generation blacksmith, helps to delineate the home's original staircase.



At less than one-third of an acre, Philip's "estate" may not be as grand as some he saw in Europe, but it's quite comfortable for him and his two cats, Deuce (*above*) and Weasel (*right*).





"The things Philip collected started making a story," says decorator James



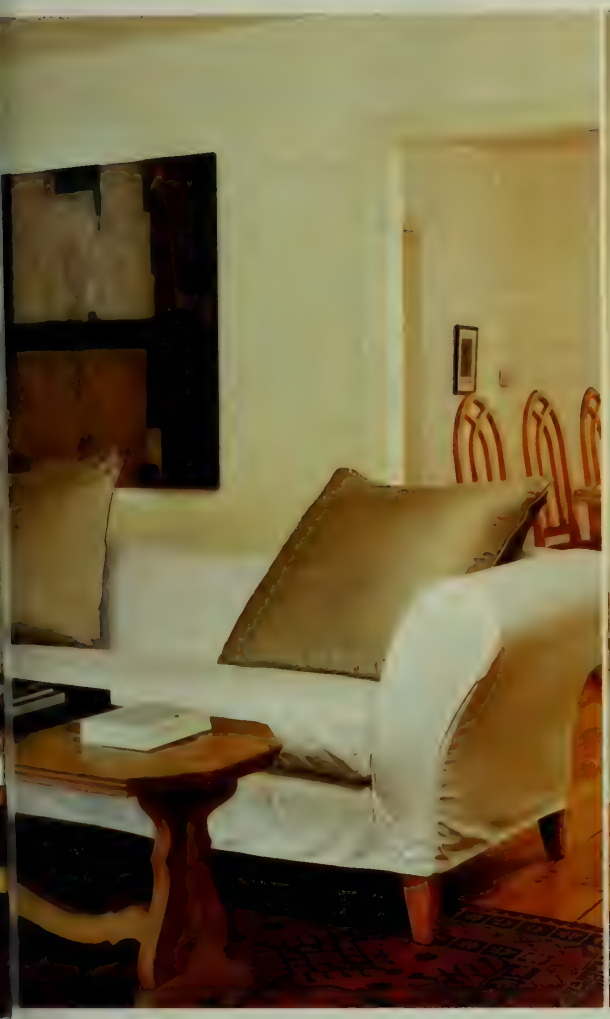
But Philip needed help extending his vision to the inside of the house. Enter James Salinas, an outspoken decorator from El Paso, Texas, who at the time owned a little furniture shop on Beverly Boulevard. The classic styles and architectural elements sold in the shop caught Philip's eye even before he had the house to put them in. "He just kept buying stuff and leaving it here and saying he'd come get it, but he never did," James says, laughing. "Finally, I said, 'Philip, I need the space.' "

Once the house was found, Philip hired James to help him fill it. The challenge for James was balancing Philip's desire for historic resonance with his need for comfort and practicality. James also wanted to inject doses of modern design to keep the rooms from feeling museum-like.

For Philip, who works with high-profile directors, such as Steven Spielberg and Francis Ford Coppola, the challenge was finding someone whose taste was similar to his own and, then, trusting him to call the shots.

"In the beginning, I was more controlling," Philip confesses. "But James handled stuff very smartly. He's not one to say, 'Look, I'm the decorator and you're an idiot, so do what I want.' "

Working with James proved to be more than just a business arrangement, Philip says. "It was a great collaboration."





Salinas. "And the story was about classic lines with a modern edge."

The collaboration started with Philip's request: "I wanted a house that would make you feel like you're in an Italian country villa."

James' solution: Create an eclectic scheme that blends family antiques, flea market finds, and modern pieces with neoclassical elements, such as urn shapes and architectural fragments.

Here are some of the steps they took to get there:

- **Finding balance.** Inspired by the architecture of ancient Greece and Rome, classic rooms have clean, simple lines and formal symmetry. Mirroring motifs and pairing objects, such as the two sides of the mantel display (*above right*) and the seagrass chairs (*above left*), create a sense of harmonic balance.
- **Staying neutral.** White walls, creamy upholstery, and black accents let Philip's furniture and artwork take center stage. For a modern "pop," James added chartreuse throw pillows on the seagrass chairs (*above left*).
- **Mixing old and new.** Family heirlooms, such as an antique rug and a book bearing the Mittell family crest (*right*), lend gravitas to contemporary art and upholstery.



"The house was quite perfect in its bones," Philip says. "But over the years, a few strange oddities had been put in."

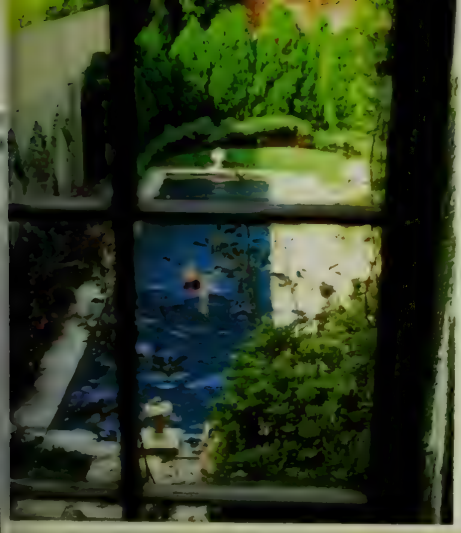
Whereas James had the eye for furniture and fabric, Philip, who once majored in architecture, was skilled at visualizing how the rooms should flow. Without expanding the home's footprint—which would have increased the remodeling costs—he reconfigured some of the spaces to create a more open feeling.

The kitchen, previously two smaller rooms that were combined, now accommodates a spacious breakfast nook. Double swinging doors—probably a 1950s addition—were removed, and the entry to the dining room was expanded. A sunroom next to the dining room—Philip's favorite morning spot—has a bird's-eye view of the much-used lap pool (*right*).

Wherever possible, Philip used modern materials to achieve a period feel. In the kitchen, ceramic tile mimics the look of ancient terra-cotta. The living room's new fireplace appears to be chiseled stone but is actually poured concrete.



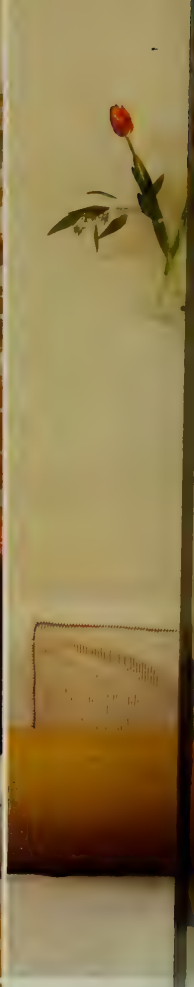




Philip chose stock kitchen cabinets for their clean lines, then customized them to fit his 6-foot 5-inch frame by raising the lower cabinets several inches and increasing the depth by 8 inches.

The French oak dining table extends to seat 20, though Philip prefers smaller gatherings of two to 10. His specialty? "Pasta primavera chez Philipo." The tracery pattern on pine chairs conjures Gothic windows.





Tiled top to bottom in pale beige French limestone, the master bathroom also displays classic symmetry. The architectural remnant is from an old Art Deco building, which was damaged in an earthquake.



Instead of the expected headboard, glass vases march across the wall (*above center*). Flowers can be replaced by floating candles. James and Philip designed the rolling leather table at the foot of the bed (*above left*).



"Most of my clients know what they want. They just can't express it in any verbiage you can decipher," James says. "Sometimes you become like their therapist."

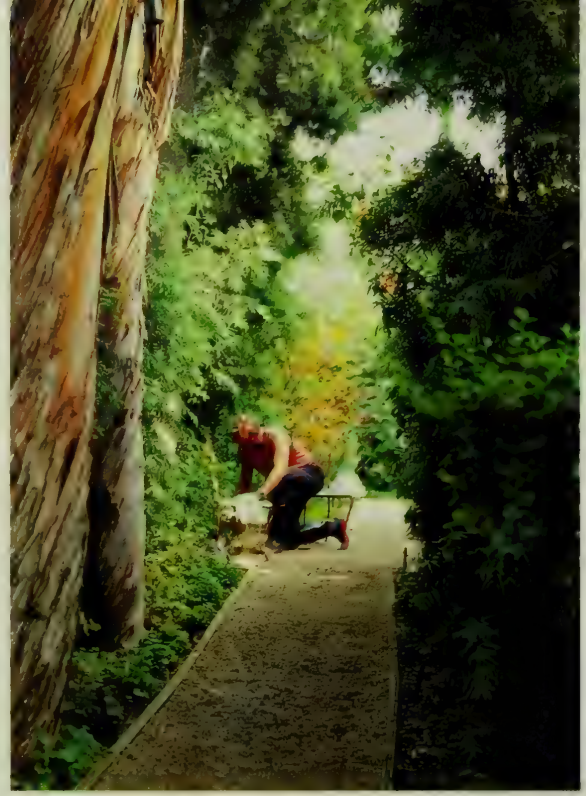
The master suite got a makeover as well. A wall separating the bedroom from the sunroom/sitting area was replaced by a room-dividing curtain. During the day, the curtain stays open to let in light from the sunroom's half-round windows; at night, it can be closed for privacy. A daybed, designed by James, is an ideal spot for reading a novel or reviewing a contract.

The room's dual-purpose nature suits Philip, for whom work and home life have always been casually intertwined. "For me, it has always been great if a bedroom doesn't just have to be a place where you sleep," he says.

Knowing yourself and what you like is the first step to successful decorating. But often it takes another person—be it a professional designer or best friend—to help you see things clearly.

For instance, Philip points to some old wooden wheels he found at an antiques shop. He loved the way they looked but didn't know what to do with them. One night, he brought them to dinner with James, who had recently spied a beautiful roll of crocodile embossed leather. Voilà, a rolling coffee table (*above, far left*).





Outside, Philip had a clear vision: "I wanted the gardens to be very much like those of an Italian country home, rambling but managed, wild but with intention...not restrained and coiffed like an orderly estate." But how to fit it all on a deceptively modest, severely sloping corner lot? "I didn't have two and a half acres to do beautiful boxwood mazes."

Enter a second collaborator, landscape designer Catherine Spitz, who helped Philip visualize elegant terraces carved into the hillside. "We incorporated the feng shui idea that if you are surrounded by rivers on both sides, it is supposed to bring you luck," Philip says. "Because there are no rivers, we created pathways that undulate and curve to give that impression."

While letting go of the reins was admittedly hard for this hard-driven Hollywood type, in the end, Philip says, he got everything he dreamed of. "My goal was to bring the house back to something it should have been. Or even better." ⌂

"I run my own business. I'm an entrepreneurial type," Philip says. "But you come to a point of saying, 'I think I have pretty decent taste. But could I do this on my own?' "



Buying information, page 211


Featured carpet: Dual Image, Estate Ivy from Forever Fresh™
Why fight the urge?
When a carpet's this comfortable, it's impossible to resist.
CARPET • WOOD • LAMINATE • CERAMIC • HOME PRODUCTS 1-800-2-MOHAWK www.mohawk-flooring.com
MOHAWK
Mohawk makes the room



You'd make all their relationships this *strong* if you could.

You give them *quality* chicken that's *all natural* because you can.

Every Tyson chicken product begins with all natural chicken.
That means there are no additives, and it's minimally processed.
And that means a lot.

Tyson

It's what your *family* deserves.℠



w w w . t y s o n . c o m



summer ripe

By Richard Swearinger

With a soft, gleaming luster that even a little leftover field dust does nothing to hide, tomatoes beckon us to the summer kitchen. As you stand at the counter daydreaming of ways to use them, open yourself to the charms of their garden bedfellows: sweet peppers—crisp, spicy, oh-so-amenable—and onions, the strongmen of the vegetable kingdom. This trio of vegetables is at its peak right now. Here are nine recipes that will bring out their best—whether they come from the supermarket, a roadside stand, the farmer's market, or your garden.



One of the joys of summer eating is a side dish loaded with tomatoes. Their blend of sweet and sour brings a brightness to the table that elevates a simple grilled chicken or a sizzling pan of just-caught trout into a feast.



When you want to make a statement with tomatoes, start with a couple of pounds. That's what we call for in this recipe for Tomato Bread Pudding (*above*). The tomatoes set up housekeeping with a loaf of crusty bread and a whomp of dill. The result is a side dish that shouts "summer."

Stand-Up Tomato Salad (*right*) is a recipe that doesn't just sit in a bowl waiting to be eaten. It offers layers of jicama, squash, and tomatoes, all drizzled with a tequila dressing that incorporates the good things about a margarita.

t o m a

Recipes begin on page 166


t o e s



Until you get to know them better, sweet peppers can be a puzzle. How can you make the most of their sweet, slightly spicy flavor besides chopping them up for salads and pasta? The solution is the gentle application of heat.





Square Summer Pie (*above left*), with its blend of peppers, potatoes, mustard, and artichoke hearts, was created specifically to bake in the cool of the morning. That way, you can pull it out to serve at exactly that "thank heavens" moment when you feel the heat of the day begin to lift and your appetite stir.

Yellow Pepper Soup with Yogurt and Cucumbers (*above right*) is what gazpacho wants to be when it grows up. It's a combination of peppers, shallots, and a little cucumber, with a dusting of cardamom for a sophisticated taste.

Dinner—with all its fussing, and steaming, and stirring—can wait. Stay on the porch and enjoy the quiet wonder of dishes like this combination of Grilled Pickled Peppers marinated in spices and herbs (*right*).

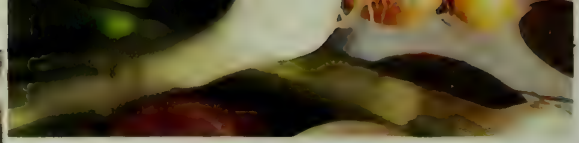
Recipes begin on page 168

p e p



ers





Glazed Onions are sweet, pungent, and puckery all at once (*left*). Slowly sautéed pearl onions are tossed with walnuts, splashed with fig vinegar, and showered with snipped fresh savory. A billow of whipped crème fraîche unites it all.

Really, Onion Gratin with Country Ham (*below left*) is a bit over the top with richness. But when tangles of tender onions, chunks of smoky ham, and eddies of melted cheese share a creamy sauce, what could you possibly leave out?

Our Onion Dip (*below right*) includes everything you might expect, namely onions and sour cream, but we've boosted the flavor of this standby with herbs, Parmesan cheese, and bits of zing in the form of red onion on top.

Just a few chopped peanuts add a crunchy new element to the batter of Cornmeal Crusted Onion Rings (*right*). Out of the fryer, they receive a drizzle of honey kissed with rosemary.





Recipes begin on page 172

For more summer recipes, go to www.bhg.com/recipe

The gentler side of onions comes out in the cooking—but even when their pungency has been tamed, they retain a little bite to remind you of their wild past.



onions

From choosing the best to when they're in season—everything you need to know about the summer's trio.







tomatoes

The news about tomatoes just keeps getting better. This year we should be seeing more heirloom tomatoes with their robust flavors and unique colors in stores, says Adrienne Young, a spokesperson for the California Tomato Commission. Even if you don't see the heirlooms, there are hundreds of different varieties—tailored to the climate of the location where they're grown. From October to June, most tomatoes come from Florida and Mexico. In the summer, they come from throughout the 50 states.

CHOOSING: In the store, look for shiny skins, plump shape. The tomato should just give slightly to thumb pressure all around. You can buy a tomato that's not fully red and let it ripen on the counter (you can put them in a brown bag to hasten ripening).

KEEPING: Tomatoes hate the cold because it renders them tasteless. Don't put them in the refrigerator—the enzyme that gives tomatoes their flavor is destroyed below 50° F. They'll keep nicely up to seven days on the counter.

peppers

The mild branch of the chile pepper family comes in a variety of colors. All sweet peppers start out green, but they ripen into colors such as red, orange, yellow, purple, and chocolate brown. Ripe peppers are sweeter than the greens, but the flavor differences between the colored varieties are subtle. Peppers are in season year-round and come from a variety of areas, including Mexico and Florida in the winter, and California and Holland in the spring and summer.

CHOOSING: Look for well-shaped peppers with deep color, glossy sheen, relatively heavy weight for their size, and firm sides. Don't buy peppers with very thin walls (those would be peppers that are light for their size and have flexible sides); peppers that are wilted or flabby with cuts or punctures; or peppers with soft, watery spots on the sides (which would indicate the pepper has started to go bad).

KEEPING: Refrigerate, unwashed, in a plastic bag for up to five days.

onions

The onions you'll find in stores from March through August are usually sweeter and milder, according to a spokesperson for the National Onion Association. In September, the hardier, stronger-flavored storage onions begin to come into stores. Both kinds work equally well with these recipes, though summer onions tend to take a little longer to brown.

CHOOSING: White onions tend to be more pungent than yellows and have a sharper aroma and flavor. Reds are about as sharp as yellows, but aren't really for cooking because they fade in heat (except on the grill because they don't take as long to cook). Look for dry outer skins free of spots or blemishes. The onion should be heavy for its size with no scent (scent indicates internal breakdown and bruising).

KEEPING: Onions will keep about 10 days in a well-ventilated, cool, dry place—not in the refrigerator and not in plastic bags from the grocery store because humidity in these places makes onions break down. After chopping, they can also be frozen, tightly wrapped, up to three months.



New LAND O LAKES® Fresh Buttery Taste™ Spread.

Real butter taste from the people who know butter best.

LAND O LAKES™

Where simple goodness begins.™

www.landolakes.com

Searching for a healthy dish? Now we're talking almonds.

When your veggies seem a little lonely, invite California Almonds to the table. Because we're not only delicious, we're nutritious.

Here's a hot tip. For dishes to talk about, "almondine" your veggies, chicken or soup by sprinkling almonds on top. Also, give this recipe a try.

Almond-Green Bean Salad — Here's a recipe for veggie lovers.

- 1/2 lb. green beans, in 1 1/2" pieces
- 1 cup baked cherry tomatoes
- 1/3 cup sliced red onion
- 1 Tbs. balsamic vinegar
- 1 Tbs. vegetable oil
- Salt and pepper to taste
- Torn lettuce leaves
- 1/3 cup sliced almonds, toasted

Steam beans 5 minutes until crisp-tender; drain well. In a bowl, toss beans, tomatoes, onion, vinegar, oil, salt and pepper. Line plates with lettuce. Top with bean mixture and almonds. Serve at

CALIFORNIA almonds are in!
www.AlmondsAreIn.com

Visit our website for more ideas & facts!

Summer Ripe

continued from page 164

Tomato Bread Pudding

For the best results, seek out crusty, firm-textured bread.

Prep: 25 minutes **Bake:** 15 minutes

- 4 oz. French bread, Italian bread, or Italian Country bread, torn into 1-inch chunks
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 2 lb. tomatoes, cored, seeded and coarsely chopped (about 4 cups)
- 3 Tbsp. snipped fresh dill weed or 1 tsp. dried dill weed
- ¼ tsp. pepper
- ¼ cup reduced-sodium chicken broth
- Finely shredded Parmesan cheese (optional)
- Sprigs of fresh dill

1. Preheat oven to 350° F. Place bread pieces in a large, shallow baking pan. Bake for 15 minutes or until golden brown, stirring once.

2. In a large skillet cook garlic in hot olive oil over medium heat for 30 seconds. Add tomatoes, dill, and pepper. Cook, uncovered, over medium heat for 2 minutes, stirring occasionally. Add broth and bring to boiling. Remove from heat. To serve, place toasted bread pieces in a serving bowl.



Use a small knife or tomato corer to remove stem and core before slicing.

Pour tomato mixture over bread; toss gently to mix. Top with Parmesan cheese and sprigs of fresh dill. Serve immediately. Makes 4 to 6 servings.

Nutrition facts per serving: 189 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 232 mg sodium, 26 g carbo., 3 g fiber, 5 g pro. Daily Values: 28% vit. A, 73% vit. C, 4% calcium, 10% iron.

Stand-Up Tomato Salad

If you prefer, you may substitute your favorite oil-and-vinegar salad dressing.

Prep: 30 minutes **Chill:** 2 hours

- 2 Tbsp. lime juice
- 2 Tbsp. tequila
- 1 Tbsp. salad oil
- 2 tsp. snipped fresh marjoram
- ¼ tsp. salt
- ¼ tsp. pepper
- 3 small yellow, orange, ripe green, and/or red tomatoes (about 12 oz. total), cored

continued on page 168

VEGETABLE MATH

Buying produce always involves some estimating, but here are broad guidelines to use at the market to eliminate some of the guesswork. The "What You Get" column is what you're left with after seeding and trimming. Keep in mind, though, that sizes and yields can vary depending on growing conditions—peppers especially have a wide range in size and weight. Your best bet is to buy by weight rather than size, when possible.

	What you buy	What you get
Onions	1 medium (5 oz.)	½ cup chopped
Peppers	1 medium (3 oz.)	¾ cup chopped or 1 cup strips
Tomatoes	1 medium (5 oz.)	½ cup seeded and chopped



Here's some tasty information that's sure to get every nut lover worked up. Almonds are **cholesterol free.** It's great news, but not the only hot topic when you're talking almonds. Because every tasty little crunch is also high in **vitamin E** and **low in saturated fat.** So when you're feeding a healthy appetite, feel free to go all out by making sure California Almonds are in.

CALIFORNIA almonds are in!

www.AlmondsAreIn.com





Best Tasting Toffee | Best Tasting Cherries | Best Tasting Fudge | Best Tasting Truffles | Best Tasting Sugar Free

Judged America's best tasting

by the professional chefs of the American Tasting Institute.

"Only the Finest" - Only from

Russell Stover®

Summer Ripe

continued from page 166

- 1 cup peeled jicama, peeled kohlrabi, yellow summer squash, and/or zucchini, coarsely shredded (about 6 oz.)
- 6 large shrimp, peeled, deveined, and cooked*

1. For dressing, in a screw-top jar combine lime juice, tequila, salad oil, marjoram, salt, and pepper. Cover and shake well.

2. Cut each tomato horizontally into 6 slices. Keeping slices loosely together so you can reassemble them easily later on, place in a 2-quart square baking dish. Pour dressing over slices. Cover and chill for 2 to 4 hours. Remove tomatoes from dish, reserving dressing. Place a tomato slice on each of six individual salad plates. Top with about 1 tablespoon of the shredded vegetables. Repeat layers, alternately stacking tomatoes and shredded vegetables, and ending with a tomato slice. Top each salad with a cooked shrimp.

3. Drizzle each salad with reserved dressing. Makes 6 servings.

**Note:* To cook shrimp, open the shell down the underside. Starting at the head, pull back shell. Gently pull on the tail to remove. Use a sharp knife to remove the black vein that runs along the center of the back. Rinse under cold running water.

In a large saucepan bring 4 cups of water, 1 teaspoon salt, and ½ teaspoon pepper to boiling. Add shrimp. Simmer, uncovered, for 1 to 3 minutes or until shrimp turn pink, stirring occasionally. Rinse under cold running water; drain well and chill.

Nutrition facts per serving: 75 cal., 3 g total fat (0 g sat. fat), 28 mg chol., 138 mg sodium, 5 g carbo., 0 g fiber, 5 g pro. Daily Values: 1% vit. A, 22% vit. C, 2% calcium, 6% iron.

Square Summer Pie

Baking the pie on the bottom rack of the oven ensures that the piecrust will cook up crisp. Position the rack before heating the oven.

Prep: 50 minutes **Bake:** 40 minutes
Cool: 10 minutes

- 4 medium red or orange sweet peppers, seeded and cut into 1-inch pieces (4 cups)
- 1 medium baking potato, peeled and cut into ¼-inch slices
- 8 cloves garlic, sliced
- 2 Tbsp. cooking oil
- 1 9-oz. pkg. frozen artichoke hearts, thawed, drained, and coarsely chopped
- 2 cups all-purpose flour
- ½ tsp. salt
- ⅔ cup shortening
- 6 to 7 Tbsp. cold water
- 1 cup shredded Swiss cheese (4 oz.)
- 1 Tbsp. coarse-grain brown mustard
- ½ tsp. salt
- Milk

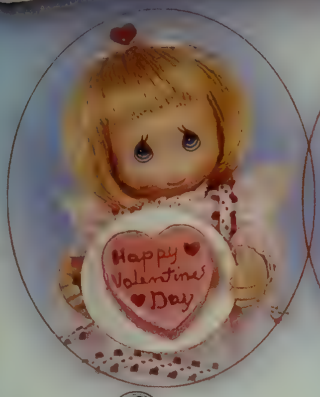
continued on page 170

A Year Of Precious Moments

Display unit FREE!† A $39.99 value



† Display unit itself is free, with a $9.98 shipping and handling fee added.







Only $29.99 each plus shipping

PRECIOUS MOMENTS COMPANY
Sam Butcher

Dolls are 5" (13 cm) high (standing) and fully poseable. Doll stands come with standing dolls. Display unit is approx. 30" (76 cm) wide x 15" (38 cm) high.

THE ASHTON-DRAKE GALLERIES
Bringing You Dolls of Irresistible Value®

A Precious Moments® porcelain doll for every month of the year...ready to pose inside an exclusive display!

Affordably priced at ***just $29.99 per doll*** *plus shipping*
That's Ashton-Drake value!

Unconditionally guaranteed for one full year!

These precious little messengers are here to warm your heart all year 'round! Beautifully crafted in fine porcelain, each child brings a new month to life with a seasonal activity and a heart-warming inspiration...giving you a whole *Year Of* **Precious Moments®**. With *incredibly* detailed clothing, they're fully authorized by **Precious Moments** artist Sam Butcher. Each doll is ***just $29.99*** (plus shipping). The decorative display unit is yours *FREE* with your subscription (you only pay $9.98 shipping and handling). Celebrate each month the **Precious Moments** way...order now!

Ashton-Drake. Bringing You Dolls of Irresistible Value!®

01 Precious Moments, Inc. Precious Moments is a tered trademark of PMI; Licensee Ashton-Drake eries. All Rights Reserved Worldwide.
01 The Ashton-Drake Galleries 43576--CC2A

collectiblestoday.com
Home of The Ashton-Drake Galleries and All Things Collectible

A Year Of Precious Moments® *Porcelain Doll Collection*

PLEASE RESPOND PROMPTLY

☐ **YES!** Please reserve the *A Year Of* Precious Moments® porcelain doll collection for me. I need SEND NO MONEY NOW. My collection begins with the April doll, which will arrive with an invoice for $29.99* plus shipping and handling. Subsequent dolls will be shipped about once a month, providing I've paid in full for the previous doll. The display unit will be shipped after I've paid for my June doll. I will pay a $9.98 shipping and handling fee for the display. My purchase is protected by a one-year guarantee.

x _____
Signature _____ Date _____

Name (please print clearly) _____ ( ) Telephone _____

Address _____

City _____ State _____ Zip _____

*Total price of $34.97 per doll includes $4.98 shipping and handling. Sales tax additional on shipments to Illinois. Please allow 10 to 12 weeks for delivery. Price is higher in Canada.

43576-D81201

THE ASHTON-DRAKE GALLERIES
9200 North Maryland Ave., Niles, Illinois 60714-1397

continued from page 168

1. In a 12-inch skillet cook the peppers, potato slices, and garlic in hot oil over medium heat for 5 minutes, stirring occasionally. Stir in artichoke hearts. Cook, covered, for 4 minutes more or until vegetables are crisp-tender, stirring occasionally. Transfer vegetable mixture to a large bowl; set aside.

2. Move oven rack to lowest position in oven. Preheat oven to 450° F. In another large bowl stir together flour and ½ teaspoon salt. Using a pastry blender, cut in shortening until pieces are pea-size. Sprinkle 1 tablespoon of the water over part of the flour mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon water at a time, until all the dough is moistened. Divide dough in half; form each half into a ball. On a lightly floured surface, use your hands to slightly flatten one of the dough balls. Roll from center to edges to form an 11-inch square. To transfer pastry, roll around rolling pin. Unroll pastry into a 9-inch square tart pan, or a 2-quart square baking dish, being careful not to stretch pastry. If necessary, trim edge of pastry even with top edge of pan.

3. Add Swiss cheese, mustard, and the remaining ½ teaspoon salt to vegetable mixture. Toss gently to evenly coat vegetables with mustard. Spoon mixture into pastry-lined pan. Roll out remaining pastry into an 11-inch square. Cut into 1-inch-wide strips. Place pastry strips over filling in a free-form lattice pattern. Press ends of strips into crust edges. Brush pastry with milk. Cover edges of pastry with foil. Bake for 20 minutes. Remove foil and bake 20 minutes more or until crust is well-browned. Let cool in pan on a wire rack 10 minutes before carefully removing sides of pan. Makes 8 servings.

To make pastry ahead: Prepare dough. Wrap in plastic wrap or place in a plastic bag; seal. Refrigerate up to 24 hours. Allow to come to room temperature before rolling out for tart.



The lattice looks better if it is laid on casually rather than in rigid lines. If you use a deeper pan, the dough may not come all the way to the rim; if not, tuck the edges of pastry strips around the outside of the bottom crust.

Nutrition facts per serving: 392 cal., 25 g total fat (7 g sat. fat), 13 mg chol., 377 mg sodium, 33 g carbo., 4 g fiber, 9 g pro. Daily Values: 68% vit. A, 170% vit. C, 17% calcium, 11% iron.

Yellow Pepper Soup with Yogurt and Cucumbers

Fennel seed can be easily crushed on a cutting board with the back of a spoon.

Prep: 25 minutes **Cook:** 20 minutes

- 1 8-oz. carton plain or low-fat yogurt (do not use nonfat)
- 1 tsp. fennel seed, crushed
- 4 to 7 medium yellow sweet peppers (1½ lb.), seeded and coarsely chopped (about 5 cups)
- 2 medium shallots, chopped (¼ cup)
- ¾ tsp. ground cardamom
- 2 Tbsp. olive oil
- 1 14-oz. can reduced-sodium chicken broth
- 1 cup water
- 2 Tbsp. cider vinegar
- ¼ cup coarsely chopped cucumber
- Freshly ground black or white pepper

1. In a bowl stir together the yogurt and fennel seed. Cover and let stand at room temperature for 30 minutes.

2. Meanwhile, in a large saucepan cook the sweet peppers, shallots, and cardamom in hot oil for 15 minutes or until peppers are just beginning to soften, stirring occasionally. Add chicken broth, water, and vinegar. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes more.

3. Remove from heat and allow to cool slightly. In a blender container or food processor bowl, blend or process the mixture, half at a time, until smooth. Return all to saucepan. Cook and stir over medium heat until heated through.

4. To serve, ladle blended soup into individual bowls. Top with a dollop of yogurt, some of the cucumber, and ground pepper. Can be served warm or chilled. Makes 4 servings.

Nutrition facts per serving: 154 cal., 9 g total fat (2 g sat. fat), 8 mg chol., 306 mg sodium, 15 g carbo., 2 g fiber, and 5 g pro. Daily Values: 10% vit. A, 365% vit. C, 10% calcium, and 6% iron.

Grilled Pickled Peppers

To add a little heat to this recipe, consider tossing a poblano chili pepper or two onto the grill when you're cooking the sweet peppers.

Prep: 20 minutes **Cool:** 1 hour
Chill: overnight

- 4 medium orange, red, and/or yellow sweet peppers
- 1 Tbsp. olive oil
- 1 tsp. mustard seeds, toasted*
- 2 whole cloves
- ½ cup red wine vinegar
- 5 sprigs fresh thyme
- ¼ tsp. salt
- ¼ tsp. ground black pepper

1. Halve the sweet peppers; remove the stems, seeds, and membranes. Brush pepper halves with olive oil. Place pepper halves on the rack of an uncovered grill directly over medium coals. Grill for 10 minutes or until

continued on page 172



ly, really fresh tasting salad dressing. Real blue cheese, sour cream and buttermilk. Three very good ons why you'll find us in the refrigerated produce section. **Marie's.® What makes it, makes it great.**

continued from page 170

crisp-tender and peppers have grill marks, turning once. Remove from grill and cool. Cut into chunks.

2. While peppers cool, place the toasted mustard seeds and cloves on a small square of double thickness 100-percent cotton cheesecloth. Bring up corners to make a bundle; tie with 100-percent cotton string. Place the spice bag in a small stainless steel saucepan with the vinegar and thyme sprigs. Bring to boiling; remove from heat. Cool completely.

3. In a medium glass bowl stir together peppers, vinegar mixture, salt, and black pepper; cover and chill overnight. To serve, remove spice bag. Use a slotted spoon to serve with an assortment of pickles, olives, chips, and raw vegetables. The peppers may also be served with grilled sausages or other grilled entrées. Makes 3 cups.

**Note:* To toast mustard seed, place seeds in a small skillet. Heat over medium-high heat for 2 to 3 minutes or until toasted, shaking skillet occasionally. Watch carefully the as seeds may "pop" in skillet, jumping out when hot.

Nutrition facts per ¼ cup serving: 42 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 67 mg sodium, 5 g carbo., 1 g fiber, 1 g pro. Daily Values: 4% vit. A, 202% vit. C, 1% calcium, 3% iron.

Glazed Onions

Find fig vinegar in specialty food stores, or order it at www.cuisineperel.com or from Gourmet Country, 800/665-9123.

Prep: 25 minutes **Cook:** 13 minutes

- ¼ cup broken walnuts
- 1½ lb. pearl onions (5 cups), peeled (see photo, *right*)
- 1 Tbsp. cooking oil
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2 Tbsp. dried currants, raisins, or chopped dried figs
- 3 Tbsp. black fig vinegar, or red wine vinegar with ½ tsp. sugar stirred in
- 1 Tbsp. snipped fresh savory or oregano
- Crème Fraîche (see recipe, *page 174*) or one recipe Sherry Whipped Cream
- Black fig vinegar



To peel small onions, bring a small saucepan of water to boiling. Cook onions for 30 seconds. Drain and cool. Cut a thin slice off of the root end and squeeze from other end to remove peel.

1. In a large skillet cook walnuts over medium-high heat for 4 to 5 minutes or until toasted, stirring occasionally. Remove from skillet and set aside. In same skillet cook onions in hot oil over medium-low heat for 12 to 15 minutes until golden brown and tender, stirring occasionally. Sprinkle onions with the salt and pepper. Stir in walnuts, currants, and the 3 tablespoons vinegar. Cook and stir about 1 minute until all vinegar is evaporated and onions are glazed.

2. Transfer onions to a serving bowl. Sprinkle with savory or oregano. If desired, spoon Crème Fraîche or Sherry Whipped Cream on top of onions. Pass additional fig vinegar. Makes 5 to 6 servings.

To whip Crème Fraîche: Place ¼ cup crème fraîche in a screw-top jar. Cover and shake until crème thickens slightly.

Sherry Whipped Cream: Place 2 tablespoons heavy whipping cream (not ultra-pasteurized) and 1 tablespoon dry sherry in a screw-top jar. Cover; shake until cream thickens slightly.

Nutrition facts per serving: 142 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 123 mg sodium, 18 g carbo., 4 g fiber, and 3 g pro. Daily Values: 0% vit. A, 15% vit. C, 4% calcium, and 4% iron.

continued on page 174



Soup Plates



Soup Spoons

Soup plates and soup spoons can be hard to find, but for soup lovers they are a necessity. For our Yellow Pepper Soup with Yogurt and Cucumbers (recipe, *page 170*) or any of your family's favorites, the heavyweight porcelain soup plates (*above, left*) are 9¼ inches in diameter and feature a 1¼-inch rim; the bowl is about 1 inch deep. From Harold's Kitchen, the **Set of Four Soup Plates** costs $39.95, which includes shipping, handling, and applicable sales tax. The polished heavyweight stainless steel spoons (*above, right*) have a 1½-inch round deep base. From RSVP, the **Set of Eight Soup Spoons** is dishwasher safe and costs $29.95, which includes shipping, handling, and applicable sales tax. **TO ORDER** with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify item(s) desired, calculate the total due, and send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 0208, Box 9128, Des Moines, IA 50306-9128. Or, visit www.bhgcatalog.com on the Web.


"I'd like one of each, please."
We began making pretzels in our family bakery back in 1909 with just one recipe. Today, we've crafted more than 25 varieties of bakery pretzels. So, we understand it might be hard to choose. Our suggestion, try them all!
www.snydersofhanover.com
SNYDER'S
SNYDER'S OF HANOVER
Sourdough Specials
SNYDER'S OF HANOVER
Honey Mustard & Onion PIECES
SNYDER'S OF HANOVER
Snaps
America's Pretzel Bakery Since 1909
SNYDER'S OF HANOVER
upromise
Buy Snyder's of Hanover Pretzels and save money for college

Summer Ripe

continued from page 172

Crème Fraîche

Prep: 10 minutes **Stand:** 2 hours

- ¼ cup whipping cream (not ultra-pasteurized)
- ¼ cup dairy sour cream

1. In a small mixing bowl stir together whipping cream and dairy sour cream. Cover with plastic wrap. Let stand at room temperature for 2 to 5 hours or until mixture thickens.

2. When thickened, cover and chill in the refrigerator until serving time or up to 48 hours. Stir before serving. Makes ½ cup.

Nutrition facts per tablespoon: 39 cal., 4 g total fat (3 g sat. fat), 13 mg chol., 6 mg sodium, 0 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. C, 1% calcium, and 0% iron.

Onion Gratin with Country Ham

We used country-style ham in this recipe for its full flavor and bold saltiness. It can be purchased as 6-ounce steaks from many grocery stores or sliced at your store's deli counter, but regular smoked ham works very well as a substitute.

Prep: 30 minutes **Bake:** 1¼ hours **Stand:** 10 minutes

- ¼ cup butter
- ¼ cup all-purpose flour
- 1 tsp. salt
- ½ tsp. pepper
- 2 cups milk
- 2 lb. large onions (about 4), peeled, cut into ½-inch-thick slices, and separated into rings
- 1 15-oz. can cannellini beans or Great Northern beans, rinsed and drained
- 6 oz. cooked, country-style ham or smoked ham cut into bite-size strips
- ½ cup smoked provolone or plain provolone cheese, shredded (about 2 oz.)

1. Preheat oven to 350° F. For sauce, in a large saucepan melt butter over medium heat. Stir in the flour, salt, and pepper. Cook and stir for 2 to 3 minutes until lightly browned. Add milk all at once. Cook and stir over medium heat until thickened and bubbly.

2. Stir in the sliced onions, the beans, and the ham. Transfer mixture to a 1½-quart oval or 2-quart rectangular baking dish. Place the dish on a baking sheet.

3. Bake, covered, for 1 hour. Uncover and sprinkle with cheese. Bake, uncovered, for 15 minutes more or until onions are tender and top is golden. Let stand 10 minutes before serving. Makes 6 to 8 side-dish servings.

Nutrition facts per serving: 309 cal., 15 g total fat (8 g sat. fat), 54 mg chol., 1,318 mg sodium, 30 g carbo., 6 g fiber, and 19 g pro. Daily Values: 11% vit. A, 14% vit. C, 22% calcium, and 10% iron.

continued on page 176

LIVELY COMPANIONS FOR SUMMER MEALS

These wines—made from a grape called Sauvignon Blanc—come alive when you pair them with food. Drink them alone, and they can taste a bit sour. But they blossom when perched beside a plate heaped with food featuring the fresh garden heartiness of the recipes in this story. These extraordinary dinner companions offer the textures and flavors of fuzzy peaches, margaritas, and blackberries. If you can't find a wine, check the Web site or use the e-mail address or phone number listed below.

Turning Leaf 2001 Sauvignon Blanc. $8—A heap of the Cornmeal Crusted Onion Rings on *page 176* and a bottle of this soft, elegant, apple-perfumed crowd pleaser, and you've got the beginning to a memorable evening. www.turningleaf.com.

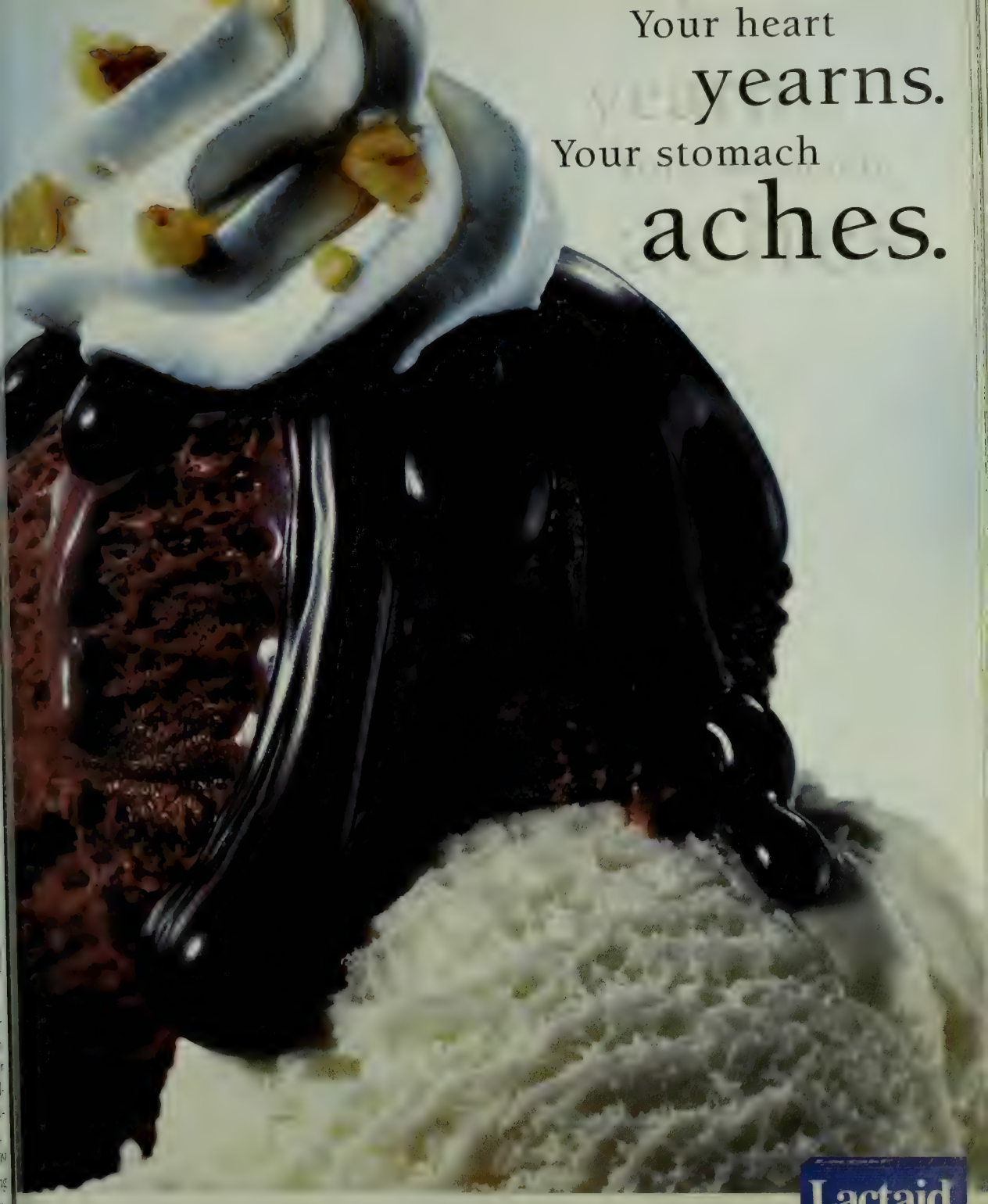
R.H. Phillips 2001 Dunnigan Hills Sauvignon Blanc. $9—A refreshing wine with flavors of green apple and citrus that works hard at its job—providing a worthy accompaniment to dinner. E-mail: rhp@rhphillips.com.

Sterling 2001 North Coast Sauvignon Blanc. $14—Smooth and easy to drink, this wine is especially appealing because it offers the flavors of peaches, ripe melons, and figs. If you swirl it in your glass and sniff, you'll catch a hint of that sweet, slightly grassy aroma of a newly mown lawn. www.aboutwines.com.

St. Supéry 2001 Napa Valley Sauvignon Blanc. $15—This cheerful, grapefruity wine is the one to drink while the sun is out; its smoothness and not-sweet character go well with everything grilled. 800/942-0810 Ext. 24, or e-mail: divinecab@stsupery.com.

Brancott Vineyards 2001 Marlborough Reserve Sauvignon Blanc. $18—This is *the* dinner wine. Serve it with everything, starting with the Onion Gratin with Country Ham (*left*). E-mail: adw_info@allieddomecqwines.com.





is no longer off-limits with Lactaid®. Taken with your first bite of dairy, ps you avoid cramps, gas or bloating. That's because it's a natural enzyme helps you digest a milk sugar called lactose. For more information, www.lactaid.com.

Lactaid® Enjoy dairy again.



continued from page 174

Onion Dip

Splurge on a big bag of thick, sea-salt sprinkled potato chips to serve with this recipe.

Prep: 15 minutes **Cook:** 21 minutes

- 1⅓ lb. medium onions (4) halved and coarsely chopped (2 cups)
- ½ tsp. salt
- 2 Tbsp. cooking oil
- 2 tsp. snipped fresh sage
- ⅓ cup dairy sour cream
- 2 Tbsp. grated Parmesan cheese
- 2 Tbsp. finely chopped red onion
- Potato chips or Armenian cracker bread (lahvosh) broken into serving-size pieces

1. In a large skillet cook the coarsely chopped onions and salt in hot oil, uncovered, over medium-low heat for 20 minutes or until very soft and slightly browned, stirring occasionally. Stir in sage. Cook 1 minute more. Remove from heat; stir in sour cream and Parmesan cheese. Transfer to a serving bowl. Sprinkle with red onion and serve immediately with chips or lahvosh. Makes about 1 cup (8 servings).

Nutrition facts per 2 tablespoons dip: 69 cal., 6 g total fat (2 g sat. fat), 5 mg chol., 174 mg sodium, 4 g carbo., 1 g fiber, and 1 g pro. Daily Values: 2% vit. A, 4% vit. C, 4% calcium, and 1% iron.

Cornmeal Crusted Onion Rings

Use a saucepan that's taller than it is wide to minimize oil spattering.

Prep: 30 minutes
Cook: 3 minutes per batch

- 3 Tbsp. honey
- 1 tsp. snipped fresh rosemary
- 1 lb. white onions (3 medium)
- 1 48-oz. bottle cooking oil for deep-fat frying
- ½ cup buttermilk
- 1 egg, beaten
- 1 cup all-purpose flour
- ½ cup cornmeal
- ¼ cup finely chopped peanuts or pecans
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper

1. In a small saucepan heat honey and rosemary together over very low heat about 3 minutes or until heated through. Set aside. Cut 1 onion in half crosswise; set aside half. Cut remaining onions into ½-inch-thick slices; separate into rings and set aside. In a heavy, deep, 3-quart saucepan or deep-fat fryer, heat oil to 365° F.

2. Preheat oven to 300° F. Line a baking sheet with waxed paper; set aside. In a medium bowl combine buttermilk and egg. In a shallow dish combine flour, cornmeal, peanuts or pecans, salt, and pepper.

3. Working in batches, dip onion rings in egg mixture, letting excess drip into bowl. Toss rings in flour mixture until well-coated; gently shake off excess. Place onion rings on prepared baking sheet. Repeat process with remaining onions, egg, and flour mixtures.

4. With long-handled tongs, carefully add onion rings, a few at a time, to hot oil. Fry about 3 minutes, turning rings a few times, until onions are golden brown and cooked through. Drain on paper towels. Transfer to another cookie sheet or shallow pan and keep warm in oven. Repeat with remaining onion rings.

5. To serve, place the reserved onion half, cut side down, on a plate. Insert a fork into top of onion so that fork is upright. Stack the onion rings onto the fork handle. Arrange remaining rings on plate around onion. Drizzle with rosemary-honey mixture. Sprinkle with additional salt, if desired. Makes 6 servings.

Nutrition facts per serving: 385 cal., 23 g total fat (3 g sat. fat), 36 mg chol., 229 mg sodium, 41 g carbo., 3 g fiber, 6 g pro. Daily Values: 2% vit. A, 9% vit. C, 5% calcium, 10% iron.



NO-TEAR ONION CHOPPING

Put away your wooden kitchen matches, your swim goggles, and all the other ways you may have tried to keep from crying while chopping onions. The National Onion Association recommends putting the onion in the refrigerator for 30 minutes, then cutting the top off. Don't cut into the root end, because it has the highest concentration of the chemicals that make you cry. (The top is the pointier end, the root is marked by the solid round brown knob). Leaving the root intact also helps keep the onion together while you chop.

Start chopping by cutting off the tip of the onion. Then slice the onion in half from top to root end. Place the onion halves flat side down, and make parallel horizontal slices about a quarter of an inch apart (see photo, *above left*). Then cut vertically down the slices (see photo, *above right*). Finish by cutting across the slices to create chopped onions.

The Little Rascals®

Affordably priced at 2 payments of just

$19.99

for each costumed porcelain figure plus shipping and handling.

Look below at the issues to come in this nostalgic collection!



Receive "Petey the Pup" at no extra charge when you complete your collection with "Stymie"!

Your collection begins with "Spanky," the round-cheeked tyke who had an amazing ability to coin catchphrases like "And how!" and "You're tellin' me!"

"Spanky" is approx. 8" high (20 cm).

THE ASHTON-DRAKE GALLERIES

Bringing You Dolls of Irresistible Value

They Played, They Fought, They Dealt With Puppy Love.

ey Were The Little Rascals.® And 'y're still as adorable *today* as they were n they made their first *Our Gang* vie in the '20s.

Now, a new series of costumed porce- figures features the most beloved mbers of *The Little Rascals*™ just as you ember them.

Your collection begins with "Spanky." s the spitting image of that bundle of nniving energy—with his too large shoes, a beanie cap, rumpled shirt and enormous knickers. Entirely handcrafted, hand-painted, and authentically costumed, each "Rascal" in the collection bears an uncanny resemblance to his or her cinematic namesake. And, each figure has jointed arms and legs so you can pose them any way you want!

To relive the mischief and merriment of *Our Gang*, order now! You'll agree, it's a show worth a front row seat! ("And how!")

collectiblestoday.com

of The Ashton-Drake Galleries and All Things Collectible

© 2002 King World Productions, Inc. Based upon series distributed by King World and Turner Entertainment.

© 2002 The Ashton-Drake Galleries
Printed In The U.S.A.

43986-CC2A

The Little Rascals®
Costumed Porcelain Figure Collection

PLEASE RESPOND PROMPTLY

❑ **YES,** please reserve "Spanky" and *The Little Rascals*® collection for me. I will receive an invoice for the amount due with each costumed figure. After I have paid in full for one costumed figure, the next will be shipped to me automatically.

•SEND NO MONEY NOW •365-DAY, MONEY-BACK GUARANTEE
•2 PAYMENTS OF $19.99* FOR EACH FIGURE *(plus shipping & handling)*

x _____
Signature _____ Date _____

Name (please print clearly) _____ Telephone ( ) _____

Address _____

City _____ State _____ Zip _____

*Total price of $44.97 per figure includes $4.98 shipping and handling. Sales tax additional on shipments to Illinois. Please allow 10 to 12 weeks for delivery, pending credit approval. Price is higher in Canada.

43986-D81201

THE ASHTON-DRAKE GALLERIES
9200 North Maryland Ave., Niles, Illinois 60714-1397



Summer Bounty Salad

Market-Fresh Corn Favorites

by Marge Perry

Nothing says summer quite like the crunch of sweet, fresh corn right off the cob. Take corn from market to table in the same day for the very best flavor.

Summer Bounty Salad

For this no-cook salad, combine fresh uncooked corn kernels, slivered red onion, shredded basil leaves, and finely chopped sweet peppers. Toss with balsamic vinegar, olive oil, salt, and pepper. Cover; chill up to 2 hours before serving.

Fresh Corn Fritters

Mix 2 cups fresh uncooked corn kernels with one 8½-ounce package of corn muffin mix, snipped fresh sage, 1 egg, and ¼ cup milk. Drop batter by tablespoons in deep hot fat (365° F). Fry 2 to 3 minutes until golden brown, turn once. Drain well; serve warm.

Sassy Garden Relish

Stir together 2 cups fresh uncooked corn kernels; ¾ cup chopped sweet peppers; ½ cup chopped cucumber; ¼ cup sliced green onions; 2 tablespoons fresh cilantro; vinegar, sugar, and salt to taste; one chopped, seeded habañero pepper; and a dash of bottled hot pepper sauce. Cover; chill for up to 2 days.



Fresh Corn Fritters



Sassy Garden Relish



A taste so big it took n XXL Hot Dog to hold it all.



ew Oscar Mayer® XXL Hot Dogs • Big Taste for Kids of All Sizes

oscarmayer.com



picnic eggs

Postponing summer's itchy chores in favor of an afternoon enjoying the cool breezes off a lake doesn't mean that you have to do your basking on an empty stomach.

Bring sandwiches, of course, but add a plate of deviled eggs. They're everything you want in a hot-weather food: cool, easy, and the right size to sustain you between lunch and dinner.

Follow our recipe and you'll learn a couple of things. The first is a little food science: Too much heat causes a chemical reaction that makes yolks turn gray-green. If you follow our boiling method (*above right*), your eggs won't overcook.

The second lesson is to trust your taste buds. You know what your family loves, so use the kind of mustard they prefer and adjust the balance of mustards, salt, and pepper to suit them.

THE HARD-BOILED BASICS

Place the eggs in a single layer in a large saucepan. Add enough cold water to come 1 inch above eggs. Bring to a full rolling boil over high heat. Reduce heat so water is just below simmering, and then cover and cook for about 15 minutes.

Remove them from the pan, place them in a colander, and run cold water over them until they're cool enough to handle. To peel, gently tap each egg on the counter. Roll the egg between the palms of your hands. Peel off eggshell. Cover and refrigerate eggs until thoroughly chilled, about 1 hour.

Deviled Eggs

Prep: 20 minutes **Cook:** 15 minutes

- 7 large hard-cooked eggs
- ¼ cup mayonnaise or salad dressing
- 1 to 2 tsp. Dijon-style mustard, balsamic herb mustard, honey mustard, or other favorite mustard
- ½ tsp. dry mustard
- Several leaves flat-leaf parsley for garnish or paprika (optional)

1. Cut six of the eggs in half lengthwise; gently remove yolks, set whites aside. Coarsely chop the remaining egg.



2. Place the yolks, chopped egg, mayonnaise, and mustards in a self-sealing plastic bag. Seal bag. Gently squeeze the bag to combine ingredients. Season with salt and pepper.



3. Snip one corner of the bag (see photos, *right*) and squeeze bag, pushing egg yolk mixture through hole into egg white halves. Top with fresh herbs or paprika. Makes 12 halves.

Egg halves can be stuffed up to 12 hours ahead.

Nutrition facts per egg half: 80 cal., 7 g total fat (1 g sat. fat), 125 mg chol., 88 mg sodium, 0 g carbo., 0 g fiber, 4 g pro. Daily Values: 3% vit. A, 0% vit. C, 2% calcium, 2% iron.



Too
Good
To
Put
Down.
Tastes
Good.
Feels
Good.

Wheat Thins®



Fruity Fun...

Follow these simple tips to select fruits whose beauty is more than skin deep.

Look

A bright hue, a rosy blush, pretty skin that's blemish free, and a plump shape—these are generally key for ripe fruits. No bruises, bumps, cracks, mold, or oozing, please.

Sniff

Delicious fruits are fragrant and sweetly aromatic. Avoid fruits that have a stale, odd odor. An overly strong smell indicates overripeness.

Poke; Push; Lift

Skip fruits that are hard and overly firm—this is an indication of underripeness. Overly soft fruits indicate overripeness. Most fruits should feel heavy for their size and be well-shaped for their variety.

Taste

Sweet, moist, and juicy. Bottom line: Ripe fruit should taste FRESH.

The Art of Choosing Fruit

by Ken Haedrich

Just like us older folk, kids absolutely adore fresh fruit when it is at the top of its game—juicy, plump, and almost as sweet as candy. Consider this quest for the best fruit reason enough to hustle your children into the produce section for a quick, easy, and delicious lesson in the art of choosing fruits. After all, peachy peaches, perfect plums, fat sun-kissed berries, and deluxe ripe melons don't just show up on the family table. They're chosen.

Need more reasons? Fresh fruit is an essential part of a healthy kid's diet, a good source of vitamins and fiber. And it's a thrill to handle, like playing with big, brilliant jewels. Read on for a fruit-by-fruit guide and ideas for tossing together a yummy salad. continued on page 184

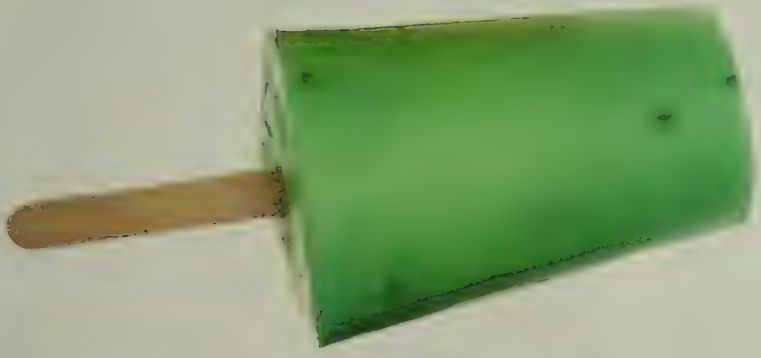
Jell-O Homemade Pudding Pops



Because it's a sweeter, creamier version of a brain freeze.



Because if your kids won't drink their milk, they can always eat it.



Because the toughest part is picking your favorite flavor.



Because it's magic.™

repare your favorite Jell-O Instant Pudding with milk as package directs.
our into paper cups. Insert wooden sticks or plastic spoons. Freeze 3 hours or until firm.
avors shown: Lemon, Butterscotch, Pistachio and Chocolate.



jello.com

©2002 KF Holdings

continued from page 182











Fruit Salad Bowl Turnover
Prep: 30 min.

- 4 cups sliced fresh peaches, nectarines, plums, and/or apricots
- 1 to 2 cups assorted fresh berries, such as halved strawberries, blackberries, blueberries, and/or raspberries
- 1 to 2 cups 1-inch chunks honeydew or cantaloupe melon
- 1 to 2 Tbsp. fresh lemon juice
- 1 to 2 Tbsp. sugar (optional)
- 3 small cantaloupes, halved (optional)

1. Refrigerate a large glass serving bowl for 20 to 30 minutes. Add desired fruit to the bowl. Toss gently until fruits are just mixed. Sprinkle with the lemon juice. Sprinkle the sugar, to taste. Toss gently until sugar is just dissolved. To serve, spoon mixed fruits into cantaloupe halves, if desired. Makes 6 to 8 servings.

Best of Season

A street-smart fruit detective uses his or her sight, smell, touch, and taste to spot superior goods. Your kids can too.

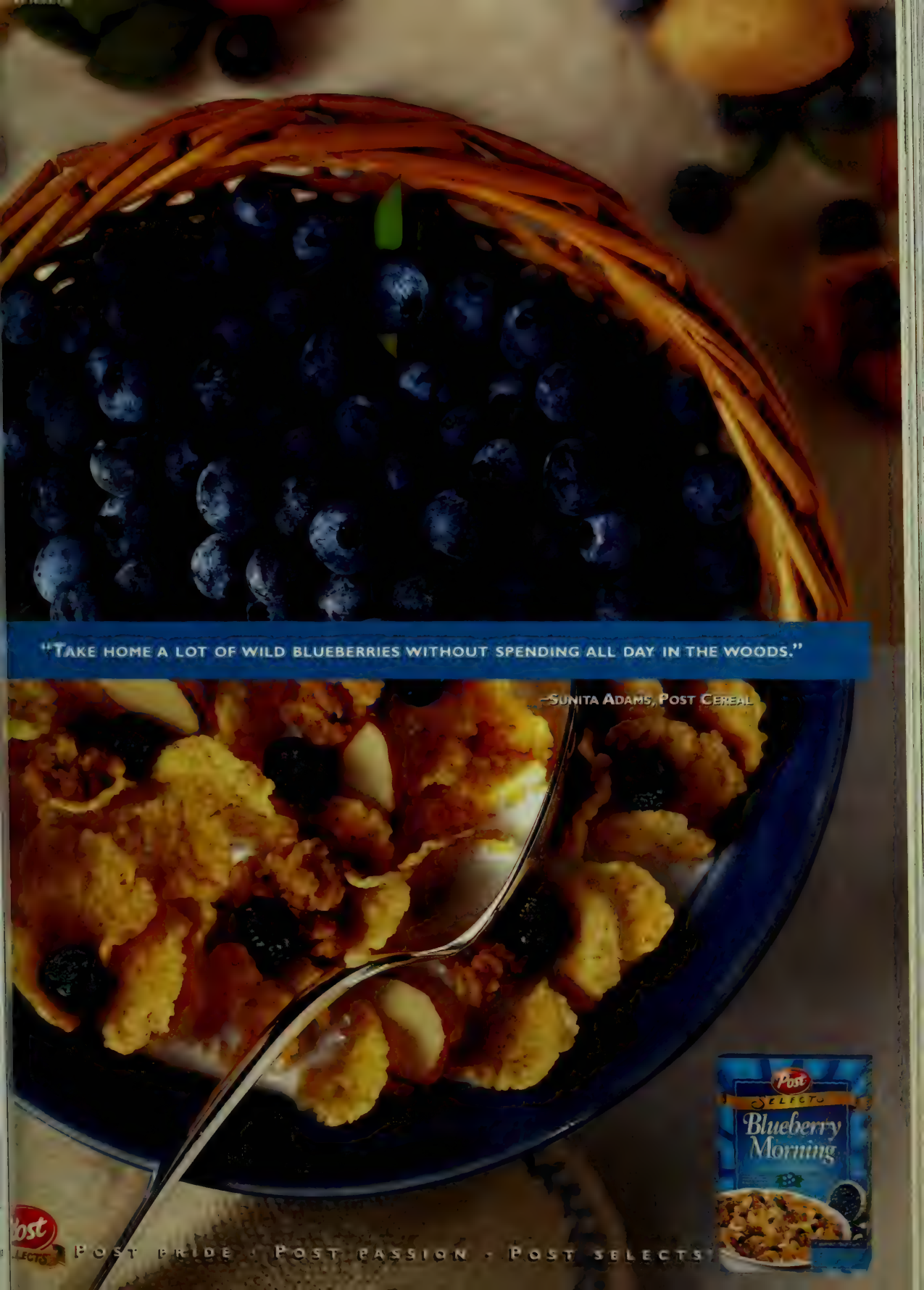
Apricots
Look for plump, firm apricots with a pretty red blush. Avoid fruit that is pale yellow or green-yellow, very firm, very soft, or bruised. Availability: late May to mid-August.

Blueberries, Strawberries, Raspberries, Blackberries
Look for blueberries with a rounded shape and a tiny star-shaped cap. They should be firm, plump, and sweet. Strawberries should be plump with bright green caps and a healthy red color. Size does not indicate quality; the largest strawberries aren't necessarily the most flavorful. Raspberries grow in various shades of yellow, red, and black, and contain many tiny, edible seeds. Blackberries should have an inviting color ranging from purplish black to black. Beware of excess juices in the bottom of the containers—this is a sign of spoilage. Sniff for mold too. Availability: all summer long, depending on the region.

Melons
Pick a juicy, heavyweight contender. Cantaloupes should have tightly-netted skin; honeydews should be smooth and unblemished. Poke and whiff the belly-button, or blossom, end; it should give a little and smell melony. Melons will soften but not sweeten further when left to sit at room temperature. Availability: nearly year-round.

Peaches and Nectarines
Watch out for greenish ones; they won't ripen. A rosy blush is nice, but not an indicator of ripeness. Use finger pressure; ripe peaches feel slightly soft, yielding. Ditto on nectarines. Availability: peak from June through September.

Plums
A plump shape, vibrant coloring, smooth skin, and moderately yielding flesh are good signs. Stay away from soft, leaky ones. The bloom (light gray cast) on the skin is natural and doesn't affect quality. Avoid exceptionally hard or soft fruits. Availability: June through September.


"TAKE HOME A LOT OF WILD BLUEBERRIES WITHOUT SPENDING ALL DAY IN THE WOODS."
–SUNITA ADAMS, POST CEREAL
Post
SELECTS
Blueberry Morning
POST PRIDE · POST PASSION · POST SELECTS®

Sara Lee DELI

Upgrade your sandwich.



Add some flair to your sandwich with 28 savory deli meats and 14 tasty cheeses from Sara Lee. There's a delicious variety to help any sandwich taste even better.

Ask for Sara Lee Deli Meats and Cheeses by name exclusively in your grocer's deli.



Nobody doesn't like Sara Lee.

Win Money and Prizes

Prize Tested Recipes® (see page 189)

Your original recipe could be worth up to $400. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

Monthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

March 2003 Categories:

Company Casseroles: Meal-in-a-dish casseroles are the ideal solution for entertaining company. We're looking for entrées that go together fast, that spotlight specialty ingredients with big flavor, or that reinvent a classic. Does your creation combine chicken with pasta and vegetables? Can you update a combination of rice and beef, or make a vegetarian entrée out of grains?

Seafood Appetizers: Give us your ideas for appetizers featuring fish or shellfish. They can be recipes for first courses or an appetizer buffet. Consider sharing a seafood spread for crackers, a marinated scallop appetizer, or a smoked salmon topping for bread rounds. Spring rolls, a unique rumaki, or even a fresh take on shrimp cocktail are welcome.

This Month's Winners — Pages 189 and 190

$400 Winners: Gloria Bradley, Naperville, Ill.; Cynthia C. Saunders, Westbrook, Conn. $200 Winners: Susan M. Davies-Polzine, Buffalo, Minn.; Rhonda E. H. Kaya, Kaneohe, Hawaii. $50 Honor Roll Winners: Sabine Connerley, Palmetto, Fla.; Joyce Cooke, Dayton, Ore.; Hoen Dastic, Santa Maria, Calif.; Tonia Hayes, Lady Lake, Fla.; Florence B. Ignatowicz, Bourbonnais, Ill.; Diana MacDiarmid, Zephyrhills, Fla.; Karen Mehner, Butler, Tenn.; Joyce E. Neil, Saybrook, Ill.; Lucia Perillo, Olympia, Wash.; Donna Sadler, Bartlett, Tenn.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Company Casseroles" or "Seafood Appetizers." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0303 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by August 23, 2002, and received by August 30, 2002. E-mail entries must be posted by 11:59 p.m., EDT, August 23, 2002. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners. ♦

Sara Lee DELI
Enjoy
National Deli Sandwich Month
by visiting these fine supermarket retailers.
MEIJER
Kroger
Dominick's The Fresh Store
Jewel
Albertsons
shaw's Supermarkets
STAR MARKET in Massachusetts
Hannaford
Bruno's
WINN DIXIE


Welcome the newest addition to the Pringles Family



Name: Pringles Snack Stacks

Weight: .81 ounces

Length: 2x3 1/2 inches



Pringles Snack Stacks™ are a smaller pack of Pringles, just the right size for your little one's lunchbox. You'll love the convenient multi-packs and your kids will love the newest addition to their lunch. **Once you pop, the fun won't stop.®**

Pringles Snack Stacks

Prize Tested Recipes®

see page 187 for details



$400 winner Ribeyes with Chipotle Butter

Gloria Bradley, Naperville, Ill.,
in the Grilled Chops and Steaks Category, August 2002

- ¼ cup butter, softened
- 1 Tbsp. finely chopped shallots
- 2 tsp. snipped fresh basil or cilantro
- 1½ tsp. lime juice
- 1 tsp. finely chopped chipotle pepper in adobo sauce
- 2 tsp. ground cumin
- 1 tsp. paprika
- ½ tsp. salt
- ½ tsp. ground white pepper
- 1 Tbsp. olive oil
- ¼ tsp. adobo sauce (from canned chipotle pepper in adobo sauce)
- 4 8- to 10-oz. beef ribeye steaks, cut 1 inch thick
- Fresh basil or cilantro sprigs
- Lime wedges

For chipotle butter, in a small bowl stir together butter, shallots, snipped basil or cilantro, lime juice, and chipotle pepper until combined; set aside.

In another small bowl stir together cumin, paprika, salt, and pepper. Stir in oil and adobo sauce until a paste forms. Spread mixture over both sides of steaks.

Grill steaks on the rack of an uncovered grill directly over medium coals until desired doneness, turning once halfway through grilling. Allow 14 to 18 minutes for medium doneness (160° F). Serve steaks with chipotle butter and garnish with herb sprigs and lime wedges. Makes 4 servings.

Nutrition facts per serving: 416 cal., 27 g total fat (12 g sat. fat), 118 mg chol., 519 mg sodium, 2 g carbo., 1 g fiber, and 40 g pro. Daily Values: 17% vit. A, 4% vit. C, 3% calcium, and 19% iron.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

Prize Tested Recipes®

see page 187 for details



$400 winner Peach and Pear Chili Sauce

Cynthia C. Saunders, Westbrook, Conn.,
in the Homemade Relishes and Pickles Category, August 2002

- 4½ lb. tomatoes
- 4 medium pears, peeled, cored, and cut into ½-inch chunks (4 cups)
- 4 medium peaches, peeled, pitted, and cut into ½-inch chunks (3½ cups)
- 3 medium green sweet peppers, seeded and chopped (2¼ cups)
- 2 cups chopped onions (4 medium)
- ¾ cup chopped red sweet pepper
- 1 to 2 red or green fresh serrano chili peppers, seeded and finely chopped (1 to 3 tsp.)*
- 3 cups sugar
- 1½ cups cider vinegar
- 4 tsp. salt
- 2 tsp. ground nutmeg
- 1 tsp. whole cloves
- 6 inches stick cinnamon

Wash tomatoes. Remove peels, stem ends, and cores. Cut tomatoes into chunks (you should have about 6¾ cups). In a 6- or 8-quart stainless steel, enamel, or nonstick Dutch oven or kettle combine tomatoes, pears, peaches, green sweet peppers, onions, red sweet pepper, and chili pepper. Stir in sugar, vinegar, salt, and nutmeg. Tie cloves and cinnamon in 100% cotton cheesecloth; stir into vegetable mixture. Bring to boiling; reduce heat to medium. Simmer, uncovered, for 2 hours or until thick; stir occasionally.

Discard spice bag. Immediately ladle mixture into hot, clean pint canning jars, leaving ½-inch headspace. (Refrigerate any extra chili sauce; use within 3 days.) Wipe jar rims and adjust lids. Process in a boiling-water canner for 15 minutes (start timing when water begins to boil). Remove jars from canner; cool on racks. Makes 4 pints.



see page 187 for details

$200 winner Pickled Radishes

Rhonda E. H. Kaya, Kaneohe, Hawaii,
in the Homemade Relishes and Pickles Category, August 2002

- 2 cups sliced radishes (8 oz.)
- 1 small onion, cut into thin wedges and separated
- ½ cup white vinegar
- ½ cup sugar
- 1½ tsp. salt

Slice radishes by hand or use the slicing blade of a food processor. Place radish slices and onions in a large bowl or crock. In another bowl stir together vinegar, sugar, and salt until sugar is dissolved. Pour over radish mixture.

Cover and refrigerate at least 8 hours or overnight before serving. (Radish mixture will have a very pungent aroma.) Makes 2 cups.

Nutrition facts per 2-tablespoon serving: 25 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 219 mg sodium, 6 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. A, 1% vit. C, 0% calcium, and 0% iron.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.



Prize Tested Recipes®

see page 187 for details

$200 winner Mustard-Rosemary Grilled Lamb

Susan M. Davies-Polzine, Buffalo, Minn.,
in the Grilled Chops and Steaks Category, August 2002

- 8 lamb rib or loin chops, cut 1 inch thick (about 2 lb.)
- ¼ cup stone-ground mustard
- 2 green onions, thinly sliced (¼ cup)
- 2 Tbsp. dry white wine
- 1 Tbsp. balsamic vinegar or rice vinegar
- 3 cloves garlic, minced
- 1 tsp. snipped fresh rosemary
- 1 tsp. honey
- ½ tsp. salt
- ½ tsp. freshly ground pepper

Trim fat from chops; set chops aside. In a small bowl stir together the mustard, green onions, wine, vinegar, garlic, rosemary, honey, salt, and pepper. Spread mixture evenly over both sides of chops. Place chops on a large plate and cover loosely with plastic wrap. Chill for 2 to 3 hours.

Grill chops on the rack of an uncovered grill directly over medium coals until desired doneness, turning once halfway through grilling. Allow 12 to 14 minutes for medium-rare (145° F) and 15 to 17 minutes for medium doneness (160° F). Makes 4 servings.

Nutrition facts per serving: 194 cal., 9 g total fat (3 g sat. fat), 64 mg chol., 557 mg sodium, 4 g carbo., 0 g fiber, and 21 g pro. Daily Values: 1% vit. A, 4% vit. C, 4% calcium, and 12% iron.

PHOTOGRAPHS: KIM CORNELISON



Guess what makes it so tender and juicy?

ry's Marinades blend a splash of real fruit juice with herbs and spices. So whatever you put on the grill es off the grill tender and juicy. Choose from 14 ting flavors. And try our juicy little secret on your y tonight. **Lawry's. Your Secret To Great Flavor.**

lawrys.com



If You Own a Home with EIFS Synthetic Stucco

Please Read this Legal Notice – It May Affect Your Rights

If you have an Exterior Insulation and Finish System ("EIFS") or components sold by Dryvit Systems, Inc., your rights may be affected by a national settlement of a class action lawsuit, *Posey v. Dryvit Systems*, Case No. 17,715-IV pending in the Circuit Court for Jefferson County, Tennessee at Dandridge.

What is the Lawsuit About?
Plaintiffs allege, among other things, that Dryvit EIFS is defective because it entraps water introduced into the exterior wall resulting in potential damage to homes. The lawsuit seeks monetary relief from Dryvit. Dryvit denies Plaintiffs' claims and allegations. The Court has not ruled on the merits of the Plaintiffs' claims, or on defenses asserted by Dryvit.

Who is Covered by the Proposed Settlement?
The Settlement encompasses all persons or entities who, as of June 5, 2002, owned a one- or two-family residential dwelling or townhouse in any State other than North Carolina, clad, in whole or in part, with Dryvit EIFS installed after January 1, 1989.

Persons who prior to June 5, 2002 have settled with Dryvit, providing a release of claims relating to Dryvit EIFS, or have obtained a judgment against Dryvit for a Dryvit EIFS claim, or had a final judgment entered against them on such claim in Dryvit's favor are not included in the Settlement Class.

What is Dryvit EIFS?
Dryvit EIFS is a multi-layered exterior wall system consisting of a finish coat, a base coat, reinforcing mesh, adhesive and insulation board all of which are secured to some form of substrate. Dryvit EIFS was sold under the trade names Dryvit Outsulation® and Dryvit Sprint®. For purposes of the Settlement, Dryvit EIFS includes Dryvit Fastrak I®, Fastrak II® and Fastrak 4000® systems. Dryvit EIFS is designed to look like traditional stucco.

How Do I Know if I Have Dryvit EIFS on my Property?
Documents—such as a warranty, correspondence, or bill of sale—may indicate that Dryvit EIFS is on your property. You may also contact your builder, contractor or EIFS applicator.

What are the Terms of the Settlement?
Benefits include free property inspections, a Dryvit Settlement Program Three-Year Limited Warranty ("the MoistureFree Warranty"), and cash contributions towards certain repair costs. To obtain benefits of the Settlement, Class Members must file a completed Claim Form, which includes information about the EIFS used on their property, by **December 5, 2003**.

After initial product identification, an Independent Inspector will inspect the property and issue an Inspection Report confirming or rejecting the initial product identification and identifying repairs, if any, that are necessary to obtain the MoistureFree Warranty. If the property is clad with Dryvit EIFS, then the Inspection Report will also include an Estimated Repair Cost Report, which estimates the cost of repairs, if any, that must be completed prior to obtaining a MoistureFree Warranty.

Depending upon the estimated repair costs and total number of claims filed by Class Members, Dryvit will reimburse up to 50% of a qualifying Class Member's Estimated Repair Costs.

Generally speaking, the MoistureFree Warranty provides full term coverage limits of $10,000 a year up to $30,000 for three years to pay for repairs necessary to prevent the intrusion of excessive moisture behind the cladding system. *These are the highlights of the Settlement Agreement.* ***For complete information please refer to the Notice of Proposed Class Action Settlement available by calling 1-800-320-9415 or visiting http://www.stuccosettlement.com.***

What are my Rights?
- If you wish to remain in the Class, you need not do anything at this time. However, you will be bound by the rulings of the Court if the Settlement is approved.
- If you believe you are a Class Member and wish to file a claim, you must request and complete a Claim Form. Claim Forms must be signed, submitted and postmarked on or before **December 5, 2003**.
- **Class Members who want to exclude themselves (opt out) from the Class must fill out and sign the Request for Exclusion form in the Notice of Proposed Class Action Settlement and return it postmarked no later than September 3, 2002 to the address in the Notice.**
- **A Fairness Hearing will be held on October 1, 2002 to determine whether the proposed Settlement is fair, reasonable and adequate. If you remain a Class Member, you and/or your counsel may appear in opposition to the Settlement. Procedures for objecting to the Settlement are outlined in the Notice. Objections must be filed by September 3, 2002.**

For complete information including the Notice of Proposed Class Action Settlement and Claim Form, procedures to opt out or object to the Settlement write: Dryvit Claims, PO Box 1626, Faribault, MN 55021-1626 or call:

1-800-320-9415

or visit:

www.stuccosettlement.com

or the **way** it makes **you feel**





fectly **clean**. naturally **gentle**.



cleans and **soothes** with chamomile and aloe. dermatologist recommended.

deep cleans and **refreshes** with mint, lemongrass and aloe.

basis®

fresh and clean



the way it feels to be surrounded by air

instead of walls. by trees instead of towers.

the peace and comfort you get from t

sound of rushing water, the rustling of grasse

an early morning birdcall. caring for your skin

can be as natural and

gentle as the feeling you get

from being part of nature.

MANUFACTURER'S COUPON EXPIRES 10/31/02

Save $1.00

on any basis®

at Longs Drugs

Cleanser or Two Bar Soaps
(except trial size)



Consumer: Coupon good on the purchase of any Basis Cleanser or Two Bar Soaps (except trial sizes). Limit one coupon per item purchased. Any other use constitutes fraud. Not good with any other special offer. Consumer must pay sales tax. **Retailer:** You are authorized to act as our agent to redeem this coupon and we shall reimburse you at face value plus 8¢ handling in accordance with our redemption policy. Copies available upon request. Offer void if copied and where prohibited, taxed or otherwise restricted. Cash value 1/100¢. Mail to: Beiersdorf Inc, PO Box 880504, El Paso, TX 88588-0504.

Good only at Longs Drugs
©2002 Beiersdorf Inc

108688

5 22140 20076 8 (8101)0 10868 1002

basis®

perfectly clean.
naturally ge



Available at Longs D

BDF • • • • Beiersdorf © 2002

I kept trying to tell them I wasn't a cactus.

For the squeamish, I must tell you, it wasn't fast. It took weeks. Maybe months. I can't say for certain, I didn't have a calendar. Or a radio.

I just sat there. Getting weaker and browner. I kept telling myself, "They're nice enough. They're not mean. Eventually, they'll realize their horrid mistake and they'll water me."

Slowly, the dawn came. They had no clue. I was too far gone by then. I tried rustling what remained of my pretty green shoots to signal my distress. "Yoo-hoo! Over here! Water! Agua! Wasser!" Not a drop.

Ecclesiastes, and a really cool sixties tune, tell us there is a time to die. Mine came yesterday. I flatter myself that I faced that "undiscover'd country from whose bourn no traveller returns" with as much aplomb as any azalea ever has. But what really chaps my root is this: I could see the hose the whole time! So, so near. And yet...

Eternal optimists: rejoice! Here comes the happy ending. The people who bought me, planted me and then let me wither, may not have known jack about plants. However, they *did* know where to get 'em. They got me at Orchard.

Was it kismet? Serendipity? I don't know and I honestly don't give a fig. All I know is, that decision certainly paid off. For me and for them.

It all stems (stems—I swear sometimes I crack myself up) from a simple policy: if any plant bought at OSH® dies, for any reason, they'll replace it. Gratis. And that's all she wrote.

How can they afford to throw good plants after bad? That's easy. They just plain don't have to do it all that often. By selling the best quality indoor and outdoor plants they can, and by taking the time to listen to customers' needs and explain a plant's needs, they're honing a nice little edge on the law of natural selection. Keeping the losses to a minimum.

So, the wheel of life keeps on turning. And today, a clone, an exact genetic replacement of the plant I was yesterday, is on the job. Science fiction? No, gardening fact. And now, they know all about my water needs, so I'm sure I'll be alright. I'm keeping my twigs crossed.

For over 70 years, OSH has been helping Californians take care of their homes and gardens. And doing it with this simple philosophy: legendary customer service means having the things people need and offering them the help they want. There are over 45,000 items inside every OSH store and the people who know how to use every one of them. Come see us in person or log on to www.osh.com.

OSH
Orchard Supply Hardware



The cost of lighting your home this way, however, can mount dramatically through the years. By using an energy-efficient compact fluorescent bulb in just one lamp, you'll save about $37 in bulbs and electricity over the bulb's lifetime. Imagine the savings multiplied throughout your home. And because the bulbs last longer, you won't have to change them as often—a nice benefit, especially for that hard-to-reach fixture at the top of the stairs.

New developments bring warmth to energy-efficient bulbs, as well. Fluorescent tubes now come in warmer color temperatures that closely resemble an incandescent glow. Compact fluorescent bulbs also produce a soft, soothing light, and many fit right into incandescent sockets. Crisp halogen lights are available with energy-saving reflectors or infrared reflecting film. And the energy-efficient metal halide bulb, the type you often see in sports arenas, is gradually entering the residential market, providing a light quality that more closely resembles the sun. Metal halide bulbs are currently limited to specially equipped fixtures, which cost $200 and higher.

For more savings, consider using efficient fluorescent torchère lamps instead of conventional halogen torchère lamps. The Energy Star fluorescent lamps run cooler than the halogen variety. The latter, according to the U.S. Consumer Product Safety Commission, can get hot enough to cause fires.

Lightbulb Update

Save big money with today's energy-efficient bulbs—without giving up the warm light quality you love.

Flip on the switch, and—*flicker-flash*—your lightbulb burns out. Chances are, you go to the store and grab one of those familiar replacements: the incandescent bulb. It costs less than a buck, fits into the socket just fine, and gives off nice, warm light. Problem solved, right?

COMPARING LIGHTBULBS

	Energy Savings*	Lifetime	Cost
Reduced-wattage incandescent	up to 10%	750 hours	$1.50
Halogen	20% (60% for halogen bulbs with infrared reflecting film)	3,000 hours	$5–$6
Fluorescent	75%	8,000-20,000 hours	$4–$5
Compact fluorescent	75%	8,000-20,000 hours	$8–$25

*compared to standard incandescent bulb

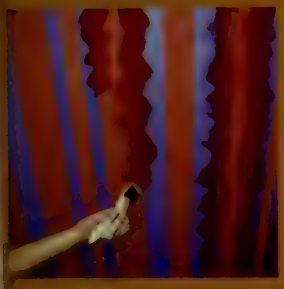
A Kelly-Moore Paints How-To . . .

ENTRY WAYS

Perfect for an accent wall, these vibrant colored stripes will greet your guests with a warm welcome. For a formal and classic look use conservative, traditional colors. Use bold, vivid colors to achieve a more contemporary look, like the foyer shown here.



1. Apply a base coat and allow to dry thoroughly. Mark out your stripes with Kelly-Moore painters masking tape. You can vary the width of the stripe by increasing or decreasing the space between two pieces of tape or simply use a variety of tape widths.



2. With a paintbrush, feather the paint over the base coat working from top to bottom, using alternating diagonal strokes while overlaping the masking tape. To avoid runs and drips, do not over saturate your brush.



3. Continue to fill in solid stripes being sure to overlap the masking tape until desired look is achieved. Upon completion of painting stripes remove tape promptly to reveal edges.

Colors used in this project:
AC16-N Mars Red
KM108-D Georgian Earth
KM552-D Flemish Gold
AC14-N Henredon House



Bring in this ad and Save!

$20 Off a **$75** purchase
(promo code 09999902006)

or . . .

$30 Off a **$150** purchase
(promo code 09999902007)

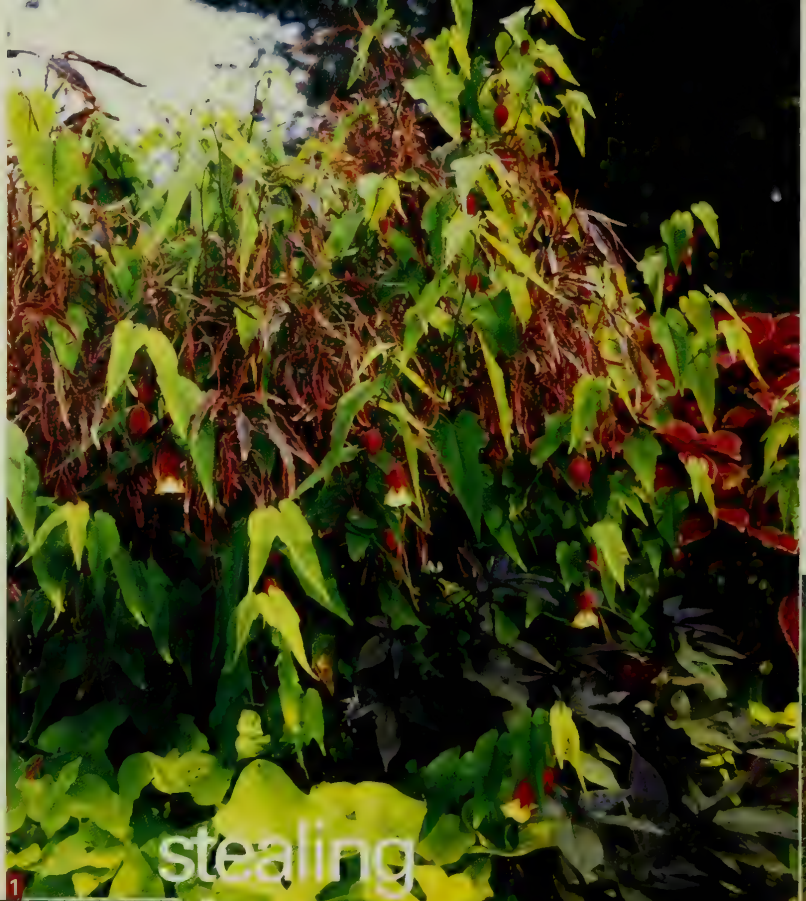
KELLY-MOORE PAINTS™

Offer good through 12-31-02. Offer cannot be combined with any other coupons or trade discounts. One discount per visit.

For the store nearest you call 1.888.KM.COLOR or visit www.kellymoore.com

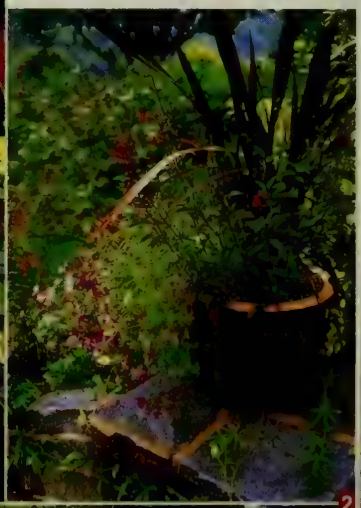
stealing beauty

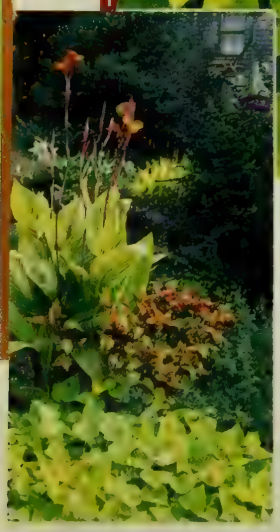
by Craig Summers Black



Idea No. 1:
Try Margarita sweet potato vine up front in the border next to something tall, such as hibiscus (*left*) and canna (*bottom left*).

Idea No. 2:
Spiky stuff looks good in and around smooth, rounded pots. Check out the agave (*below*) and phormium (*bottom right*).







One of the great and guilty pleasures of touring a good public garden is to take mental note of landscape ideas that especially appeal to you. This is not cribbing, however. A good idea is a good idea, and you can either copy exactly in the style of the masters or alter and adapt the look to your garden and personality. At Chanticleer, the dramatic "pleasure garden" on the outskirts of Philadelphia, we stumbled into the nearly hidden "Tropical Teacup," a courtyard garden that excels in the use of tropical and temperate plants. We recorded two planting ideas with a camera—much more effective than taking notes—and now can refer to them as we prepare to replicate this design in our gardens at home.

Don't expect Windex® Wipes to do a Clorox® Wipes job.



Windex® Glass & Surface Wipes don't disinfect. Only Clorox® Disinfecting Wipes have cleaning and disinfecting power from Clorox.



Summer is almost over and so is a big part of your life if you are one of the many moms whose teenager is leaving for college. Who knows what lies ahead? This is a transitional time for both you and your almost-adult child. You'll have to wait to see how it all goes. In the meantime, there are some very practical things you can do to make the transition smoother.



home again

Resist the temptation to immediately turn your child's bedroom into a sewing room or a family room. But it's okay to clear the clutter. Get a box of Glad Trash Bags and set aside a day with her to go through her clothes. Bag and donate anything she'll never wear again as well as toys and collections she's definitely outgrown.

tiny spaces 101

Dorm rooms aren't any bigger, but now kids need room for computers along with everything else. Organization is the answer. Inexpensive containers from GladWare can take care of the clutter. They're perfect for stocking up a kitchen in off-campus housing, too. Best of all, as a Upromise partner, Glad can help make saving for college a little easier too. When you buy any Glad product from a participating retailer, a portion of every purchase goes into your Upromise account. For more information, go to www.upromise.com.





The kids are off to school, now do something fun for yourself. Enter for a chance to win the "Glad Getaway to Barbados" Contest. See details below.

Almond



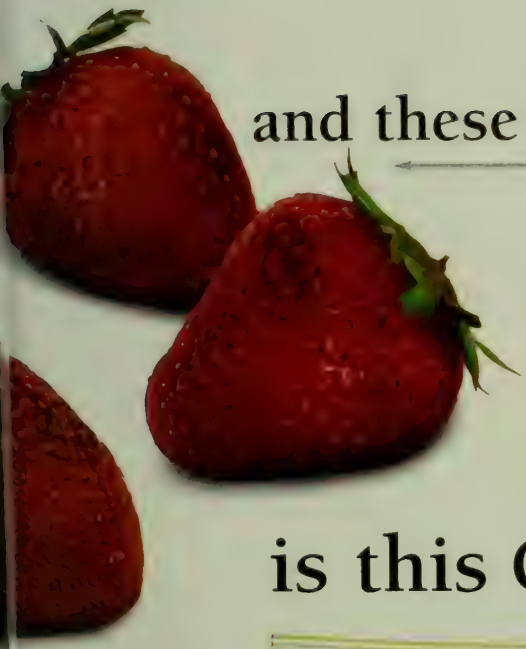


OFFICIAL RULES—No purchase necessary to enter or win. A purchase does not improve your chances of winning. VOID WHERE PROHIBITED. These r to the "GLAD GETAWAY TO BARBADOS" Sweepstakes ("Sweepstakes") being conducted by The Glad Products Company, 1221 Broadway, Oakland, ("Sponsor"), and administered by Marden-Kane, Inc., 36 Maple Place, Manhasset, NY 11030 ("Administrator"). This Sweepstakes starts July 15, 2002 September 30, 2002. 1. HOW TO ENTER: Hand print your complete name and address and day & evening telephone number on a 3"x5" card and mai Get Away To Barbados Sweepstakes, P.O. Box 4148, Grand Rapids, MN 55730-4148. Enter as often as you wish, but only one entry per envelope, w be mailed separately. Entries must be postmarked by September 30, 2002 and received by October 7, 2002. Mechanically reproduced entries, inclu and address labels will not be accepted. Entries become the property of the Sponsor and will not be returned. No other form of entry will be accepted. ING: Winner will be selected on or about October 10, 2002 from all eligible entries received in a random drawing to be conducted by Marden-Kane Inc pendent judging organization whose decisions are final on all matters relating to this Sweepstakes. The prize will be awarded. 3. ODDS OF WINNING mated odds of winning are 1:19,329,090; though the actual odds of winning will be dependent upon the number of actual eligible entries received. CATION: Winner will be notified by certified mail, return receipt requested and may be required to complete and sign an Affidavit of Eligibility and Liabil and, where legal, a Publicity Release, that must be returned within 14 days after prize notification or prize will be forfeited and awarded to an alterna The winner will also be required to furnish their social security number, which will only be used for the purpose of reporting the winnings to the IRS, a by law. If the prize or prize notification is unclaimed or returned as undeliverable, the prize will be forfeited and awarded to an alternate winner. Travel companions of the winner must b or older, unless they are an immediate family member, and will be required to sign a liability release prior to the awarding of the prize. Entry constitutes winner's permission to the use of t photograph/likeness for advertising and promotional purposes for this and similar promotions, worldwide, and in perpetuity in any media, now known and hereafter devised (including a limitation, the internet) without additional compensation, except where prohibited by law. 5. One (1) GRAND PRIZE: A seven (7) day six (6) night trip for four to Barbados. Trip include portation (coach) from and to a major international airport near the winner's home as selected by sponsor, an all inclusive vacation at the Almond Resorts which includes: two (2)-stand occupancy rooms, meals, beverages, water sports, nightly entertainment, golf, squash, fitness center, hotel taxes and gratuities. No cash redemption, prize substitution, transfer, or ass prize allowed except by the Sponsor, who reserves the right to substitute a prize of equal or greater value if the prize or any portion of the prize becomes unavailable. All taxes and any and other expenses associated with the prize and not specified herein are the winner's sole responsibility. Trip and travel insurance is not included. Travel subject to availability. Blackout Five (5) days pre and post New Years Day, Presidents Day, Easter, Memorial Day, Independence Day, Labor Day Thanksgiving and Christmas. Other applicable travel restrictions may app Retail Value: $9,000.00. Actual value may vary dependent upon winner's location and ticket pricing. Trip must be completed within one year from date of prize notification. Winner and g travel together on the same itinerary. 6. GENERAL CONDITIONS: All entrants agree to be bound by all applicable U.S. laws and regulations, as well as these official rules and the dec judges. By participating in this promotion, all entrants and prize winners release, discharge, and hold harmless The Glad Products Company, its parent company, and their respective s divisions, branches, affiliates, agencies and prize suppliers (including, without limitation, Marden Kane, Inc.), and their respective officers, directors, shareholders and employees ("Releasees") from and against any and all liability or claims for any injury, loss, illness, litigation, or damages arising out of their participation in the Sweepstakes and/or the acceptance use, non-use or possession of the prize. Releasees are not responsible for printing or typographical errors in any Sweepstakes or related materials or for stolen, lost, late, misdirected, damag plete, postage due, and/or illegible entries or mail. If, in the Sponsor's opinion, there is any suspected or actual evidence of tampering with any portion of the Sweepstakes, or if fraud o entrants compromise, corrupt or affect the administration, integrity, security, fairness, or proper conduct of the Sweepstakes, the judges reserve the right at their sole discretion to disqualify vidual and/or void any entries submitted fraudulently, to modify or suspend the Sweepstakes, or to terminate the Sweepstakes and conduct a random drawing to award the prize using pect eligible entries received as of the date of such action. In the event that any dispute arises regarding the meaning or interpretation of these official rules, participants agree that the d be resolved by applying the laws of California and that it shall be resolved by and within the courts of that state. 7. ELIGIBILITY: Sweepstakes open to legal residents of the 50 United the District of Columbia 18 years or older. Employees of The Glad Products Company, its parent company, their subsidiaries, affiliates, prize suppliers, and advertising and promotion agenc ng Marden Kane, Inc., and their immediate families (spouse, parents, children and siblings and their respective spouses) and individuals living in the same households of such employe gible. Void where prohibited or restricted by law. This sweepstakes is subject to all applicable federal, state, local laws and regulations. 8. WHO WON? For the name of the winner, av 10/31/02, mail a self-addressed stamped envelope to: Glad Sweepstakes Winner, P.O. Box 716, Sayreville, NJ 08871-0716.

The only difference between these strawberries



and these strawberries



is this Glad® bag.

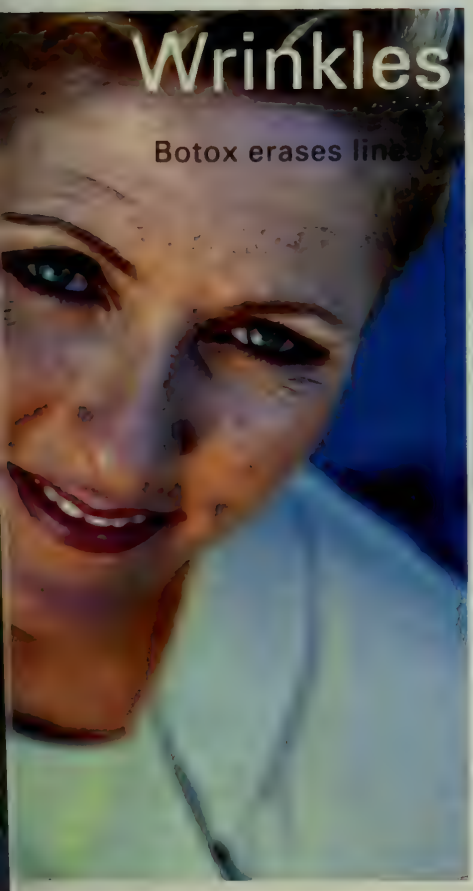


New Glad® FreshProtect™ bags helped keep these strawberries fresher longer.*
They're the only bags with a Double-Lock® green seal and textured barrier to seal in freshness.
For more tips on keeping strawberries and other foods fresh, visit www.glad.com.

DON'T GET MAD. GET GLAD.®

©2002 The Glad Products Company *Versus original packaging after 8 days in refrigerator. Results may vary.


Hidden Valley
Hidden Valley
THE ORIGINAL
Ranch
TASTE THE WAY
RANCH IS SUPPOSED TO TASTE.
WE MADE IT FIRST. WE MADE IT RIGHT.



Wrinkles Away

Botox erases lines by paralyzing muscles

Still looking for the fountain of youth?

Some people think they have found it in Botox, a diluted version of the deadly toxin that causes botulism food poisoning.

The Food and Drug Administration recently approved Botox as a wrinkle reducer, even though physicians have been using it for years. In fact, it's the most popular cosmetic procedure in the country, according to the American Society for Aesthetic Plastic Surgery.

Injected in miniscule amounts, Botox temporarily erases wrinkles by paralyzing certain facial muscles. It is most commonly used on the forehead, between eyebrows, and on crow's-feet lines near the eyes. The treated muscles can't contract so new wrinkles won't form either.

Results are noticeable within days, but last only three to six months. The procedure must be repeated to maintain results. Injections can range from $300 to $1,000, depending on how many are needed. Treatments are considered cosmetic and are not covered by insurance. Most doctors insist there are virtually no side effects, and there is no risk for contracting food poisoning. — *Debbe Geiger*

Save the Sippy Cups

Parents who love those brightly colored sippy cups and their unstained carpets and rugs can breathe a sigh of relief: The cups are not bad for their toddler's speech development.

Recent news reports that the sucking action on sippy cups causes "lazy tongue" and that they can cause delayed speech development are not accurate, says Diane Paul-Brown, Ph.D., director of speech-language pathology at the American Speech-Language-Hearing Association.

"Parents are being needlessly alarmed and don't need to add this to their worry list," she says.

Some speech patterns, such as the correct use of the "th" sound, develop with time as a child grows. Drinking utensils don't affect this process. Many factors, such as hearing loss, can cause speech delay. — *Elaine Cooper, R.N.*

continued on page 194



Is It Safe to Store Butter Out on the Counter

No. Keep that cute little butter dish behind cold doors. Butter has a high water content, a favorite breeding ground for bacteria. The USDA Food Safety and Inspection Service says to store covered butter in a 40-degree refrigerator. A cover also keeps odors away.

PHOTOGRAPHS: GETTYONE STOCK IMAGES

continued from page 193

Breast-Fed Babies Have Higher IQ's

The news on breastfeeding babies just keeps getting better.

Research has already shown that mom's milk improves the intelligence scores of infants born both prematurely and those born full-term of normal weight.

The latest research by the National Institute of Child Health and Human Development, and the Norwegian University of Science and Technology, shows more exciting results: infants born full-term (37–42 weeks) but small for gestational age score an average of 11 points higher on IQ tests if exclusively breastfed for the first six months.

These could be words of encouragement for moms of smaller babies (full-term babies who weigh less than six pounds) because those babies can be a challenge to breastfeed, says Anne Merewood, director of lactation services at Boston Medical Center. Small babies tend to feed less efficiently and may not latch onto the breast as well.

They also may want—and need—to breastfeed more than 12 times in 24 hours. — *Elaine Cooper, R.N.*



Berries Pack Punch

Be prepared for a host of new food products featuring blackberries and raspberries. Better yet, just start eating fresh berries by the handful.

Food scientists are finding that these two berries are among the most nutritionally powerful of all fruits and vegetables. Blackberries and raspberries, in particular, appear to have strong anticancer properties and may offer specific protection against the development of esophagus and colon cancer.

But the health benefits don't stop there. These berries contain special compounds that may help protect the body and brain against some of the effects of aging, such as arthritis and Alzheimer's disease. Scientists also are focusing on anthocyanins, the plant chemicals that give berries their color. In general, the darker the berry, the greater the antioxidant potential.

It is believed anthocyanins protect against heart disease by lowering LDL (low-density lipoprotein) cholesterol, the culprit that leads to heart disease. Sweet cherries, blueberries, and strawberries also contain anthocyanins.

To get the most health benefits, fresh is best, but freezing berries is fine. Freezing locks in nutrients and may even increase some of the nutritional value. It also helps prevent the oxidation process that leads to spoilage.

To best preserve berries, freeze them soon after they are picked, says Cynthia Thomson, Ph.D., an assistant professor of nutritional sciences at the University of Arizona.

"If you buy fresh ones and leave them in the refrigerator for four days, then they have more exposure to the elements and they lose some nutrients," Thomson says. — *John Schieszer*

Hope for the future A simple finger prick and a drop of blood to test for ovarian cancer? Most women would shout, "Sign me up!"

The Food and Drug Administration and National Cancer Institute are researching this advanced technology in hopes that early detection will reduce ovarian cancer deaths. More than 80 percent of these ovarian cancer cases are diagnosed at a late stage, leading to a mere 20 percent survival rate after five years.

Early diagnosis could lead to a 95 percent survival rate. Using a combination of proteomics (studying the specific proteins within a cell) and specialized computer programming, researchers were able to correctly identify 50 out of 50 ovarian cancer victims from blood samples alone.

Clinical trials are due to start by the end of this summer. Call 800/422-6237.

ROUGH ROAD? OR HAPPY TRAILS.



An achy back won't let you set the pace.
Ditch your back pain with ThermaCare
air-activated HeatWraps. 8 hours of heat relaxes
tight muscles so circulation flows in, helping
pain flow out. Now hit the trail—and
treat it like a walk in the park.



ThermaCare HEATWRAPS

FEEL THE DIFFERENCE BETWEEN CAN'T AND CAN.

ABLE IN THE PAIN RELIEVER AISLE

WWW.THERMACARE.COM



counting beans

With their coats of many colors, dry beans are more than pretty packages. The skins—in tints of sienna, earthy black, and red—may deliver a potent nutritional boost.

That means the lowly bean has joined the list of foods under the microscope. Researchers have identified some surprisingly powerful substances tucked away in their skins.

It turns out that beans contain eight flavonoids, plant substances that act as nature's dyes and give many fruits and vegetables their colors. Scientists say those plant chemicals act as antioxidants to give you some protection against certain cancers and heart disease.

"You really have to go for the color," said George Hosfield, Ph.D., geneticist at the U.S. Department of Agriculture's Agricultural Research Service at Michigan State University.

More research may lead to beans with more flavonoids, and a more powerful antioxidant effect. Meanwhile, Hosfield suggests that the cooking liquid from beans be reused in soups. When you soak or cook beans, flavonoids leach into the liquids but aren't destroyed.

continued on page 198

White Beans and Spinach Ragout
Start to finish: 15 minutes

- 1 14½-oz. can diced tomatoes
- 2 slices bacon, cut in 1-inch pieces
- 1 medium onion, halved and thinly sliced
- 1 15-oz. can cannellini or navy beans, rinsed and drained
- 4 cups loosely packed torn spinach
- 4 tsp. prepared balsamic or red wine vinaigrette

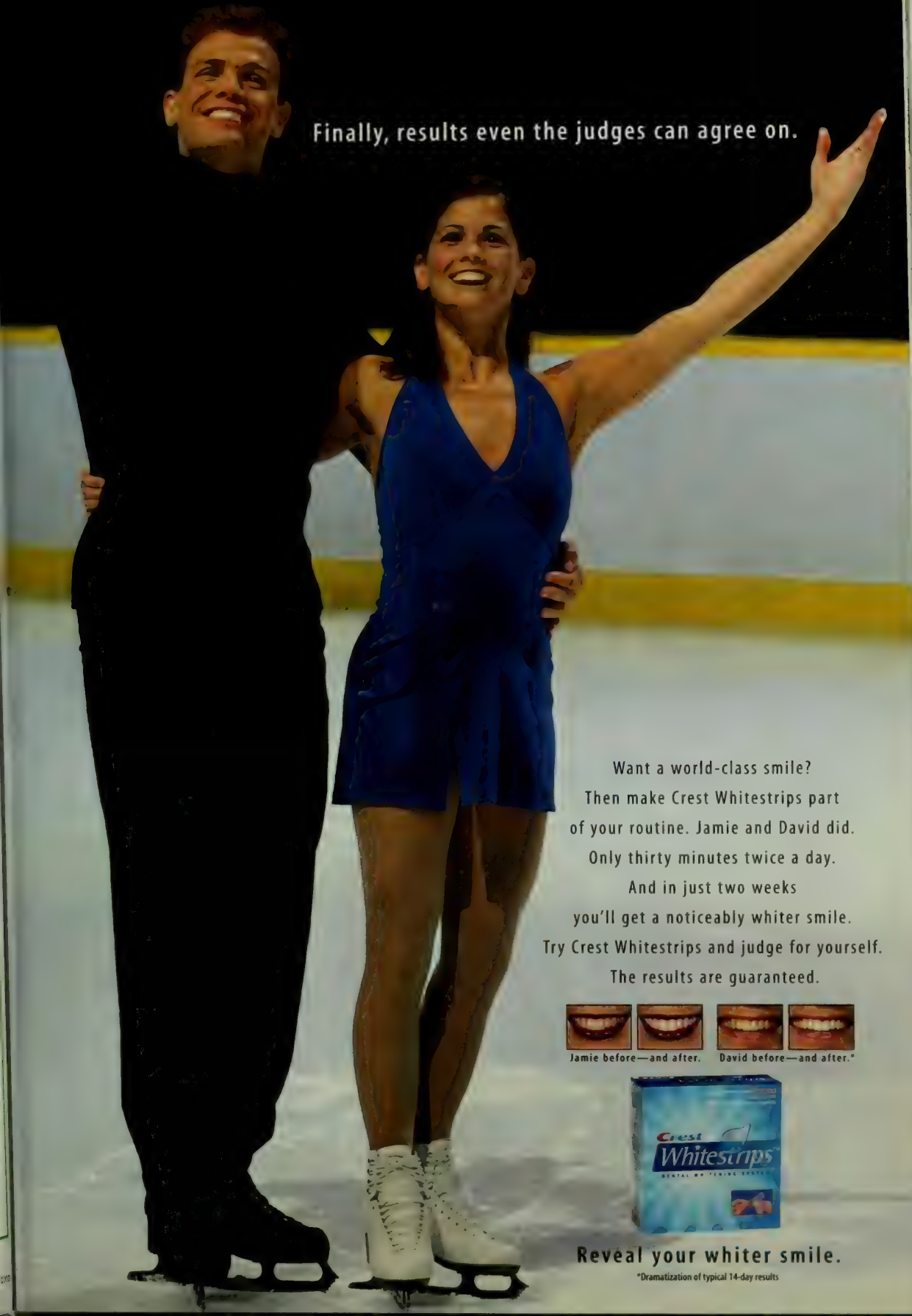
1. Drain tomatoes, reserving ⅓ cup liquid; set aside. In a large skillet cook bacon pieces until crisp. Remove with slotted spoon, reserving 1 tablespoon drippings in skillet. Drain bacon on paper towels.

2. Add onions to drippings in skillet; cook until just tender, about 3 minutes. Stir in beans, tomatoes, and reserved tomato liquid. Cook and stir over medium heat for 2 minutes or until heated through. Stir in 3 cups of the spinach; cover and cook until just wilted, about 30 seconds. Stir in cooked bacon and remaining spinach. Spoon mixture into 4 individual bowls. Drizzle each serving with 1 teaspoon vinaigrette. Makes 4 side-dish servings.

Nutrition facts per serving: 131 cal., 3 g total fat (1 g sat. fat), 3 mg chol., 508 mg sodium, 23 g carbo., 9 g fiber, 9 g pro. Daily Values: 20% vit. A, 27% vit. C, 7% calcium, and 18% iron.

Bean Boosters

- Add a handful of intensely flavored ingredients, such as Parmesan cheese, bacon, or prosciutto, to perk up a humble bean dish.
- Use a canned variety of beans to cut cooking time to minutes. Rinse beans first to trim sodium levels. Rinsing also freshens the taste of canned beans.
- Combine tomatoes, which are high in vitamin C, with plant sources of iron, such as beans. Your body will absorb more of the iron.


Finally, results even the judges can agree on.
Want a world-class smile?
Then make Crest Whitestrips part
of your routine. Jamie and David did.
Only thirty minutes twice a day.
And in just two weeks
you'll get a noticeably whiter smile.
Try Crest Whitestrips and judge for yourself.
The results are guaranteed.
Jamie before—and after.
David before—and after.*
Crest
Whitestrips
Reveal your whiter smile.
*Dramatization of typical 14-day results

continued from page 196



Red Beans and Orzo
Start to finish: 30 minutes

- 1 14½-oz. can chicken broth (about 1¾ cups)
- 1½ cups water
- 1⅓ cups orzo (rosamarina)
- ¼ cup finely chopped onion
- 1 tsp. herbs de Provence or dried Italian seasoning, crushed
- 1 15-oz. can red beans or pinto beans, rinsed and drained
- 1 oz. prosciutto or cooked ham, cut into thin strips (⅓ cup)
- 2 Tbsp. snipped fresh Italian flat-leaf parsley
- ⅓ cup finely shredded Parmesan cheese

1. In a medium saucepan bring chicken broth and water to boiling. Stir in orzo, onion, and herbs de Provence. Reduce heat. Boil gently, uncovered, for 12 to 15 minutes or until orzo is just tender and most of the liquid is absorbed, stirring frequently.

2. Stir in red beans, prosciutto, and parsley. Heat through. Spoon mixture into 4 individual bowls. Top each serving with Parmesan cheese. Makes 4 main-dish servings.

Nutrition facts per serving: 363 cal., 6 g total fat (2 g sat. fat), 7 mg chol., 800 mg sodium, 59 g carbo., 7 g fiber, and 22 g pro. Daily Values: 3% vit. A, 5% vit. C, 17% calcium, and 19% iron.

Pumping Iron

The flavonoid factors are highest in red, black, and deep-colored beans. But all beans, including cream-colored navy beans and garbanzo beans, contain iron, folate, zinc, and a bit of calcium.

- **Iron:** Beans supply anywhere from 1 to 4 milligrams of iron in every half-cup serving. That's an amount similar to what you'd get in a serving of beef. Your body does a better job of taking in iron from animal sources, but you can compensate by mixing a little meat in with the beans.
- **Folate:** You probably know that women of childbearing age should eat foods rich in folate to help prevent neural-tube defects in their babies. You also need folate as you age to reduce your blood levels of homocysteine, a substance that puts you at greater risk for heart disease.
- **Zinc:** Some people have trouble getting enough zinc, which is essential for your body's growth, insulin function, and immune system. Beans are an excellent source of zinc.
- **Calcium:** Don't trade in your glass of milk or calcium-fortified orange juice for beans. However, every bit helps, and a half-cup serving of beans supplies 4 to 8 percent of the calcium you should have every day.


Some like it
Cool
Some like it
Hot
NEW
Wish
Bone
Dressing &
MARINADE
Lemon Garlic & Herb
Tangy Honey Mustard, Asian Sesame & Balsamic Olive Oil & Herbs

BH&G Kids®



it's your birthday



Everyone loves friendly little ladybugs. The French adore them so much that they call them *les betes du bon Dieu*, or creatures of the good God. So it comes as no surprise that hearts flutter over a pretty-in-pink "Ladybug Bash." This birthday party will have everyone seeing spots—polka dots adorn everything from the cups to the cupcakes. It's a party no fan of beetles (the bugs, not the band) would miss.

More adventurous tykes may want to take a trip to another universe with an "Out of This World Party." Three … two … one … blast off! The countdown begins as soon as space-age invitations are mailed. When the "astronauts" arrive, they will flip over the cosmic atmosphere. Where else can you promise your friends the sun, the moon, and the stars? "Houston, we have a party."

continued on page 202



Growth spurt.
Brought to you by Danimals.®

It's the fruity-tasting snack you'll both agree on. Danimals® has calcium and vitamin D for strong bones. And no artificial flavors. You'd expect nothing less from Dannon.

DANNON®
Danimals®
Better every day™
www.dannon.com

THE ADVENTURES OF
Tom Thumb & Thumbelina
The Most Magical Pairing In Fairy Tale History.
An All-New Movie!
Only On DVD And Video August 6
GENERAL AUDIENCES
Distributed by Buena Vista Home Entertainment, Inc., Burbank, CA 91521. © Buena Vista Home Entertainment, Inc.

continued from page 200

have a ladybug bash

LEGGY HAT Cut a 6-inch circle from pink felt and a 3-inch circle from black felt. Overlap the pieces and punch two holes for antennae. Wrap the ends of two chenille stems around a child's headband and push a stem through each hole in the felt. Curl the ends. Glue on eyeballs and sequin spots. Glue sheer fabric wings to the body. Punch three holes on each side of the body. Push yarn through each hole and knot in place. Glue pom-poms to the legs.

PARTY FAVOR Put candy and toys in a gift bag. Fold over the edge and punch two holes. Thread a ribbon through and tie in a bow. Add black circle labels. Cut a leaf from green paper and glue to bag.

INVITATION Cut a 6-inch circle from pink paper and a 3-inch circle from black felt. Glue the head to the body. Cut a 6-inch circle from vellum and lay it over the body. Trace and then cut out the shape of the head. Cut the vellum in half, and attach each piece to the body with brads. Punch holes in the felt, and add black chenille stem antennae. Glue on rickrack legs, eyeballs, and sequin spots.

LADYBUG FOOD Start with a purchased or homemade iced round cake (*see page 200*). Create a wing outline with licorice lace. Fill in with pink sugar (mix sugar and red food coloring). Add spots with small mint patties. Push a larger mint patty into the cake for a face. Eyes are gumdrops and jelly beans, antennae are licorice lace, and the tongue is a shaped gumdrop. For smaller bugs, use iced cupcakes. Follow the cake directions, substituting halved jelly beans for the spots and a small mint patty for the head.

continued on page 204









Musical Performances By
Phil Collins
And
Mandy Moore

Hang On For An All-New Adventure!

Only On Disney DVD
And Video July 23



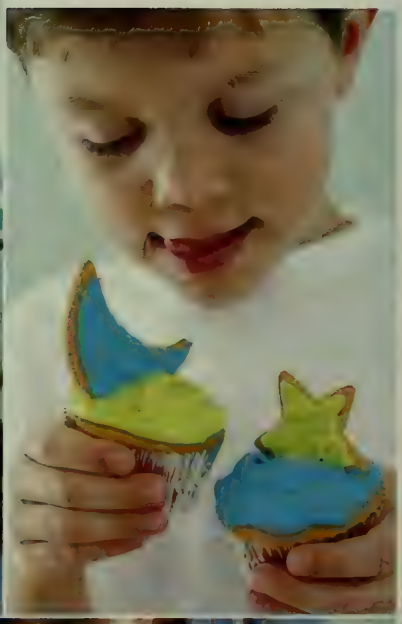
A Sneak Peek At This All-New Movie At Tarzan.com

Distributed by Buena Vista Home Entertainment, Inc., Burbank, CA 91521.
Based On The Boorman Stories Created by Edgar Rice Burroughs. TARZAN® Owned by Edgar Rice Burroughs, Inc.
Licensed by Permission. "Tarzan & Jane" © Edgar Rice Burroughs, Inc. and Disney Enterprises, Inc. All Rights Reserved.

 continued from page 202



out of this world party





SPACE CAKES Start with a purchased or homemade iced round cake. Draw cosmic shapes on the cake with green and blue icing. Push an iced rocket cookie into the cake. Attach a semicircle cookie with icing to the back of the rocket to prop it up. Add rings made from foil-wrapped cardboard. Finish off the look by decorating the platter with Jordan almonds or other rocklike candy. For extra treats, make or buy cupcakes and frost. Push an iced cookie into the top of each cupcake. **UNIDENTIFIED FLYING INVITE** Cut a spaceship from blue cardstock. Glue metallic wrapping paper to the dome cockpit. Glue a photo in the cockpit. Decorate the ship with hole reinforcers. Make a small antenna from a chenille stem and glue it to the back of the invitation. Create the pull-down invite by cutting a cardstock rectangle as wide as the cockpit and just shorter than the ship. Cover the rectangle with metallic wrapping paper and cut triangles along the bottom. Glue metallic fringe to the back. Glue a piece of yellow paper to the front to write on. On the back of the spaceship, attach a thin piece of cardstock slightly wider than the pull-down invite. Secure cardstock piece by gluing or taping each edge. Leave room for the pull-down invite to slip through.

continued on page 207

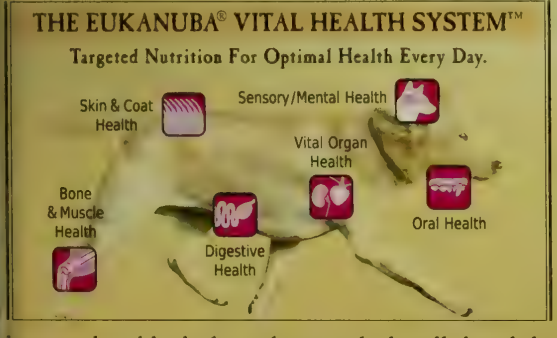
AFTER DIANE KASTAMA LOST THE USE OF HER TWO LEGS,

she gained

THE STRENGTH OF FOUR.



An alarm clock buzzes. A horse outside whinnies. And a dog's lifework continues. Though never trained to help out on a horse ranch, this canine companion has made herself invaluable. Whether corralling horses, pulling her owner up a hill or just closing a door, she uses the full capacity of her mind and body from dawn to dusk. All the while, making the term "confined to a wheelchair" absolutely irrelevant. Meet Fritzie. An eight-year-old Yellow Lab who relies on her total body health to do her job. Which is why her owner feeds her Eukanuba.® The only dog food with the Vital Health System. By targeting six essential health functions of every dog, the Eukanuba Vital Health System™ delivers nutrients when and where they're needed for optimal health [see graphic].





All Eukanuba foods incorporate the Vital Health System, with unique formulas customized to meet the specific needs of different life stages.

Look for Eukanuba in specialty pet stores. Or call 1-888-EUKANUBA to find out more. Because the Vital Health System not only means better health for dogs, but also for the people who count on them.

©The Iams Company 2002 www.eukanuba.com

Eukanuba

What Healthy Dogs Are Made Of®

WE SEE YOUR NEED FOR LIFE INSURANCE GROWING EVERY DAY.
WE LIVE WHERE YOU LIVE.™



As your family grows, so does your need for protection. From whole life insurance to term insurance, nobody helps you provide that protection like *State Farm*.® We're there to help you with your investment needs too, with *State Farm Mutual Funds*.®

LIKE A GOOD NEIGHBOR STATE FARM INSURANCE STATE FARM IS THERE.™

Call your State Farm agent or visit us at *statefarm.com*.®

Life insurance issued by State Farm Life Insurance Company (not licensed in NY or WI). State Farm Life and Accident Assurance Company (licensed in NY and WI). Home Offices: Bloomington, Illinois. For more complete information about State Farm Mutual Funds, including charges and expenses, ask a Registered State Farm Agent for a free prospectus. Read it carefully before you invest or send money. State Farm Mutual Funds are offered by State Farm VP Management Corp. 1-800-447-4930. State Farm VP Management Corp. is a separate entity from those State Farm entities which provide auto, life, fire and health insurance products.

E 2002 AV3 08/02

It's Your Birthday continued from page 204





CADET CAP Cut the top third off a cleaned 2 liter bottle. Create an antenna with silver chenille stems, and set it in the bottle's hole. Poke a hole in the bottom of a foil pie tin and attach the bottle by knotting the antenna inside the tin. Glue a piece of foam inside the tin. Poke a hole in each side of the tin, thread silver ribbons through each to use as chin straps, and knot in place. **COMET FAVORS** Wrap foil around small foam footballs, leaving several extra inches on one end. Snip this end to create a zigzag edge. Cut flames from yellow tissue paper. Secure them in the foil using double-sided tape. Tape a strip of tissue paper to the comet and decorate the rocket with colored circle labels.

For more party ideas, go to www.bhg.com/kidsbirthdays



SPACE FLIGHT CUTTERS

Make your own blast-off cake or cupcakes with these **Space Flight Cookie Cutters**. Each set of nine contains a 4¾-inch rocket ship; a 5-inch spaceman; 1½-, 2½-, and 3½-inch rounds (for moons, planets, and crescents); a 2-inch and a 3-inch star; a falling star; and a space shuttle. Assembled especially for the readers of *Better Homes and Gardens*® magazine, each set is from Off the Beaten Path and Little Fox Factory. Each set costs $24.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, Discover, or American Express card, call 800/881-4066. Or, visit our site on the Internet at www.bhgcatalog.com to order.

LENOX

Gifts That Celebrate Life

Little Hearts Necklace



Original jewelry sparkling with a mother's love

With hearts of silver and precious gems—diamond, ruby, emerald, pearl—the artists of Lenox have created a most enchanting necklace. Jewelry that expresses a mother's special affection for each of her children. In a way as personal as her love.

For the *Little Hearts Necklace* is designed to hold a separate heart for each beloved son or daughter. Each heart is set with the child's own birthstone. Separated by dainty silver beads, the gem-set hearts will be suspended from a 20" sterling silver chain.

This birthstone silver necklace is available directly from Lenox. The price of the necklace personalized with up to six sterling silver hearts and gemstones is just $95, payable in convenient installments. To acquire this imported Lenox® necklace, complete and mail your order today.



Shown actual size (left to right): emerald and diamond in an "illusion" setting.

PERSONALIZE WITH YOUR CHILDREN'S BIRTHSTONES

JAN/Garnet		JUL/Ruby	
FEB/Amethyst		AUG/Peridot	
MAR/Aquamarine		SEP/Sapphire	
APR/Diamond		OCT/Opal	
MAY/Emerald		NOV/Blue Topaz	
JUN/Pearl		DEC/Turquoise	

Birthstones shown larger than actual size.

Visit us at: www.LenoxCollections.com

Suspended from necklace (left to right): ruby, emerald, amethyst, sapphire, opal and blue topaz.

Order Form • Mail by August 31, 2002

Crafted of sterling silver and genuine gems

I wish to acquire the *Little Hearts Necklace* in solid sterling silver, personalized with up to six gemstones for the months specified below.

I need send no money now. Bill me in five monthly installments of $19* each. *My satisfaction is guaranteed.*

Personalize my necklace with birthstones for these months:

____ Jan ____ Feb ____ Mar ____ Apr

____ May ____ Jun ____ Jul ____ Aug

____ Sep ____ Oct ____ Nov ____ Dec

NOTE: The *Little Hearts Necklace* is also available personalized with 7 to 12 gemstones. The total price is $140, payable in seven monthly installments of $20* each. 2756377

Signature_____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address_____

City_____ State ____ Zip_____ 275636

Tel. (_____) _____ E-mail _____

* Plus $5.98 per pendant for shipping, handling and insurance. Your sales tax will be added.

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, PA 19047 9120

© LENOX, Inc. 2002

LENOX

Gifts That Celebrate Life.

Mickey's Moonlight Drive

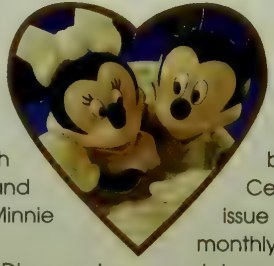
Shown smaller than actual size. Length: 7"

Visit us at www.LenoxCollections.com

America's favorite sweethearts cuddle in Lenox china and gold

He's her beau, she's his gal. Together Mickey and Minnie are America's sweethearts, nd have been since 1928. Now this egendary Disney couple appears in a ay collectors will adore, e ivory china of Lenox.

In *Mickey's Moonlight rive*, "M and M" go for spin in a snazzy ragtop ght out of a Disney car- on. Mickey zips along with hand on the wheel and arm around Minnie. Minnie ares at him dreamily.



Sculpted from original Disney art, *ickey's Moonlight Drive* captures the sweetness and the sparks that have made this romance a legend. The sculpture will be crafted of ivory china, richly accented with 24 karat gold and meticulously painted by hand.

Mickey's Moonlight Drive begins a collection of romantic Mickey and Minnie sculptures. Each imported work will bear the Disney and Lenox names, and will be issued with a Lenox® Certificate of Authenticity. The issue price is just $95, payable in monthly installments. To order your sculpture, simply complete and mail the attached Order Form today.

© Disney

Premier Issue Sculpture
Order by August 31, 2002

Please enter my order for *Mickey's Moonlight Drive* by Lenox, to be crafted for me of ivory fine china and 24 karat gold.

I need send no money now. I will be billed for my sculpture in five monthly installments of $19* each.

SIGNATURE _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

NAME _____
PLEASE PRINT CLEARLY

ADDRESS _____

CITY _____ STATE ___ ZIP _____
2741932

TELEPHONE (___) _____

E-MAIL _____

* Plus $5.98 per sculpture for shipping, handling and insurance. Your sales tax will be added

Mail to: Lenox Collections
P.O. Box 3020
Langhorne, PA 19047-9120

© Disney

ADVERTISEMENT

connect@home™

check out these sites for the latest information

www.homedepot.com

www.bhg.com/gildadonation

www.kitchenaid.com

www.osh.com

www.statefarm.com

www.unclebens.com

Check out these sites within bhg.com

www.bhg.com/malltour

www.bhg.com/hic2002

buying guide

Some of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below.

Camp Gilmore

Page 20: window—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56753; 888/537-8268; www.marvin.com. **Trim paint**—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com. **Brass candlesticks on mantel**—A Touch of Holly, 717 Main St., S, Woodbury, CT 06798; 203/263-2755. **Oriental rug**—Hamrah's Oriental Rugs, 115 Main St., N, Woodbury, CT 06798; 203/260-4343.

Page 22: barstools, may be discontinued—Pottery Barn; 800/922-5507; www.potterybarn.com. **Table**—Authantiques, 480 Main St., S, Woodbury, CT 06798; 203/260-4343. **Chairs at table**—Hunt Country Furniture, 19 Dog Tail Corners Rd., Wingdale, NY 12594; 845/832-6601.

Page 24: seat cushions—Comforts of Home, 714 Main St., S, Suite 42, Woodbury, CT 06798; 203/263-6742. **Stone floor,** Connecticut blue stone—Connecticut Stone Supplies, 138 Woodmont Rd., Milford, CT 06896; 877/712-5556.

Call to Order

Page 26: all items—prop rentals.

Page 28: silver soap dish and mirror—TJ Maxx; for a store near you call 800/285-6299; www.tjmaxx.com.

Page 31: all items—prop rentals.

Summer's Last Hurrah

Pages 34-40: flowers—provided by Els Teunissen, Floral Productions, 3410 SW. 31st St., Des Moines, IA 50321. **All other items**—antique, discontinued, or personal belonging.

Make It Yours

Pages 42-46: all items—antique, discontinued, or personal belonging.

Trellises from Trimmings

Pages 50-54: Dropmore Scarlet honeysuckle—Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; www.carrollgardens.com; catalog $3. **Large-flowered clematis**—Carroll Gardens (address above). Wayside Gardens, 1 Garden Lane, Hodges, SC 29695-0001; 800/845-1124; www.waysidegardens.com; free catalog. **Don Juan and Golden Showers roses**—Jackson & Perkins, 1 Rose Lane, Medford, OR 97501; 800/292-4769; www.jacksonandperkins.com; free catalog. Wayside Gardens (address above). **Seeds of annual flowering vines and vining vegetables;** Mandevilla—Park Seed Co., 1 Parkton Ave., Greenwood, SC 29647-0001; 800/845-3369; www.parkseed.com; free catalog. **Buddleia nivea; Tropaeolum tuberosum Ken Aslet**—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; Web site: www.heronswood.com; catalog $5.

More Than Making Do

Page 58: pot rack—Enclume; for a retail location; www.enclume.com. **China,** "Woodland"—Spode; for more information call 800/257-7189.

Page 60: tab-top curtains—Pottery Barn; 800/922-5507; www.potterybarn.com. **Paint on wall,** Ralph Lauren, "Oar Lock"—Home Depot; Web site: www.homedepot.com. **Sofa,** English Pub style, **denim slipcover**—Retrospect; for more information call 800/301-9720; www.retrospecthomes.com.

Page 62: chandelier, Hulberton Forge—Muska Lighting; 651/227-8881. **Paint,** Ralph Lauren, "Oatmeal" with "Tea Stain"—Home Depot; Web site: www.homedepot.com. **Pitcher on table,** Saffron—Patina; 612/821-9315. **Table**—Pier 1 Imports; for a local retail store call 800/447-4371. **Paint on upper cabinets,** Ralph Lauren, "Oatmeal" with "Tea Stain"—Home Depot; www.homedepot.com. **Paint on bottom cabinets,** Ralph Lauren "Barn Red"—Home Depot; www.homedepot.com.

Page 64: paint, Old World, #1222—Pratt & Lambert Paints, 101 W. Prospect Ave., Cleveland, OH 44115; 800/289-7728; www.prattandlambert.com. **Drapery panels**—Restoration Hardware; for more information call 888/243-9720; www.restorationhardware.com. **Bed,** "Afton"—Retrospect; for more information call 800/301-9720; www.retrospecthomes.com. **Bedding**—Ralph Lauren Home Collection; Web site: www.ralphlauren.com.

Hide and Sleek Kitchen

Page 66: cabinets—Bob Hampton, Finest City Cabinets, 330-A Trousdale Dr., Chula Vista, CA 91910; 619/585-0202. **Green dishes on counter**—Pier 1 Imports; for a retail store call 800/447-4371. **Countertop**—Pietra Intl., 17 Horton Plaza, Ste. 186, San Diego, CA 92101; 619/239-0844. **Cleanup sink,** Executive Chef, 33x22-inch—Kohler Co.; 800/456-4537; www.kohler.com. **Faucets,** "Lady Luxe Plus"— Grohe America, Inc.; 800/201-3407; www.groheamerica.com. **Hardware,** oiled bronze—Detail, 8625½ Melrose Ave., West Hollywood, CA 90069; 310/659-1550. **Stockpot on stove, strainer by sink**—Williams-Sonoma; 800/541-2233; www.williams-sonoma.com. **Glass doors**—Eye of the Hurricane; for more information call 760/757-9674. **Range, oven, hood**—Viking Range Corp.; 888/845-4641; www.vikingrange.com. **Chairs at table,** "Block Island Club Chair"—Donghia, 485 Broadway, New York, NY 10013; 800/366-4442. **Green pitcher**—Cost Plus World, 200 Fourth St., Oakland, CA 94607; 800/267-8758. **Green plates, bowls, place mats, napkins**—Pier 1 Imports; for a local retail store call 800/447-4371. **All fabrics**—discontinued.

Page 68: yellow stools—Richard Mulligan's Sunset Cottage, 8157 Sunset Blvd., Los Angeles, CA 90046; 323/650-8660. **Hardware,** oiled bronze—Detail (address above). **Glass doors**—Eye of the Hurricane; for more information call 760/757-9674. **Stockpot on stove, strainer by sink**—Williams-Sonoma; 800/541-2233; www.williams-sonoma.com.

Page 71 (*bottom*): refrigerator, 48-inch side-by-side—Sub-Zero Freezer Co., Inc.; 800/222-7820; Web site: www.sub-zero.com. **Dishes on counter**—Pier 1 Imports; for a retail store call 800/447-4371. **Vase on desk**—Cost Plus World, 200 Fourth St., Oakland, CA 94607; 800/267-8758. **Desk chair**—Waldo's Designs, 620 N. Almont Dr., West Hollywood, CA 90069; 310/278-1803.

Set a Place

Pages 74-76: all items—antique, discontinued, or personal belonging.

Garden Shop™

Page 106: Chimes for the Garden—Woodstock Percussion, 147 Dubois Rd., Shokan, NY 12481.

Gardener's Almanac

Pages 110-114: Black Magic elephant's-ears—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. Brent and Becky's Bulbs, 7463 Heath Trail, Gloucester, VA 23061; 877/661-2852; free catalog. **Rosa glauca**—Roslyn Nursery, 211 Burrs Lane, Dix Hills, NY 11746; 631/643-9347; catalog $3. **Margarita sweet potato vine; Crocosmia**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759, 800/503-9624; free catalog. **Gunnera; Babylonica weeping willow; Acanthus**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Zebrina maiden grass; Baggesen's Gold honeysuckle**—Plant Delights Nursery (address above). **Korean fir**—Arborvillage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. **Clematis integrifolia**—Siskyou Rare Plant Nursery, 2825 Cummings Rd., Medford, OR 97501; 541/772-6846; catalog $3. **Shasta daisies**—Wayside Gardens, 1 Garden Lane, Hodges, SC 29695-0001; 800/845-1124; free catalog. **Persicaria, Veitch's Blue globe thistle**—Busse Gardens, 17160 245th Ave., Big Lake, MN 55309. **Frostweed**—Pine Ridge Gardens, 832 Sycamore Rd., London, AR 72847; 501/293-4359; www.riverrunning.com; catalog $1.

Urban Oasis

Page 122: shrubs and trees—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; www.heronswood.com; catalog $5.

Family-Friendly Style

Page 125: all items—antique, discontinued, or personal belonging.

Pages 126-127: windows—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Chairs and sofa**—Mitchell Gold; for more information call 800/789-5401; www.mitchellgold.com. **All other items**—antique, discontinued, or personal belonging.
Pages 128-129: sofa—Mitchell Gold; for more information call 800/789-5401; www.mitchellgold.com. **All other items**—antique, discontinued, or personal belonging.
Page 130: range and dishwasher—KitchenAid; 800/422-1230; www.kitchenaid.com. **Range hood**—Sears Kenmore; 888/536-6673; www.kenmore.com. **All other items**—antique, discontinued, or personal belonging.

Giving the Ranch a Hand

Page 133: leather daybed—James Maxwell Designs, 201 R Christie St., Toronto, Ontario, Canada M6G 2B5; 416/537-5048; www.maxwell-design.com. **Exterior light fixtures**—Hinkley Lighting; 800/446-5539. **Exterior color stain**—Behr Premium Paints through Home Depot U.S.A., Inc.; 800/430-3376; Web site: www.homedepot.com. **Teak bench**—Tidewater Workshop; 800/666-8433; www.tideworkshop.com.
Pages 134-135 (*top*): carpet—Village Carpet, 924 Green Bay Rd., Winnetka, IL 60093; 847/446-3800. **Closet door**—Woodharbor Doors; 3277 Ninth St., SW, Mason City, IA 50401. **Wood for floors**—Ridgefield Industries, Inc.; 8420 Railroad St., Crystal, IL 60012; 815/356-9490. (***Bottom***): **Roman shades**—Smith + Noble; 800/765-7776; www.smithandnoble.com. **Chairs and sofa**—Marshall Field's; 800/292-2450; Web site: www.marshallfields.com. **Coffee table**—Design Institute America, 919 E. 14th St., Jasper, IN 47546; 812/482-4532; www.dia.com. **Rug**—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093; 847/446-3800. (***Right***): **chandelier and sconces**—Littman Brothers Lighting, 905 S. Roselle Rd., Schaumburg, IL 90193; 847/895-5055. **Crown molding**—Owl Hardwood Lumber Co., 926 S. Graceland Ave., Des Plaines, IL 60016; 847/824-5025. **Roman shades**—Windowear; Web site: www.windoware.com. **Dining table**—Peterson Interiors, Inc., 70 W. Dundee Rd., Buffalo Grove, IL 60089; 847/520-5252. **Dining chairs**—P & A Accommodations, 3-115 Merchandise Mart, Chicago, IL 60654; 312/822-1002.
Pages 136-137: table top—Attention to Detail, 4410 Rte. 176, Suite 2, Crystal Lake, IL 60014; 815/477-8400. **Chair**—P & A Accommodations (address above).
Pages 138-139: ceiling fan—Casablanca Fan Co; 888/227-2178; www.casablancafanco.com. **Low voltage lights**—MP Lighting, 138 W. Sixth Ave., Vancouver, BC, Canada V5Y 1K6; 604/708-1184. **Refrigerator**—Sub-Zero Freezer Co., Inc.; 800/222-7820; www.subzero.com. **Glass on island and pantry doors**—Attention to Detail (address above). **Tile floor**—Tithof Tile & Mable, Inc., 1657 Old Skokie Rd., Highland Park, IL 60035; 847/831-3444. **Barstools**—Design Institute America (address above). **Oven**—Thermador; 800/656-9226; www.thermador.com. **Sink and faucet**—Franke Kitchen Systems Div.; 800/626-5771; www.frankeksd.com. **Granite countertop, mosaic tile for backsplash and floor accent**—Tithof Tile & Marble, Inc. (address above).
Pages 140-141 (*left top*): clock—Chiasso, 413 Oakbrook Center, Oakbrook, IL 60523; 630/928-1169; www.chiasso.com. **Granite countertop**—Tithof Tile & Marble, Inc. (address above). **Dishwasher**—Miele, Inc.; 800/843-7231; www.miele.com. **Vases on counter**—Room & Board; 800/486-6554; www.roomandboard.com. **Butcher block**—American Wood Products, Inc.; 270/786-2319. **Sink and faucet**—Franke Kitchen Systems Div.; 800/626-5771; www.frankeksd.com. (***Bottom***): **leather daybed**—James Maxwell Design (address above). (***Right***): **windows**—Crestline; 800/552-4111; www.crestline.com. **Glass table top**—Attention to Detail (address above). **Table base**—Design Institute America; 812/482-4632; www.dia.com. **Chairs**—Peebles & Assoc.; 312/222-1877.
Page 142 (*top*): Mondrian print—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Sink**—Advantage Plumbing & Heating; 847/965-4444. **Faucet**—Hansgrohe; 800/719-1000; www.hansgrohe-usa.com. **Toilet**—Toto Kiki USA, Inc.; 800/350-8686; Web site: www.totousa.com. (***Bottom***): **track lighting**—Tech Lighting; 800/522-5315; www.techlighting.com. **Windows**—Crestline; 800/552-4111; www.crestline.com. **Bedding**—Calvin Klein Home; 800/294-7978; purchased at Marshall Field's; 800/292-2450; www.marshallfields.com. **Storage cart, chair, night table**—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Rugs**—Pottery Barn; 800/922-5507; www.potterybarn.com. **Bed**—Carson Pirie Scott; 800/374-3000. **Wall paint**, 2024-50 (Jasper Yellow), 2068-20 (Grape Gum)—Benjamin Moore; for a dealer near you call 800/826-2623; Web site: www.benjaminmoore.com.

Remaking a Classic

Pages 146-147: round stained-glass window, salvaged from church demolition—Glass Visions; 310/855-0224. **Stair rail**, custom design—Maple Welding & Iron; 626/815-0127. **Painting over window**—Ballard Designs; 800/367-2775.
Pages 148-149: sea grass chairs—Tresor, 8251 Melrose, Los Angeles, CA 90046-6822; 323/651-9334. **Window treatment, pillows on sofa**—James Salinas Designs; 323/883-1987. **White sofa**, custom design—Jaime Carillo; 626/814-3539. **Mantel**—Michael Bonita; 818/764-1047. **Fireplace tools**—Maple Welding & Iron; 626/815-0127. **Fireplace screen**—Ballard Designs; 800/367-2775.
Pages 150-151: kitchen cabinet, custom—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Tile floors, counters**—Tile & Marble USA, 11300 Santa Monica Blvd., Los Angeles, CA 90025; 310/477-1705. **Free-standing table**—Sonrisa, 7609 Beverly Blvd., Los Angeles, CA 90036; 323/935-8438.
Pages 152-153: bed—Dormiere, 1345 Fourth St., Santa Monica, CA 90401; 310/393-9288. **Rug**—Plaza Carpet, 5970 West Pico Blvd., Los Angeles, CA 90035-2657; 310/931-9999. **Chest at end of bed**—James Salinas Designs; 323/883-1987. **Curtains, vases over the bed**—Pottery Barn; 800/922-5507; Web site: www.potterybarn.com. **Pillows, daybed, stool**—James Salinas Designs; 323/883-1987. **Towel racks**—Waterworks, 109 Robertson Blvd., Los Angeles, CA 90048; 310/246-9766. **Towel rack plating**—Beverly Hills Plating, 243 N. Robertson, Beverly Hills, CA 90211-1703; 310/271-1701. **Sink and fixtures**—Snyder Diamond, 1399 Olympic Blvd., Santa Monica, CA 90404-3776. **Rug**—Bed Bath and Beyond; 800/462-3966; www.bedbathandbeyond.com. **Tile on floor and wall**—Milos Marble and Tile; 323/463-3601.
Page 154: all items—antique, discontinued, or personal belonging.

Reader Shopping

Page 172: Soup plates—Harold's Kitchen, 140 Lehigh Ave., Lakewood, NJ 08701. **Soup spoons**—RSVP, 4021-13th Ave., W, Seattle, WA 98119.
Page 207: Space Flight Cookie Cutter Set—Little Fox Factory, 931 Marion Rd., Bucyrus, OH 44820. Off the Beaten Path, 6601-D Royal St., Pleasant Valley, MO 64068.

architects & designers

Camp Gilmore

Pages 18-24: designer—Skip Broom, H.P. Broom Housewright, Inc., 162 Ferry Rd., Hadlyme, CT 06439; 860/526-9836.

Hide and Sleek Kitchen

Pages 66-70: architect—Patrick J. Sheehy, AIA, 1150 Arden Dr., Encinitas, CA 92024-5104; 760/942-2654. **Contractor**—Wardell Builders, Inc., 646 Valley Ave., Suite C, Solana Beach, CA 92075; 858/793-4190. **Kitchen planner**—Lesa Heebner & Co., P.O. Box 2974, Del Mar, CA 92014; 858/755-7773; www.heebner.com. **Interior designer**—Jeffrey Alan Marks, 7012 LaPresa Dr., Los Angeles, CA 90068; 323/850-8828.

Small Yards, Big Show

Pages 96-104: garden design—Andrew M.G. Smith, ASLA, Landsmith Landscape Consultation & Design, 9 Oakdale Pl., Charleston, SC 29407; e-mail: landsmithasla@aol.com.

Giving the Ranch a Hand

Pages 135-144: kitchen designer—Steve Karp, nuHaus, 1665 Old Skokie Rd., Highland Park, IL 60035; 847/831-1330.

Remaking a Classic

Pages 147-154: interior designer—James Salinas, 1209 N. Formosa Ave., Ste. 4, West Hollywood, CA 90046; 323/883-1987.

We inadvertently listed incorrect information in our March 2002 Buying Guide. Note the correct listing:

Mud Rooms to the Max

Pages 36-38: architect—Lee Hulst Architect, 278 Spring St., Portland, ME 04102; 207/773-2843.



America's #1 Choice for Blinds, Wallpaper & More!

Rugs • Wall Art • Lighting • Curtains • Home Decor • Shutters • Paint • And More!

25%-85% Lower Than Most Store Prices!

PLUS Take An Extra 10%* OFF

CODE: BED1

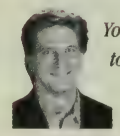
*Ask for de

Lifetime Lowest Price & 100% Satisfaction Guarantee*
Order today, and if you ever find the identical item for less, let us know and if we can verify it, we'll refund you 110% of the price difference! And, we're so confident that you'll be happy with your purchase that we offer an exclusive 100% money-back guarantee.

We Carry Only First Quality Name Brands
Hunter Douglas, Duette, Waverly,® Village,® Wallies Cutouts,® Levolor, American, Kirsch, Graber, Louverdrape, Imperial, Thomas Kinkade, Carey Lind, and more!

Shop on the internet at www.decoratetoday.com
You can view over 300,000 blinds, shades, wallpaper patterns and borders and other home decorating products. We have over 650 personal shoppers online to answer your questions and help you place your order. Instantly search our entire collection by product, style, material, shape, color, size, price range and keyword.

Shop Your Local Decorating Store or Home Center
If you see something you like in your local decorating store, write down all the product information (brand name, style, color, etc.) then call for your Lifetime Guaranteed Lowest Price.



You'll never find a reason to buy from anyone else! We guarantee it!
Steve Katzman, President

CALL OR VISIT US ON-LINE FOR A FREE
- Blind Catalog
- Wallpaper Catalog
- Area Rug Catalog

Shop On-line 24 Hours a Day!

Michigan Shoppers!
Visit our Sterling Heights or Plymouth Factory Showroom Outlets. Call 1-800-442-7919 for directions.

FREE UPS DELIVERY*

300,000 More at Decoratetoday.com!
Search our extensive collection by design element such as kittens, tulips, etc. If you can dream it, we can find it . . . instantly!

American Blind and Wallpaper Factory
decoratetoday.com
1-800-689-4485
Decorating so easy, it's fun!
FAX: 1-800-391-2293
909 N. Sheldon Rd, Plymouth, MI 48170
All major credit cards, money orders & checks accepted



38DD in an instant?
All sizes of bras in stock. First-quality brand names up to 20% off!
Try our exclusive *Virtual Fitting Room* to find your best styles.
We donate a portion of each sale to the National Ovarian Cancer Coalition.
Brafitters.com
The fitting place for women™
www.brafitters.com

Custom Table Pads
Guaranteed Quality and Service
Save – Direct from America's oldest and largest table pad company. 30-year limited warranty.
1-800/328-7237 Ext.210
www.sentrytablepad.com
Sentry Table Pad Co. © SENTRY 2001



TAN AT HOME!
SUNVISION® Wolff® Tanning Beds
UNITS AS LOW AS $599
CALL FOR FREE CATALOG!
BUY DIRECT & SAVE UP TO 50%
SUNVISION
HOME DELIVERY • FINANCING AVAILABL
1-877-783-83

ORDER WALLPAPER DIRECT
CALL TODAY for the LOWEST PRICES ON WALLPAPER GUARANTEED!*
- Expert advice and assistance.
- Convenient returns at over 2,000 stores nationwide.

August Only! Take an additional 10% OFF
1-800-257-5714
Shop Online! Choose from a wide selection of patterns.
www.sherwin-williams.com
SHERWIN WILLIAMS
*Comparable price review for certain. Cannot be combined with any other offers. Retail Sales Only. Offer expires 8-31-02. © 2002 The Sherwin-Williams Company

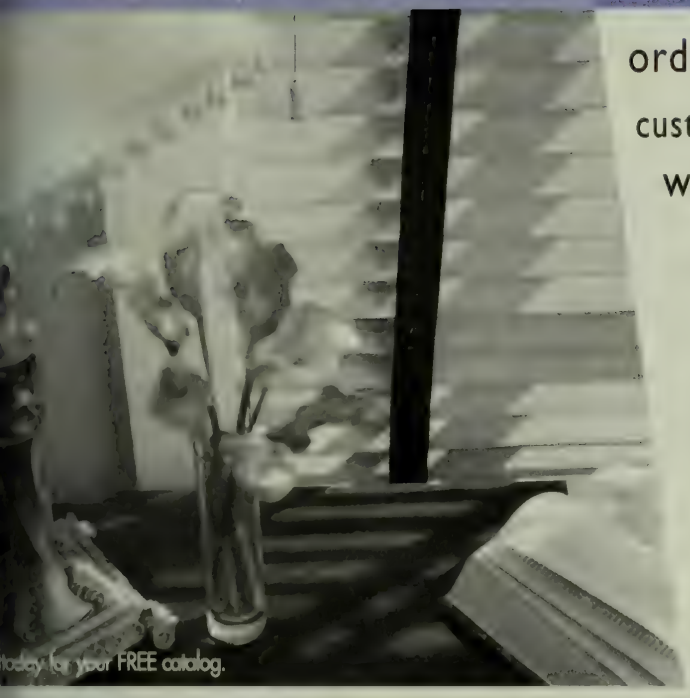
$649.- SALE
CRYSTAL CHANDELIERS
TRIMMED WITH CRYSTAL MADE BY SWAROVSKI
SAVE UP TO 58% OFF RETAIL & HANDCUT CRYSTAL
03092-11 TO ORDER OR VIEW
6 lites – 24"dia. x 21"h. ROYAL GOLD FINISH
800-646-2815
OR VISIT US AT www.jamesrmoder.com
CALL YOUR NEAREST
james r. moder
CRYSTAL GALLERY SHOWROOM
CALL FOR A FREE CATALOG



World's Larg Inventory
China, Crystal, Sil & Collectibles
Old & New • 125,000 Pa 6 Million Pieces • Buy
REPLACEMENTS
PO Box 26029, Greensboro, NC 27
1-800-REPLACE (1-800-
www.replacements.co

Work at Hom
Earn up to $40,000 a y in medical billing and cla
Now get free facts on how you can train at America's fastest-growing, money-making career. Plenty of high-pay office jobs, too! Cal 1-800-388-8765, Dept. BHGA72, or write Medical Claims Processing, Dept. BHGA72, Professions, 2001 Lowe St., Fort Collins, CO

The look of your dreams... we can help you create it.



order direct 1.800.909.6344

custom blinds direct to your home

wallpaper over 220,000 patterns

area rugs for every decor

you can also order these name brands

GRABER Bali M&B LEVOLOR HunterDouglas

the Designplace® Direct

Introducing the 10-minute Makeover.



Your nearest and dearest can ruin your furniture in no time. And there are two things you can do about it. Replace it. Or recover it. At a fraction of the cost with ready-made machine washable Sure Fit Slipcovers. Available in a wide variety of fashionable upholstery fabrics to fit just about every type of furniture. Sure Fit Slipcovers. It's time for a change.

CALL FOR YOUR FREE CATALOG

1-888-SURE FIT

Ask for Dept. 115

www.surefit.com

shown: Hampton Check/Burgundy

Check out our annual Ugly Couch Contest Visit www.surefit.com for details

SURE FIT SLIPCOVERS BY MAIL

re Fit, Inc.
nc., 7339 Industrial Blvd , Allentown, PA 18106

Better Homes and Gardens MARKETPLACE

For *classified* advertising rates & info: 800/424/3090, fax: 312/464/0512

BLINDS/WINDOW TREATMENTS

www.BlindsOnSale.com "Hot Buys". Graber Wood Traditions Blinds, Lake Forest, Crystal Pleat, Fashion Pleat, Verticals, Plantation Shutters **1-800-919-4301.**

WWW.JUSTBLINDS.COM Buy Blinds Online and Save! Wood, Fauxwood, Cellular, Verticals, Shutters. Free Samples. Satisfaction Guaranteed.

BOOKS/VIDEOS

"THE LITTLE BOOK OF FREE THINGS." Thousands of free gifts! Send $9: Mitchell's Bookshop, 5109 Goldsboro Drive, Apt. 11F Newport News, VA 23605.

BRASS/IRON BEDS

Do it yourself **MURPHY BED** frame. Easy to install. Full $279/Queen $299. Instructions/hardware included. **www.morespaceplace.net 866-887-7223.**

BRASS AND IRON BED SALE!!! Buy factory direct and save 50%. Free color catalog. 216-229-4900 **www.brassbedshoppe.com**

CARPET/FLOORING

BUY WHERE THE DEALERS BUY- Georgia Carpet Industries has provided service and quality for over 30 years. Warehousing over a MILLION YARDS OF CARPET. We ship Carpet, Hardwood, Vinyl, Laminate and Ceramics - Anywhere! Call 1-800-420-7594. FREE SAMPLES (www.georgiacarpet.com)

BUY SMART. First quality, warranted carpet, vinyl, hardwood, ceramic, laminate flooring, and area rugs. Dalton's largest outlet. Family owned and operated for 29 years. Guaranteed low prices. Free samples. Ship anywhere. Call Carpets of Dalton toll free **1-888-514-7446. www.carpetsofdalton.com**

BUY WHOLESALE CARPET. Vinyl, Vinyl Tile, Hardwood Flooring. Save 30% to 60%. Cash/Charge. Beaver Carpets, Dalton, GA 1-800-633-5238.

ACCESS CARPET Lowest Prices. Name Brands. Free Samples. Ship Anywhere. **1-800-848-7747 Ext. 18.** www.dalton.net/access/Dalton, GA.

DIAL 1-800-C-A-R-P-E-T-S. Will absolutely beat any price. **90 DAYS NO PAY!** Major brands, area rugs. www.800carpets.net

1-800-789-9784 ALL MAJOR BRANDS 5% over cost. Don't pay retail! 90 Days No Interest! American Carpet Brokers.

DODD'S CARPET. Family owned for 25 years. Guaranteed lowest prices on all flooring. "Free samples" 1-800-526-9116.

CARPET, VINYL, HARDWOOD FLOORING. True Wholesale Prices. **1-800-922-5582.** Carpet Express "America's Floor Store" Dalton GA.

CARPET WHOLESALE 1-800-526-5050. Buy where dealers buy. First quality Guaranteed. 90 days same as cash. Samples available.

CARPET & HARDWOOD. Long's Carpet, Inc. Since 1976. Best pricing on all brands. **800-545-5664.** www.mycarpetsource.com

CHINA/CRYSTAL/STERLING

edish. Discontinued China, dinnerware, crystal. Buy/sell by the piece. 888-892-1182. Purchase on-line at www.edish.com

FABRICS/UPHOLSTERY

ABC DECORATIVE FABRICS. Drapery & Upholstery. Discount prices. Free shipping. Mon-Sat 9-6 EST **1-800-548-3496.**

DECORATIVE Fabrics, Upholstery, Drapery, Fabrics. Give manufacturer's name, pattern & color. Low prices. 1-800-392-5337. www.discountfabric.com

www.OutdoorFabrics.com Buy **Sunbrella® Fabrics** online. Wholesale prices. Ideal for patio cushions, boats, furniture, awnings. 1-800-640-3539.

DESIGNER DISCOUNT FABRICS. upholstery, drapery, silks, linings, trimmings, Sunbrella®, MICROSANsuede®. Best prices! www.designfab.com or 1-866-923-4229.

SOUTHERN DESIGN CONCEPTS - Discounted DESIGNER Fabrics, Wallpaper and Trims. Guaranteed First Quality - **NEVER UNDERSOLD! 1-800-245-3071.**

FINANCIAL SERVICES

MONEY TROUBLES? Overdue bills? Save thousands, cut credit card payments. Non-profit agency can help. Call **1-800-SAVE-ME-2.**

GARDENING/FENCING

JAPANESE BEETLE CONTROL. Milky Spore stops Japanese Beetles for good! Developed by USDA, one application lasts 20 years. Safe for children and pets. Free Catalog. Call St. Gabriel Labs 800-801-0061.

ADD WATER-WATCH THEM GROW! Giant Sunflower seeds/fertilizer kit. Send $9.95: Miss Laura's, Rte 8 Box 4858, Donna, TX 78537.

GIFTS

BOYDS BEARS, WILLIRAYE, Cup of Christmas Tea, Handcrafted Items and more! Shop Online www.personalreflections.com **888-444-3302.**

HEALTH/NUTRITION

NOT RESPONDING TO TREATMENTS? Find the better way to health! Free video. **www.doctorofhope.com** 1-254-472-0443.

HOME FURNISHINGS/ACCESSORIES

DISCOUNTED ADVERTISED FURNITURE Savings To 60%. 55 Years Experience 1-800-488-4720. Hamilton Furniture Co., Beaufort, NC 28516. www.hamiltonsfurniture.com

"FURNITURE COLLECTIONS OF CAROLINA" SAVE! Buy Direct From Hickory, NC. Major Manufacturers. Brochures Available. Call: 1-800-968-9079.

1-800-714-4448. FURNITURE DIRECT **** Save up to 60% on major brands! White Glove Express Delivery. Major Credit Cards Accepted. Immediate Quotes. www.furnitureorders.com

INCREDIBLE SAVINGS TO 65%. Name brand furniture. Nationwide white glove delivery. Wholesale Furniture Galleries **800-444-4154.** Free Brochure. **www.discountfurniture.net**

DISCOUNTS UP TO 65%. 500 finest brands. In-home delivery since 1933. CHERRY HILL FURNITURE. 1-800-666-0933 or www.cherryhillfurn.com brochures, 1-800-888-0933, quotes.

"CAROLINA FURNITURE DIRECT is great." NAME BRANDS, UP TO 65% SAVINGS! Insured in-home delivery. Experienced representatives. Quotes or brochures **1-800-838-7647.**

HOME THEATER MARKETPLACE with 1000 products including seating, decor, furniture and more. **Shop WWW.HTMARKET.COM Call 888-764-9273.**

DISCOUNT FURNITURE! 843-497-8686 Call for immediate quotes! Tremendous savings! Most major manufacturers! Nationwide Delivery. **carolinafurniture@sc.rr.com**

#1 FURNITURE SOURCE! Save 45% - 65%. In home delivery. 50 years experience. 800-662-2612. www.furnituregeek.com

PATIOS, WICKER/RATTAN Leather Furniture, major brands at Carolina prices, ship nationwide. **www.PatiosUSA.com** or **1-888-643-6003.**

HOME CARE PRODUCTS

WWW.YOURFILTERS.COM Save on Replacement Air, HEPA, Humidifier and Spa Filters. Quantity Discounts and Home Delivery! 1-866-363-4868.

HOME MAINTENANCE PRODUCTS

Septic tank problems? Solve them at **WWW.SEPTICARE.COM** Eliminate pump-outs, wet spots, odors, etc. Free Trial! 800-621-6065.

INVENTORS

INVENTORS - FREE INFORMATION PACKAGE. Have your new product idea developed and professionally presented to Manufacturers. Patent assistance available. Call: 1-800-544-2237.

JOB/BUSINESS OPPORTUNITIES

EASY WORK! EXCELLENT PAY! Assemble Products At Home. Call Toll Free 1-800-467-5566 EXT. 11748.

BE WITH YOUR CHILDREN - Work from Home! Join the M.O.M. Team. Great Opportunity! http://imamomon.themomteam.com

GREAT-PAYING JOBS you can do at home! 500 companies hiring NOW. 1-800-944-4703, Dept. 3596. **www.moneyfromhome.com**

GROWING BUSINESS NEEDS HELP! Home Based Business. Mail-order/E-Commerce. Excellent $$$$ Potential. Free Information. **www.GoldTouchDreams.com** 888-684-9581.

SIX FIGURE POTENTIAL from home (pt/ft). 26-year-old int'l, multi-billion dollar technology company w/5A1 D&B rating. For details on our internet marketing approach, visit: **www.myautomaticbiz.com/rd4**

KITCHENS/BATHS

DO-IT-YOURSELF CABINET RE-FACING KIT. Guaranteed professional results. Pre-finished, hardwood doors, 1/4" facing, panels, trim. 888-689-1873. www.cabinetrestyle.com

OUTDOOR/PATIO FURNITURE

FRENCH BISTRO PATIO, Garden Umbrellas, Wicker, Rattan, Yield House Furniture, Kits, Clocks, More! 800-765-1688. **www.bistropatio.com**

SECURITY/SELF-DEFENSE

PROTECT YOUR FAMILY/HOME. Wireless Outdoor Sensors, Security Cameras, Controlled Lighting, more! **www.jansenelectronics.com 888-232-3093.**

DO YOU NEED BLINDS OR WALLPAPER?

UP TO 85% OFF + 10%

WOOD BLINDS

DUETTE® SHADES

HUNTER DOUGLAS • GRABER • LEVOLOR
BALI • DEL MAR ALL MAJOR BRANDS
HUMONGOUS DISCOUNTS!!! WE DO IT ALL!!!
• Free Designer Sample Kit • Free UPS Shipping

STAR BLIND & WALLPAPER CO.
1-800-782-7800
90 DAYS NO PAYMENT
Visit our web page: www.starblinds.com
Established 1932

L.L. BEAN

FREEPORT, MAINE SINCE 1912

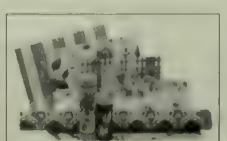
Classic men's and women's apparel; kids' clothes that are fun to wear and made to last; quality outdoor sporting gear; and beautiful home furnishings and bedding. Visit us today at www.llbean.com, or call 800-819-4288 for a FREE catalog.



BH&G The Shopper's Mart

Discover the ease and pleasure of shopping by mail. Order with comfort and convenience from your own home.

SHERWIN-WILLIAMS



Want the convenience of ordering wallpaper from your home? Call our help line today. Our expert wallpaper consultants will provide advice on measuring, hanging, number of rolls to order and more. We have hundreds of brands, expert advice, and a convenient return policy. And it's all backed by our LOW PRICE GUARANTEE. Call 1-800-4-SHERWIN (1-800-474-3794).

REPLACEMENTS, LTD.

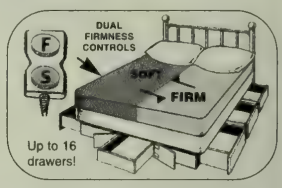


World's largest inventory of old & new china, crystal, silver and collectibles. More than 165,000 patterns. Free pattern printout, with prices. 1-800-REPLACE (1-800-737-5223). REPLACEMENTS, LTD., P.O. Box 26029, Dept. GB, Greensboro, NC 27420

EXPAND YOUR TABLE SURFACE IN SECONDS!



The Guardian Card Table Xtender Top creates a large 48" round table surface from any standard card table. Increase table seating to six for dinner or eight for a card game. FREE brochure available. Call 800-444-0778 or write to: GUARDIAN CUSTOM PRODUCTS, P.O. Box 10010, Perrysburg, OH 43552-30



ANDERSON ULTIMATE BED

Put a dresser under any bed. Fits any size, any style proof, solid wood, replaces metal frame up to 16 drawe – Contour Air Mattress adjusts to relieve any sleep p 30 day home trial. All products ship via UPS. Free catal 1-800-782-4825. www.ultimatebed.com.

COLDWATER CREEK



Discover our signature collection of women's apparel and accessories, unique gifts, and soft accents for the home . . . everything for the woman with a keen sense of her own style.

Your kind of clothes. Online. All the time.

FRAN'S WICKER & RATTAN FURNITURE



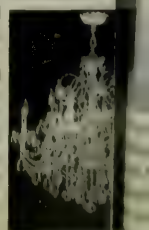
Order with confidence from America's oldest and largest wicker & rattan importer. Highest quality, lower prices and prompt delivery. For a FREE 72-page catalog, call 800-531-1511 and ask for Dept. 516 or visit us at www.franswicker.

AMERICAN BLIND AND WALLPAPER FACTO



1-800-735-5300. Save 25% to 85% off 1st Quality Brand Blinds and Wallpaper! FAST FREE UPS shipping! Call/visit decoratetoday.com for the Guaranteed Lowest Prices on blinds, wallpaper, borders, curtains, drapery, toppers, custom framed art, area rugs, lighting We carry every blind or wallpaper that you've seen at y rating store or home center. 100% guaranteed.

FREE CRYSTAL CHANDELIER CATALOG



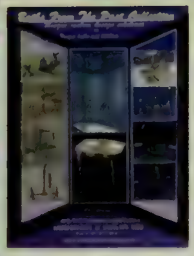
Save up to 58% on Crystal Chandeliers trimmed with Crystal made by Swarovski and quality imported Regal™ Hand Cut and polished Crystal. Order Chandelier #93099-11, Royal Gold Finish, 28" W x 28" H, at the special SALE price of $999. Call your nearest *james r. moder®* Crystal Gallery Showroom at 1-800-563-1450 www.jamesrmoder.com



BARBIE OLLECTIBLES® BY MAIL

inning collectible rbie® dolls to col- t or give. FREE alog available exclu- ely through *Barbie llectibles by Mail*. ults call 1-800- 1-7514 or visit rbieCollectiblesStore.com to ler online.

1



BATHS FROM THE PAST

Custom design solutions for your bath and kitchen. Nothing completes a period bathroom like authentic looking hardware, brass faucets, porcelain shower heads, telephone style tub fillers, or old fashioned shower systems. Baths From the Past makes it affordable. All our faucets are built from solid brass with the finest ceramic or compression valves for many years of care free use. Send for our free 52-page Baths From the Past color catalog. www.bathsfromthepast.com.

2



L. TREMAIN - BUTTER BELL® CROCK

A catalog exclusive – L. Tremain features the complete collection of Butter Bell® crocks in many new styles and colors! The Butter Bell crock safely keeps butter fresh and spreadable for up to 30 days without refrigeration. Tested and recommended by the Cooking Club of America. Makes a great gift for any occasion! Send for a **free** catalog, 1-888-575-1900 or go to www.butterbell.com

3



CHICO'S

CHICO'S

Exclusively designed apparel and accessories in over 320 locations nationwide. For a complintary catalog with a special savings certifie inside, call department 822 at 88.855.4986 or visit us online at w.chicos.com.

4



COUNTRY CURTAINS

Over 100 curtain styles and fabrics to choose from, including lots of lace! More lengths and widths than you'll find almost anywhere, all ready-made and conveniently available. Wonderfully affordable decorating solutions. Please call 1-800-876-6123 Dept. 27802, for a **FREE** 72-page color catalog.

5



AMERICA'S FAVORITE CRAFTING MAGAZINE!

Crafts 'n Things is a general craft magazine offering a wide variety of projects for crafters of all skill levels. Trial issue with subscription offer. Honor offer or mark "cancel." Trial issue ($4.99 value) yours to keep! Visit us at: www.craftideas.com. Crafts 'n Things, $2.

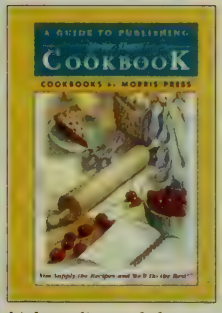
6



FRAN'S WICKER & RATTAN FURNITURE

From spectacular sets to the hard to specialty items... all from America's oldest largest wicker & rattan importer. Widest tion, highest quality and guaranteed lowest ts. FREE 72-page color catalog. ure to shop our new on-line og at www.franswicker.com.

7



MORRIS PRESS COOKBOOKS

Publish your cookbook for fundraising or as a keepsake. You supply the recipes and we'll do the rest. We offer low prices, high quality, and the most features. Minimum order 200 cookbooks. Visit our website at www.morriscookbooks.com. Catalog $1.00.

8



RENOVATOR'S SUPPLY

Luxury you can afford.

Building, renovating or remodeling? Choose from over 1,700 items ect from over 20,000 items online. Period fix- hardware, clawfoot tubs, shower enclosures, tal sinks, lighting, area rugs and runners, ceil- edallions, moldings and cornices, rass doorknobs, more! ensup.com. $2.00.

9

SIERRA TRADING POST

Since 1986, Sierra Trading Post® has been selling name brand clothing and accessories at incredible savings. Sierra Woman® continues that tradition. Save 35–70% on casual and career clothing, sleepwear, footwear, travel apparel, home furnishings and more! Free catalog. Call 1-800-713-4534 or visit www.SierraTradingPost.com.



10

Better Homes and Gardens® Catalog Marketplace August 2002 ORDER FORM

Circle the catalogs you want to receive. Fill out the coupon and include your check or money order made out to Better Homes and Gardens® for the cost of the catalogs you order, plus the $1.00 handling fee.

1.	Barbie Collectibles® by Mail	FREE
2.	Baths from the Past	FREE
3.	Butter Bell	FREE
4.	Chico's	FREE
5.	Country Curtains	FREE
6.	Crafts 'n Things	$2.00
7.	Fran's Wicker & Rattan	FREE
8.	Morris Press Cookbooks	$1.00
9.	Renovator's Supply	$2.00
10.	Sierra Trading Post	FREE

I am enclosing: $ _____ for catalogs
+ $ $1.00 for handling
$ _____ TOTAL PAYMENT

Send to: **Better Homes and Gardens® Catalog Marketplace**
Dept. BH0802CMP
P.O. Box 9392
Des Moines, IA 50306

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
E-MAIL (Optional) _____

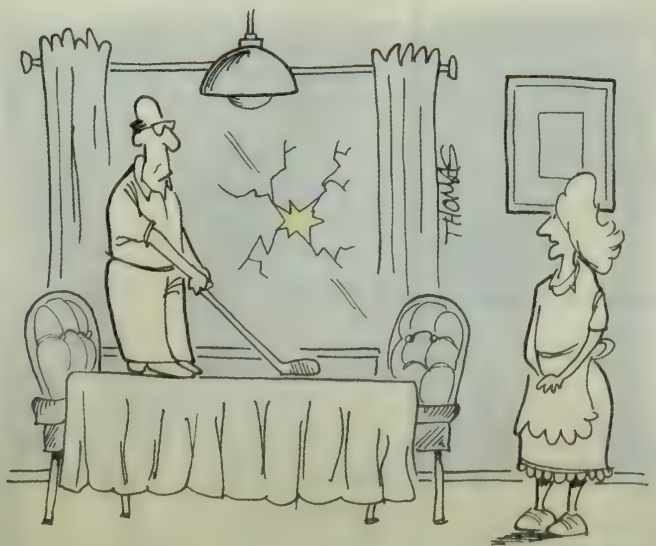
We will share your e-mail address with the catalogers from which you request information.

Make check/money order payable to Better Homes and Gardens®. No stamps/foreign. U.S. dollars only.

Please allow 4-6 weeks for delivery of your catalogs. Expiration Date 1/15/03. Expired coupons will not be honored.



"Madam...the dates on the milk are all the same..."



"I take it you didn't like my meatballs."



"It's Cajun."

r Homes and Gardens
September

3 9042 05044573 0

Better Homes and Gardens®

BER 2002 $2.99
g.com
word: BHG

Bring flavor home

8 ways to spice up dinner tonight

Cozy up your nest

Our bedrooms show you how

Make the right move

en an add-on beats a new address

CK-TO-SCHOOL:

etting kids through tough transitions

Take-along kits for babysitting success

BURLINGAME
AUG - 7 2002
LIBRARY

#BDXBBFCK*******CR-LOT 0001A*C-030
#BHG01995602180/4# DABD
R0301610
49 JAN03
BURLINGAME PUB LIB
480 PRIMROSE RD BHG P
BURLINGAME CA 94010-4010 MT QX





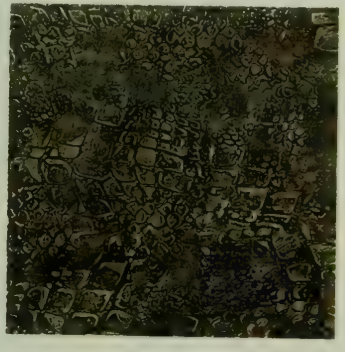
Church Dome

U.S.A., Inc. Buckle Up! Do it for those who love you!. Toyota reminds you to Tread Lightly!®

NO ANIMALS WERE HARMED IN THE PRODUCTION OF THIS FLOOR.

Vinyl

FLATTERED, PERHAPS, BUT NOT HARMED.









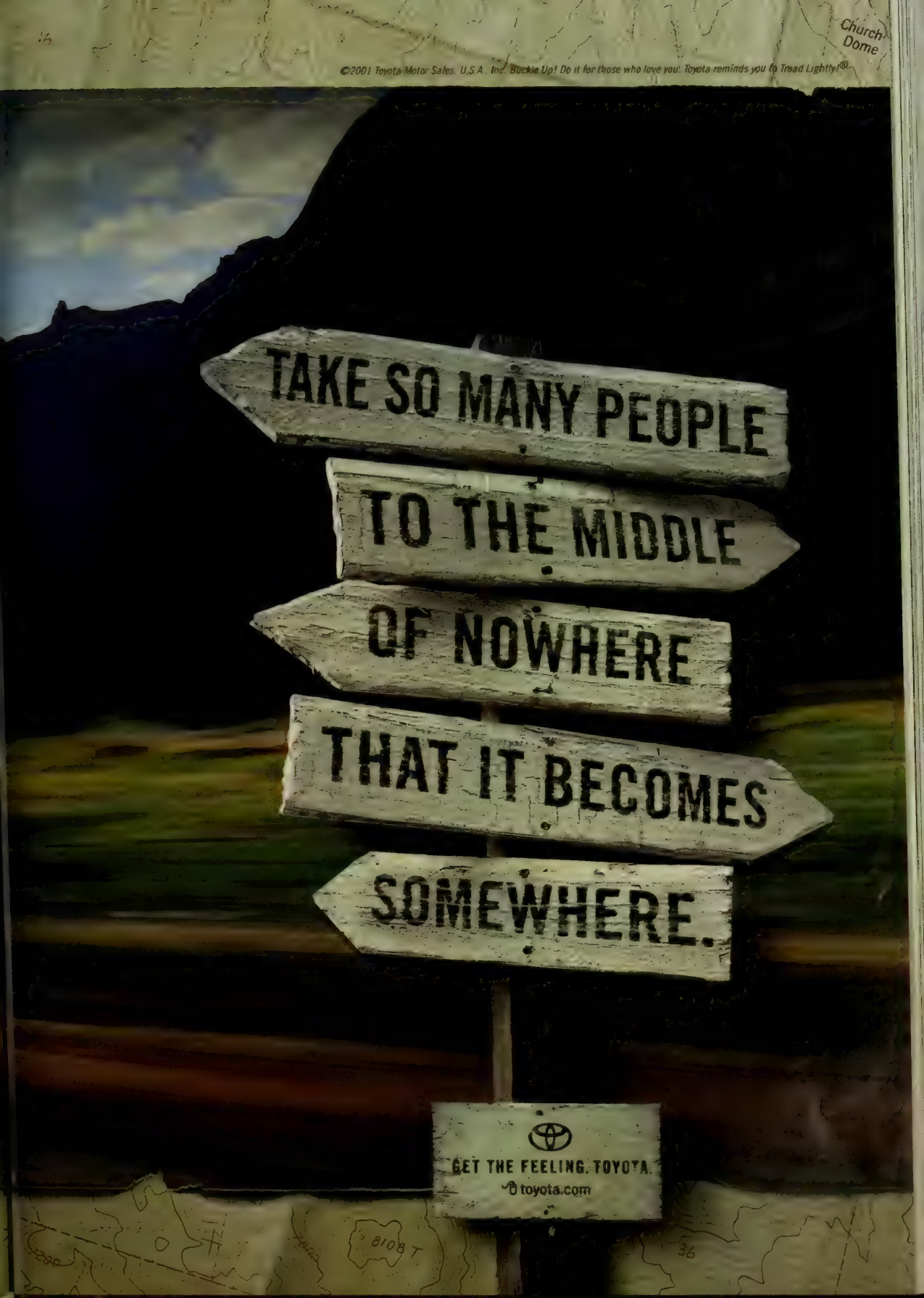


It took a particular eye to envision a crocodile floor in this home. The same eye that saw kitchen chairs needn't match. And that there's room in a child's life for simple blocks as well as 64-bit technology. However, it's easy to see that vinyl's function is every bit as impressive as its form. Few things in life have the durability of Armstrong ToughGuard.™ Which, of course, makes perfect sense once you consider how long the crocodile has been around.

www.armstrong.com

Laminate · **Vinyl** · Linoleum · Ceilings · Wood


SEQUOIA
WITH EIGHT SEATS, VEHICLE SKID CONTROL (VSC) AND TRAC TRACTION CONTROL SYSTEMS.
YOU CAN VISIT SMALL TOWNS YOU'VE NEVER BEEN TO. OR START ONE OF YOUR OWN.


Church Dome
©2001 Toyota Motor Sales, U.S.A., Inc. Buckle Up! Do it for those who love you. Toyota reminds you to Tread Lightly!®
TAKE SO MANY PEOPLE
TO THE MIDDLE
OF NOWHERE
THAT IT BECOMES
SOMEWHERE.
GET THE FEELING. TOYOTA.
toyota.com
8108 T
36

advertisement

What's your Barbie® Style?

Is your daughter always on the go? Is she into sports? Or is it fashion? Mom, help her answer this fun personality quiz to discover which Barbie item best represents her own individual style.



1 When I grow up I want to be a:

a. Professional athlete
b. Movie star
c. World traveler

2 My favorite class in school is:

a. Physical education
b. Art and Music
c. Geography

3 My favorite activity on a rainy day is:

a. Watching an action movie
b. Polishing my nails
c. Daydreaming about faraway places

4 When I'm on vacation, I like to:

a. Go bike riding or hiking
b. Go shopping with mom
c. Explore new places

If you answered...

Mostly a's:

You're a **Sporty Girl**

You'll climb to the top in these cool **Barbie™ boots**



Mostly b's:

You're a **Glamour Gal**

You'll be trendy wearing this fun **Barbie™ watch**



Mostly c's:

You're a **Girl on the Go**

You'll arrive in style with **Barbie™ authentic luggage**



Visit **barbie.com/backtoschool** and find out where to buy these and other Barbie™ back to school products.



all-star backpacks $9.99–16.99

grab bag



barbie.com © 2002 Mattel, Inc. All Rights Reserved.



GIVE YOUR KIDS THE RIGHT TOOLS AND THERE'S NO TELLING HOW FAR THEY'LL GO.

Help your kids really succeed with new Microsoft Encarta Reference Library 2003 and Microsoft Office XP Standard for Students and Teachers. Together they give your kids all the tools they need to create reports that will wow their teachers. Too bad there wasn't stuff like this when you were a kid. Get your copies of Encarta and Office XP today and help support the PTA. Find out how at microsoft.com/pta

Recommended retail price for Office XP Standard for Students and Teachers is 69% off the Office XP Standard version estimated retail price. Actual retail prices may vary.

Microsoft®



Encarta Reference Library offers comprehensive, up-to-date content, new research and learning tools, and the latest multimedia features. Your kids will do so well in school that they may even be able to teach you a thing or two.





Office XP helps kids take all that information and quickly turn regular projects into shining masterpieces complete with pictures and charts. Plus it's almost 70% off for students,* so your kids won't be the only ones looking smart.

McNeil ©McN-PPC Inc. 2002. Use as directed. *Lasts up to 8 hours.



Arthritis pain can make the simplest things seem intimidating. But only if you let it.

Fight back with Tylenol Arthritis Pain Extended Relief. This is a different Tylenol. Just two caplets work all day.* So move over Aleve,® this is going to be a Tylenol day.

Aleve® is a registered trademark of Bayer Corp

TYLENOL® Acetaminophen Extended Release
ARTHRITIS PAIN
FOR THE TEMPORARY RELIEF OF MINOR ARTHRITIS PAIN
Extended Relief Caplets

Take comfort in our strength. **ALL DAY.**

What's Inside

September 2002 Volume 80 Number 9


66

friends and family

From the Editor 12
BHG.com *What's happening at the magazine's Internet site* 16
Family Network® *Readers' solutions to family problems* 18
BH&G Kids® *Babysitter survival kit* 228
Back-to-school guide 246
The Family Next Door™ *Family, friends, and neighbors* 264


183


149

COVER PHOTOGRAPH: JOHN REED FORSMAN

gardening

Bali in the Backyard *A South Seas-style retreat* 66
Go with the Flow *Calming beauty with serene ebb and flow* 90
Mix and Match *Big, bold leaves paint the garden* 130
Gardener's Almanac *A showy bloomer, plus garden tips* 140
Stepping Out *Putting gardens on the right path* 146

home design

Be Our Guest *Welcome visitors to a relaxing retreat* 23
Coming of Age *Home Improvement Contest winner* 32
Bedside Bravura *Nightstands that break the mold* 38
Going Her Own Way *A collector's soft, traditional style* 49
Great Little Houses *A cozy European-country plan* 60
Small Bath Squeeze *Tiny floor plans with mighty conveniences* 74
Perfect-Mate Garages *Matching house and garage designs* 84
Decorating Shop™ *French Storefront Prints* 101
Maximizing Media Walls *Where to put your electronics* 124
Composed for Comfort *Swedish decorating that sings* 149
The Best of Both Worlds *A marriage of good tastes* 161
Living Large *Adding family-friendly spaces to an older home* 173

continued on page 10

Better Homes and Gardens (ISSN-0006-0151) is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Periodicals postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. To order call 1-800/374-4244. Trademark registered in Canada and Australia. Marca registrada en México. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to: BETTER HOMES AND GARDENS, P.O. BOX 37449, BOONE, IA 50037-0449. SEPTEMBER 2002. VOL. 80, NO. 9. Canada Post Publications Mail Sales Product Agreement No. 40069223. Canadian BN 12348 2887 RT. © Copyright Meredith Corporation 2002. All rights reserved. Printed in U.S.A.


www.15minutestofame.com

Learn how to make Brenner Focaccia and other 15-minute showstoppers on www.15minutestofame.com where simple is made sensational.


MAKING EVERY DAY DELICIOUS.

What's Inside continued from page 9



family matters

Kids and Credit Cards *What every parent needs to know* 102
Clean Screens *Movies that are suitable for all ages* 106
Your Family Car *Shopping for your teen's first car* 118

food

Strategies for Big Flavor *Eight ways to build up taste* 183
Red, White, and Bold *Full-bodied wines* 205
The Better Cook *Leg of lamb for a crowd* 208
Win Money *Enter our monthly recipe contest* 211
Prize Tested Recipes®
Easy Cookies and Bars; Hot and Sweet Pepper Ideas 213

(For more recipes, go online at www.bhg.com/food or AOL Keyword: Food)

health

Sensible Skin Care *Top dermatologists share their secrets* 216

shopping

Buying Guide *Names and addresses of retailers and manufacturers* ... 259
Directory of Architects and Designers 261
Reader Shopping
Bamboo Steamer 192
Tart Pan Set 196
Digital Instant-Read Thermometer 198
Better Homes and Gardens® New Cook Book, *Brand New Edition* ... 202
Barnyard Cookie and Sandwich Cutters 236
The Shopper's Mart 262

For service on your subscription, including change of address, write to *Better Homes and Gardens*® Customer Service, P.O. Box 37449, Boone, IA 50037-0449. Please enclose your address label from a recent issue. If you wish to phone, call toll free **1-800/374-4244.** Or, visit us at **www.bhg.com/service** on the Internet.

SHACKCESSORY

STORY #09

To make life easier, our engineers prefer their technology blended.

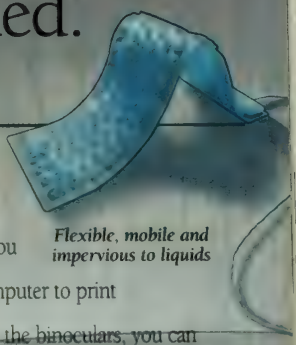
Not stirred.

Password: "Shackcessory"

Agents: RadioShack engineers. Code name –"Lab Coats."

Mission: To blend with extreme prejudice. To find or create two or more different technologies that combine into a superior, new product.

Target: Everyday life. Make it easier, make it better.



Flexible, mobile and impervious to liquids

WE'RE HAPPY ABOUT THIS MIX-UP

We've given our operatives a license to blend technologies.

Passionate about blended technologies, the Lab Coats have reviewed, tested and studied countless numbers of technologies and their applications to bring you the best in innovative, new products. Our efforts have yielded some extraordinary results.





Adds up to the perfect gadget for reconnaissance

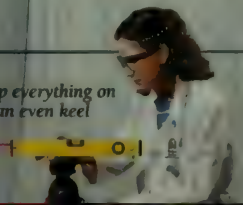
A good operative knows how to keep a level head. And with the Laser Leveler, that combines laser technology and a level, you can ensure whatever assignment you are working on is level and straight. Dual lenses let you project either a dot or a line, proving once and for all that the picture is straight.

Do more than just observe the action, capture it from a distance with the Meade CaptureView™, the digital camera and binoculars mix that lets you download images directly to your computer to print or e-mail. Whatever you observe with the binoculars, you can take a picture of with the digital camera. No more guessing whether the ref made the right call or not.

With some of the younger agents, the mission might get a little messy. No problem. Peanut butter and jelly, soda, water, ice cream, chocolate, very little gets to the Virtually Indestructible Keyboard. Protected by flexible and spill-proof silicone, this computer keyboard bends but doesn't break under the pressure. Whether at home or on the road, this conveniently portable keyboard rolls up for easy storage.

FINDING THE RIGHT BLEND CAN MAKE LIFE EASIER

These are just some of the blended Shackcessories that have been cleared for public knowledge. To learn about the dozens and dozens of other Shackcessories that we have discovered, stop by your local RadioShack. This is all we can tell you here. If we told you any more, we would have to…well, you know. That's Shack…RadioShack.



Keep everything on an even keel

RadioShack®

You've got questions. We've got answers.®

www.RadioShack.com



Over dinner at our kitchen table one night, our family talk turned to foods we like. Our son, Alec, had an insight as to generational preferences in our household: "You guys are older, so you don't have as many taste buds as Lauren and me. That's why you like things hot and spicy more than we do." Well, the thought of aging taste buds hadn't occurred to me, but I couldn't deny the observation. My husband, Don, and I are huge fans of all kinds of sauces, mustards, and herbs. And new seasonings as much as new main ingredients are likely to distinguish recipes that I add to our family favorites list. If a dish receives raves at our house, it's because the flavor earned eight thumbs up.

Also getting a thumbs-up is the just-out 12th edition of the *Better Homes and Gardens® Cookbook*—and for similar reasons. When the book's editors planned this version of our flagship cookbook, they chose recipes that were particularly flavorful. Our food editors' picks from the hundreds of recipes in the new cookbook are featured in "Strategies for Big Flavor" (see *page 183*), and all of them help us add flavor to the foods we love.

After tasting the recipes myself, I knew the 12th edition had a home in my always-growing kitchen library. In fact, it will join three previous editions that are among my most used cookbooks. I must admit that my favorite is the 5th edition I received at age 19 from my mom as a Christmas gift. I was quite surprised and pleased to get it because I had cooked for years from her *Better Homes and Gardens Cookbook*, which dates to the 1940s, and now she was passing on her best friend in the kitchen to me. While the older edition's sentimental value will retain its place in my heart, I have a feeling that my kids will reach for the newest version when they're baking up a batch of cookies. Either way, the tradition of family fun and good food is sure to continue—along with the observations from the younger taste buds.



Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief



New LAND O LAKES® Fresh Buttery Taste™ Spread.

Real butter taste from the people who know butter best.

LAND O LAKES™

Where simple goodness begins.℠

www.landolakes.com

Armstrong

Your ideas become reality

Point



Click



Yes!



Design a Room

interactive room viewer



Choose from more than 20 rooms online. Point your mouse at literally hundreds of beautiful flooring choices. Just click, click, click to choose the right flooring...and the colors for your walls...and cabinets, too. As you design your perfect room, see exciting possibilities come to life.

www.armstrong.com

Vinyl Floors Wood Floors Linoleum Laminate

Better Homes and Gardens®

Karol DeWulf Nickell
Editor in Chief

John Riha
Executive Editor

Bradford W. S. Hong
Creative Director

Lamont D. Olson
Managing Editor

Art Director Michael D. Belknap
Editorial Marketing Director Joan McCloskey

Food and Entertainment Editor Nancy Wall Hopkins
Nutrition Editor Jeanne Ambrose
Associate Editors Richard Swearinger, Stephen J. Exel
Editorial Assistants Karen Pollock, Anna Anderson

Garden and Outdoor Living Editor Mark Kane
Senior Garden Editor Craig Summers Black
Associate Garden Editor Doug Hall
Test Garden Manager Sandra J. Gerdes
Editorial Assistant Jacque Wittick

Travel and Features Editor Becky Mollenkamp
Editorial Assistant Doris Lohrman

West Coast Editor Sharon Overton
Senior Interior Designers Joseph Boehm, Catherine Kramer
Senior Design Editor Sarah Egge
Senior Building Editor Shawn Gilliam
Senior Building and Environment Editor Laura O'Neil
Editorial Assistants Peggy Daugherty, Marilyn Scott

Assistant Art Directors Zulal Biner, Hung Luu
Senior Graphic Designers Ted Rossiter, Stacey Willey
Design Assistant Malea Hubbell

Assistant Managing Editor Steven Cooper
Makeup Editor Linda Smith Thomas
Associate Makeup Editor Cindy Alberts
Copy Editor Martha Coloff Long
Office Manager Ginger Bassett
Administrative Assistant Suzanne Miller

Test Kitchen Director Lynn Blanchard
Director of Reader Shopping Denise King Scott
Reader Shopping Manager Diana Willits

Regional Contributors

Lisa Mowry, **Atlanta**; Estelle Bond Guralnick, **Boston**; Lynn McBride, **Charleston, S.C.**; Elaine Markoutsas, Sally Mauer, Hilary Rose, **Chicago**; Diane Carroll, **Dallas**; Mindy Pantiel, **Denver**; Khristi Zimmeth, **Detroit**; Eileen Alexandra Deymier, **Easton, Md.**; Betsy Harris, **Indianapolis, Ind.**; Susan Andrews, **Kansas City, Mo.**; Robin Tucker, Laura Hull, **Los Angeles**; Bonnie Broten, Tangi Schaapveld, **Minneapolis**; Bonnie Maharam, Cynthia Bogart, **New York**; Peggy Keonjian, Jan Behrs, **Portland, Ore.**; Mary Anne Thomson, **St. Louis**; Andrea Caughey, **San Diego**; Helen Heitkamp, Carla Howard, **San Francisco**; Trish Maharam, Loralee Wenger, Lynda Turner, **Seattle**; Heather Lobdell, **Tiburon, Calif.**; Claudia Franklin, **Tucson**; Nancy Ingram, **Tulsa**; Betty Campbell, **Victoria, B.C.**; Margaret Ann Fowler, **Wilmette, Ill.**; Karin Lidbeck-Brent, **Woodbury, Conn.**

Jeannine Shao Collins, **Publisher**
Sally Preston, **Advertising Director**;
Katherine Doyle, **Creative Services Director**; Mark Bradbury, **Research Director**
Amy Levy, **Publishing Group Events Director**; Christine Held, **Promotion Art Director**
Patrick O'Donnell, Meredith Stick, **Eastern Sales Managers**;
Joy DeVries, Crister Larson, Maureen Mooney, Kim Jamison-Henry,
Devon Walsh, Debra Rosenkrantz Brenman, Tracy Glenn, **Account Executives**
Peter W. Mason, **Travel Manager**; Grace Chung, **Direct Response Advertising Director**
Shari Epstein, **Direct Response Sales Manager**; Ira Libov, Tara Phillips, **Account Executives**
Atlanta: Sibyl de St. Aubin; **San Francisco**: Sandy Fish, **West Coast Manager**
Los Angeles: Barbara Moses; **Chicago**: Gary Wenstrup, **Midwest Manager**;
Brad Moore, Valerie Thiel, Jackie Fallon, Rick Wheeler, **Account Executives**
Detroit: Sally Jeffries, **Manager**
Beth Von Linden, **Consumer Marketing Director**; Karen Chiovaro, **Director of Production Operations**
Jan Sime, **Advertising Operations Director**

Meredith Publishing Group

Stephen M. Lacy, **President**
Jerry Kaplan, **President, Meredith Magazine Group**
Michael Brownstein, **Corporate Solutions**
Ellen de Lathouder, **Creative Services**; Bruce Heston, **Manufacturing**
Karla Jeffries, **Consumer Marketing**
Max Runciman, **Finance and Administration**

Meredith

William T. Kerr, **Chairman and Chief Executive Officer**
E. T. Meredith III, **Chairman, Executive Committee**

© Copyright Meredith Corporation 2002. All rights reserved. Printed in the U.S.A.

MPA



THE TRAVEL SITE WITH THE MOST LOW FARES.

The most available fares. The most flight options. The most Web fares in one place.
Scans more than two billion possibilities in seconds. Easy to navigate. Easy to use.

THE MOST LOW FARES TO PLANET EARTH. ORBITZ.COM

ORBITZ

Proudly created by the World's Leading Airlines.



Copyright 2004 Orbitz LLC. All rights reserved. Orbitz, the Orbitz logo, and all product names and trademarks are registered trademarks of Orbitz, LLC. Based on published fares to/from and within the United States. Booking is not available on certain flights.

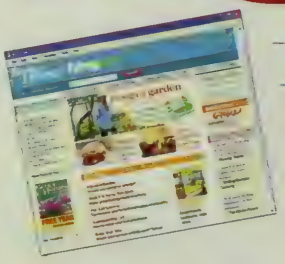
Better Homes and Gardens®

bhg.com

AOL Keyword: BHG

Ideas that click!

Gardening, food, decorating, remodeling, and more





Remake a Room

Redecorate. Rearrange. Redo. It's fun to imagine a room overhaul—and even more satisfying to draw out a plan yourself. Try our free layout tool.

www.bhg.com/arrangearoom



Family Crafts Fin

Just type in the level of difficu and age of your crafter. We' prepare a list of great project

www.bhg.com/familycrafts

Easy Meals

When your household gets hectic, turn to BHG.com for easy and nutritious fixin's.

www.bhg.com/easymeals



Recipe: www.bhg.com/pastasalad

Home Slide Shows

From fabulous accents to perfect color schemes, our slide shows present great ideas for you. www.bhg.com/homeslides



Better Homes and Gardens

Magazine Subscription Help

Online subscription assistance:
www.bhg.com/service

- Subscribe
- Renew your subscription
- Change your address
- Report a duplicate issue

For other magazine questions, go to **www.bhg.com/help**

Register at **www.bhg.com/members** to receive member benefits, including:

- Free e-mail newsletters
- Free downloads
- Free personal recipe ideas

Or call us at 1-800-374-4244
Weekdays: 7 a.m. to 11 p.m. CST
Weekends: 8 a.m. to 6 p.m. CST
Please have your address label on hand.
For billing questions, have your invoice handy.

Or mail subscription questions to:
Better Homes and Gardens
Magazine, P.O. Box 37429,
Boone, IA 50037-0429

Write to us at:
Better Homes and Gardens Reader Service, 1716 Locust Street,
Des Moines, IA 50309-3023

www.bhg.com/service



To find out if our fleece really doesn't pill, give it a trial run. Say, five years or so.





You can buy less expensive fleece, but it invariably looks nubby and worn out after a few trips through the washing machine. L.L.Bean's fleece stays absolutely beautiful. Guaranteed. We also add a touch of spandex so it's not only soft and warm, but fits nicely and holds its shape. For all the years you own it. *Bean's Comfort Fleece Pullover, $29.*

L.L.Bean

FREEPORT, MAINE
SINCE 1912

L.Bean, Inc

FREE CATALOG Call 1-800-926-0561 or shop online at www.llbean.com

Finally a room that really suits my style!



There's something about my Four Seasons Conservatory that puts me at peace the minute I step inside. Maybe it's the confidence in knowing I own the very best engineered Conservatory available. Or, maybe it's just the way it brightens every occasion, winter, summer, spring or fall. Either way...I just love it!

Call 1-800-FOUR-SEASONS or visit FourSeasonsSunrooms.com/bhg

North America's Premier Sunroom Manufacturer

Call Now To Receive Our Free Catalogs

FOUR SEASONS SUNROOMS

Outdoor Living...Indoors

AN ULTRAFRAME PLC COMPANY



family network

Time-saving tote

As a time-saver, I organize busywork to take on my errands and appointments. I keep a canvas bag by my door into which I place junk mail, bills, coupons that need organizing, and note cards to write friends. Then, while waiting for such things as doctor's appointments, the moments are not wasted. This allows me to spend the extra time later with my family.

Judy Moran
Castaic, Calif.

Toddler tea party

Since our toddler likes to "help" in the kitchen when I prepare meals, I bought her an inexpensive child's tea set of her own. I place the set on a towel and give her a small amount of water to pour from one cup to another. This entertains her long enough for me to prepare dinner and it helps her eye-hand coordination.

Diane Southern
Steele, Mo.

Fax of life

My parents, who are not fluent in English and live far away, often need help with paperwork for medical or other business matters. To help us help them with forms, my sister and I bought them a fax machine. Now when they have a question or need translation, my parents can send us their documents. An added bonus: our kids get to fax letters and drawings to their grandparents.

Kathy Timotijevic
Carol Stream, Ill.

Family rules of the road

When our 16-year-old got his driver's license, we agreed that for one year he could not have passengers unless he was accompanied by a parent. This gave him time to become more experienced behind the wheel without the distraction of friends. It also allowed the novelty of driving to wear off.

Bonnie E. Bumb
Daytona Beach, Fla.

Itsy, bitsy spiders

If your home has spiders, catch them by using disposable glue traps for mice, instead of chemical sprays. Just keep the traps away from children.

Carolyn Kesler
Sandy, Utah

The score adds up

My first grader struggled with addition and balked at extra homework problems that I made up for her. We opted for a nighttime game of dice that required tallying her scorecard. She was thrilled, and the game reinforced her math skills while giving us both something to enjoy.

Diane Hancock
Allison Park, Pa.

A spoonful of applesauce

To help swallow large pills, put the medicine on top of a small spoonful of applesauce and ingest. Immediately drink a glass of water.

Mary Ellis
Enterprise, Ala.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.


EVERY MORNING,
I TAKE MY VITAMINS
WITH 7.8 GALLONS OF WATER.
complete body wash
Now with vitamins
A E & B3
the moisturizing formula
in Olay Complete leaves
skin healthier than the
leading body wash.
OLAY
complete
body wash
now with
vitamins
OLAY
love the skin you're in™



Money is serious business.
But nobody said
life has to follow suit.

citi

Live richly.™



Petra is wearing Lipfinity No.108 Frivolous with Lipfinity Shimmer Finish Topcoat, Extra Frost

Max Factor introduces six moisturizing, shimmering and pearlescent shades that put the finishing touch to the Lipfinity color you know you won't have to re-apply all day. A finishing touch it may be, but it's just the start of your own unique, beautiful lip look.

Extra Frost | Sheer Gold | Sheer Blush | Sheer Bronze | Sheer Mocha | Sheer Garnet

MAXFACTOR®
the make-up of make-up artists

©2002 Max Factor and Co. Max Factor Star permission gr
by Hollywood Chamber of Commerce. www.maxfacto

be our guest

photographed by Kim Cornelison
written by Jilann Severson
designed by Joseph Boehm



No matter how strong the friendship or family bonds, being a host or a guest isn't always easy. Borrow strategies from some of the country's finest bed-and-breakfast inns to arrange a retreat that encourages both guests and hosts to relax and enjoy time together.

continued on page 24

Be Our Guest

continued from page 23



Garbing a space with a single pattern—even a big, bold floral such as this one on the walls and bed skirts (*left*)—envelops the room without being too obtrusive. Spare toiletries are tucked away in organdy gift bags (*below*) to serve as replacements should a guest have need.

Inviting someone to stay in your home expresses your true hospitality. However, awkward moments will inevitably arise—especially for the visitor. Is the family awake? Will they mind if I borrow some toiletries? Can I sneak a midnight snack without bothering anyone?

Take away those apprehensions with a little planning. When designing a guest room, put yourself in the guest's place. Tuck extra amenities, such as slippers and good reading lamps, within easy reach.

continued on page 26



©2002 KF Holdings

No cookie cutter cookie.



We've pushed your kid's favorite cookie to the max,
stuffed it with chocolate creme, then drenched it with fudge.

One Amazing Cookie and Beyond.

Be Our Guest

continued from page 24

Make the most of a guest room's structure by arranging the furniture accordingly. Here, the slanted ceiling combined with plump chairs defines a cozy spot for reading or watching television, while a small alcove and folding screen make an ideal dressing area.



Providing a private place lets guests know it is OK to spend time alone and also relieves you from nonstop entertaining. Inside the armoire, a television, a DVD player, a supply of movies, a small stereo, and a selection of CDs keeps guests entertained, and allows them to retire on their own schedule. Pillows in various densities and extra blankets are stored on the top shelf. A small dressing table supplies plenty of space to spread out personal items, eliminating the need to pack up daily and "live out of a suitcase." It is all designed to encourage relaxation and a sense of familiarity.

continued on page 29


HEY, if I took pictures of the baby and e-mailed them to the in-laws, maybe they wouldn't visit as often. WAIT. What if that just made them want to visit more?
Digital Imaging
ONLINE PRODUCTIVITY
HIGH PERFORMANCE
ENTERTAINMENT
vpr matrix
BEST BUY
Online or in the store, find what you need to stay in touch.
Turn On the Fun
BestBuy.com

SARAH, AGE 29, COLUMBUS



Nice memory 4/9/02



Painful memory 11/21/

When it comes to buying a used vehicle, there's no better decision than GM Certified Used. Each of our vehicles receives a 100+ inspection, a Bumper-to-Bumper Limited Warranty, 24-Hour Roadside Assistance and a 3-Day/150-Mile Satisfaction Guarantee. And t on already great cars, trucks and SUVs from the GM brands you trust. Interested? Call 1-888-999-7880 or visit gmcertified.

CHEVROLET PONTIAC OLDSMOBILE BUICK GMC THE RIGHT WAY. THE RIGHT

Film Border Design Triple Dress used with permission of Polaroid Corporation. ©2002 GM Corp. All rights reserved. Restricted

Be Our Guest

continued from page 26



FIRST, TRY IT YOURSELF

Give your guest room a trial run by spending a night or two there. It's a great way to find out what little touches are missing. Some possible luxury treats are:

- beverages and special snack foods
- small coffeemaker and assortment of coffees, teas, and hot chocolate
- mini-microwave and refrigerator
- telephone so calls can be private, plus a local telephone book
- one or more single-use cameras
- full-length mirror
- daily newspaper, complete with the week's weather report
- good-quality hangers, including suit, pant, and skirt hangers



Editors' note: This guest room was designed for the Des Moines Symphony showhouse by the editors of *Better Homes and Gardens*® magazine. Our participation was one way we are celebrating the 100th anniversary of our parent company, Meredith Corporation. For more about our centennial, look in the upcoming October issue.

To help your guest plan his or her free time, stock the room with books, maps, and newspapers featuring local attractions. Tailor your selection to the interests of your guest with library books or brochures from visitors' centers. Bird-watchers will appreciate reference books and field glasses, cyclists can make plans with a map of bike trails, and antiquers will love a list of great shops. If you need to be away during the day, a schedule of public transportation options may be invaluable.

For rainy days or when guests can't sleep, provide a selection of paperback books. Fill a basket with those you have already read or an assortment from a used-book store, so they can take home any they don't finish. As a final touch, provide a pen and paper for making notes or keeping a journal of the visit.

Fortunately, this suite was lucky to already have an old-fashioned sleeping porch, which was made into a pretty sunroom/sitting room. Filling it with plants, garden-style furnishings, and accessories accentuates its lazy-day treetop feel.



Special Book Offer

Want to learn more? Order *Better Homes & Gardens The New Decorating Book* at a special price, compliments of Rust-Oleum. We'll also send you a free copy of Rust-Oleum's *Dream Spaces*. Order Today.

The New Decorating Book guides readers through the process of putting it all together, whether decorating an entire home, redoing a room or looking for a solution to a specific decorating problem. Contains dozens of illustrations on tackling specific projects. Suggested retail value $19.95. 408 pages.

The New Decorating Book (soft cover)
Suggested retail value – $19.95
Special price – $11.95 ($9.95 + $2.00 s/h)
isbn # 21381-8

I am enclosing $_____ in check or money order (no cash please) payable to Rust-Oleum Book Offer. Mail this form along with method of payment to:



Meredith Corporation
J. Gruver LN-106
1716 Locust Street
Des Moines, IA 50309

Credit card orders also accepted by calling 1-800-678-8091. Please refer to Rust-Oleum when placing your orders by phone.

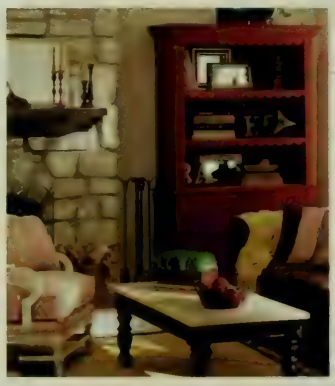
NAME _____
STREET _____
CITY _____ STATE _____
ZIP _____
PHONE _____
QUANTITY ORDERED _____

Allow 4-6 weeks for delivery. Offer void where prohibited or otherwise restricted. Price includes sales tax and shipping. Offer expires 4/30/03 or good while supplies last.

RUST-OLEUM BRANDS
presents

Transform your home
one project at a time

Whatever your style – casual, formal or eclectic – you can transform your hom one project at a time with Rust-Oleum. The new Dream Spaces decorating guide can help you achieve the décor of your dreams easily and affordably. Its innovative, small-project approach to decorating lets you take the ideas presented and adopt them to your own furnishings, accessories and decora style. Rust-Oleum Brands can help you find inspiration in every room of the ho using their Rust-Oleum, Painter's Touch and American Accents products. Rust-Oleum consultant and interior designer Ruth Mortensen (ASID) shares th following tips for creating color-filled, comfortable environments for your hom



Family Room

- Use a bold color on a large piece of furniture. Flea market find turned into a striking hutch with American Accents® Colonial Red.
- Unexpected textures add visual interest. Ordinary furnishings get a quick dose of texture with American Accents Classic Leat Antiqued Ivory and Metallic Gold finishes.



Front Porch

- Find inspiration in nature. Colors seen on a recent vacation, or even in a flower garden will find their match in Painter's Touch™ vast array of colors.
- Unify different styles of furniture. Mismatched wicker pieces are given a uniform look with Painter's Touch Sage.

Backyard

- Make everything weatherproof. Spray patio sets with Rust-Oleum to provide them with long lasting durability and protection.
- Textured finishes update metal accessories. Vintage patio sets and accessories receive a new, upscale look with Rust-Oleum Textured finishes.





For more information on Rust-Oleum products, visit **rustoleum.com**. Find even more inspiration at **paintideas.com**







RESIST CHIPPING.
RESIST PEELING.
RESIST FADING.

But by all means, don't resist your

CREATIVE URGES.







Act on those creative urges and give your projects an enduring personal touch with Rust-Oleum. Choose from the many tones and textures of American Accents®, including remarkable finishes like Leather, Pewter and Stone. Or, Painters Touch® colors like Apple Red, Sage Green and Spa Blue. Any style you desire, any look you want, anything you can imagine, you can achieve with Rust-Oleum.

RUST-OLEUM® BRANDS

stopping rust is just the start.™









Coming of Age



Wooded views through a wall of windows convinced Jean and John Tegtmeier to buy their Dayton, Ohio, home. But they soon realized that the intensity of the summertime sunlight melted candles on the dining room table just inside. "We wanted to give the room shade," Jean says, "and the project grew from there."

The Tegtmeiers, inveterate remodelers who spend vacations checking out residential architecture, couldn't settle for building a simple shade porch. They considered the addition an opportunity to give their home's rear facade more of a classic look. By incorporating natural materials and Arts and Crafts details, the couple created a design that complements the beauty of the surrounding environment.

continued on page 34

John and Jean Tegtmeier (*left*) chose to embellish the back facade of their 1960s ranch with an Arts and Crafts screened room (*top*).



Don't let seasonal allergy symptoms wear you down

GET REAL RELIEF WITH ALLEGRA — AND THE ALLEGRA EXTRAS PROGRAM

If seasonal allergy symptoms make it hard to enjoy being outdoors, ask your doctor about Allegra. And be sure to join the Allegra Extras Program.

FREE

multi-purpose cushion



Sign up now and get this high-quality cushion to use around the yard or at your favorite sporting event. It's available only when you mail the reply card or call **1-800-379-8518.** As an Allegra Extras member you'll also receive:

- A FREE Welcome Kit with tips to help you manage your seasonal allergy symptoms, and complete facts on the Allegra Extras program.
- A valuable newsletter with updates, tips, and information to help manage your seasonal allergies.

What's more, when your doctor prescribes Allegra, you may qualify for your choice of other offers and "extras" — including a rebate of up to $10 on your prescription.*

Taken once a day, Allegra 180 mg tablets relieve most seasonal allergy symptoms in people 12 and over. Side effects with Allegra 180 mg are low and may include headache, cold, or back pain.

ALLEGRA® extras

JOIN TODAY AND GET YOUR FREE MULTI-PURPOSE CUSHION!

IT'S AVAILABLE ONLY WHEN YOU MAIL THE REPLY CARD OR CALL

1-800-379-8518!

once-daily allegra® fexofenadine HCl 180 mg tablets

Real relief. For real living.

r additional special offers visit llegra.com

not valid for prescriptions reimbursed paid under Medicare, Medicaid or any ar federal or state health care program, ding any state medical or pharmaceutical stance programs. Void in the following s if any third party payer reimburses you ays for any part of the prescription price: esota, Massachusetts, Michigan, and de Island. Offer also void where ibited by law, taxed or restricted. unt of rebate not to exceed $10 or y, whichever is less. See rebate coupon details and other restrictions.

ase see additional important information on back.

© 2002 Aventis Pharmaceuticals Inc.

ALG-JA-1230-2

Brief Summary of Prescribing Information as of November 2000

ALLEGRA
(fexofenadine hydrochloride)
Capsules and Tablets

INDICATIONS AND USAGE
Seasonal Allergic Rhinitis
ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.
Chronic Idiopathic Urticaria
ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

CONTRAINDICATIONS
ALLEGRA is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS
Drug Interaction with Erythromycin and Ketoconazole
Fexofenadine hydrochloride has been shown to exhibit minimal (ca 5%) metabolism. However co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole. In two separate studies, fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal healthy volunteers (n=24 each study). No differences in adverse events or QT_c interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)

Concomitant Drug	$C_{max ss}$ *(Peak plasma concentration)*	$AUC_{ss 0-12h}$ *(Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.
The mechanism of these interactions has been evaluated in *in vitro* and *in situ* and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion while erythromycin may also decrease biliary excretion.
Drug Interactions with Antacids
Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsules) within 15 minutes of an aluminum and magnesium containing antacid (Maalox®) decreased fexofenadine AUC by 41% and C_{max} by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.
Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children.
In *in vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation, and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at an oral dose of 150 mg/kg of terfenadine which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults.
Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).
Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.
Pediatric Use
The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended doses.
The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 436 pediatric patients 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials. The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.
The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one treatment (1 mg/kg) ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo, along with extrapolation of demonstrated efficacy in patients ages 12 years and above, and the pharmacometric comparisons of adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on an extrapolation of the demonstrated efficacy of ALLEGRA in adults with the understanding that the disease course, pathophysiology and the drug's effect are substantially similar in children to that of adult patients.
The safety and effectiveness of ALLEGRA in pediatric patients under 6 years of age have not been established.
Geriatric Use
Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether this population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the geriatric and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY.)

ADVERSE REACTIONS
Seasonal Allergic Rhinitis
Adults. In placebo-controlled seasonal allergic rhinitis clinical trials in patients 12 years of age and older which included 2461 patients receiving fexofenadine hydrochloride capsules at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg capsules twice daily) and that were more common with fexofenadine hydrochloride than placebo are listed in Table 1.
In a placebo-controlled clinical study in the United States which included 570 patients aged 12 years and older receiving fexofenadine hydrochloride tablets at doses of 120 or 180 mg once daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 1 also lists adverse experiences that were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at doses of 180 mg once daily and that were more common with fexofenadine hydrochloride than placebo. The incidence of adverse events including drowsiness was not dose-related and was similar across subgroups defined by age, gender and race.

Table 1
Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States
Twice daily dosing with fexofenadine capsules at rates of greater than 1%

Adverse experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%

Adverse experience	*Fexofenadine 180 mg once daily (n=283)*	*Placebo (n=293)*
Headache	10.6%	7.5%
Upper Respiratory Tract Infection	3.2%	3.1%
Back Pain	2.8%	1.4%

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.
Pediatric. Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

Table 2
Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 30 mg twice daily (n=209)*	*Placebo (n=229)*
Headache	7.2%	6.6%
Accidental Injury	2.9%	1.3%
Coughing	3.8%	1.3%
Fever	2.4%	0.9%
Pain	2.4%	0.4%
Otitis Media	2.4%	0.0%
Upper Respiratory Tract Infection	4.3%	1.7%

Chronic Idiopathic Urticaria
Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

Table 3
Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 60 mg twice daily (n=186)*	*Placebo (n=178)*
Back Pain	2.2%	1.1%
Sinusitis	2.2%	1.1%
Dizziness	2.2%	0.6%
Drowsiness	2.2%	0.0%

Events that have been reported during controlled clinical trials involving seasonal allergic rhinitis and chronic idiopathic urticaria patients with incidences less than 1% and similar to placebo and have been rarely reported during postmarketing surveillance include: insomnia, nervousness and sleep disorders or paronia. In rare cases, rash, urticaria, pruritus and hypersensitivity reactions with manifestations such as angioedema, chest tightness, dyspnea, flushing and systemic anaphylaxis have been reported.
OVERDOSAGE
Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level) and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.
In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.
Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (<7% removed) following terfenadine administration.
No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (416 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m²) and up to 5000 mg/kg in rats (1236 times the maximum recommended daily oral dose in adults and 490 times the maximum recommended daily oral dose in children based on mg/m²). Additionally, no clinical signs of toxicity or gross pathological findings were observed. In dogs, no evidence of toxicity was observed at oral doses up to 2000 mg/kg (306 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m²).

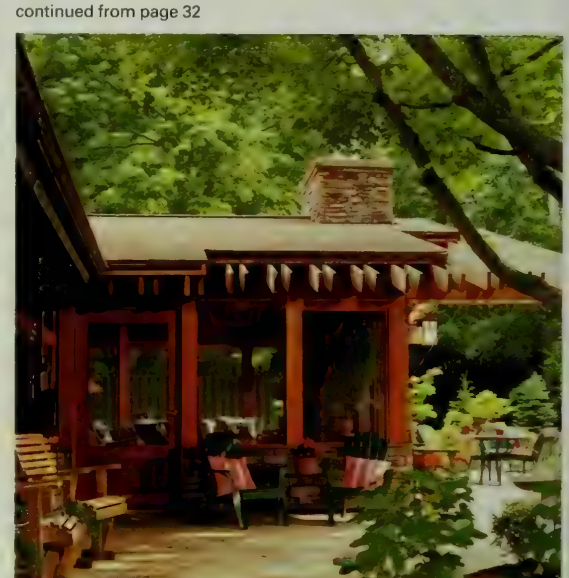
Prescribing Information as of November 2000

Aventis Pharmaceuticals Inc.
Kansas City, MO 64137 USA
US Patents: 4,254,129; 5,375,693; 5,578,610
www.allegra.com
allb1100Aa

ALG-JA-1230-2

Coming of Age

continued from page 32



The redwood structure includes a stone-veneer fireplace and chimney, plus a roof built with paired rafters (*above*). For design interest, one corner of the overhang (*below*) was left free of roofing material.

Jean and John liked the idea of a breezy screen porch but also wanted a space their family could enjoy year-round. So during the summer, window openings are fitted with nothing more than screens. Glass panels pop in when the weather turns cooler. The porch's large windows ensure that views toward the back are as beautiful as ever.

The Tegtmeiers subcontracted some of the building and landscaping work, but they constructed most of the addition themselves and with more than 500 hours of help from Jean's son, home builder Brian Dailey. Jean served as the project manager. "I ordered materials, picked them up, and did the paperwork," she says. "I was also in charge of keeping the crew going." The family effort took First Prize in the most recent *Better Homes and Gardens*® Home Improvement Contest's Exterior Fix-Ups category.

The official entry packet for our next Home Improvement Contest is now available. Download one online at www.bhg.com/hic2002 or request one by calling 866/509-1690 Monday through Friday, 8 a.m. to 7 p.m. CST. ⌂



Buying information, page 259



The sloppy flopper



The furry spotter



The snacking stainer

Introducing the 10-minute Makeover.



Your nearest and dearest can ruin your furniture in no time. And there are two things you can do about it. Replace it. Or recover it. At a fraction of the cost with ready-made machine washable Sure Fit Slipcovers. Available in a wide variety of fashionable upholstery fabrics to fit just about every type of furniture. Sure Fit Slipcovers. It's time for a change.

CALL FOR YOUR FREE CATALOG

1-888-SURE FIT

Ask for Dept. M115

www.surefit.com

Shown: Cotton Duck/Indigo with Contrast Trim

Check out our annual Ugly Couch Contest. Visit www.surefit.com for details.

SURE FIT SLIPCOVERS BY MAIL

Sure Fit, Inc.
Inc.
dustrial Blvd.
n, PA 18106


F O R D

52% of the vehicles sold last year

were light trucks.

God bless America.

Pickups. On the wings of Goodyear.

OUR WRANGLERS ARE THE MOST POPULAR LIGHT TRUCK TIRE IN THE LOWER 48. GOODYEARTIRES.COM

Bedside Bravura

Your bedroom is your home's most personal space. Express yourself there, and don't limit your nightstand options to the single-drawer-with-a-lamp variety. Here are four ideas to help you dream up a nightstand with just the right bedside manner.



If your most brilliant inspirations strike after dark, you can swing two feet on the floor and wheel into gear with mobile office equipment (available from office supply stores or catalogs). The two-drawer cabinet offers plenty of space for files; a laptop, landline phone, and CD player roost neatly on the copier trolley. The brushed metal of these office components hums along in concert with your high-tech gizmos; an adjustable lamp makes sure you can see what you're doing. Because this is your bedroom—not a cubicle—heat up the look with warm-spectrum colors for bedding, walls, and artwork. Fresh flowers or green plants provide an appealing natural counterpoint to the angular lines of the furniture.

continued on page 40


If you're going to have a cookie, have a cookie.
PEPPERIDGE FARM.
Chessmen
Geneva
Milano
Never Have An Ordinary Day.™

Bedside Bravura continued from page 38



Save yourself some stumbling around at two in the morning by bringing the medicine cabinet bedside. A coffee table is a perfect base for a two-drawer storage unit (found at office supply stores) and allows you to serve up a variety of nocturnal soothers. Would you like a carafe of water, not just a glass? You can put one within reach. Need an air purifier for your allergies or a vaporizer for the flu? No problem. Cold, allergy, and prescription medications fit snugly in this storage unit. Tissues? Cold cream? Aspirin? There's room for those too! White components ensure an easy visual match, and the color looks bright and clean. Here, the warm red tones of the walls and rug anchor the cloudlike lightness of the furnishings, inviting you to comfortably drift back to earth in the morning.

continued on page 42

LIFE INSURANCE ISN'T FOR THE PEOPLE WHO DIE. T'S FOR THE PEOPLE WHO LIVE.



hanna and Ebony's father died at an arly age. Their mom, Jackie, was left lone with two young daughters to aise. As a single parent, Jackie bought fe insurance so her kids would be aken care of in the event anything bad ere to happen to her.

hen, the worst occurred. Jackie was iagnosed with incurable lung cancer. Vhat would happen to her kids? The erminal illness benefit gave her the bility to purchase a new home for the irls and put money away for their ducation while she was still alive. ndly, Jackie died in June 1999. But anks to the plans she had made to rotect her children, they will have erything she wanted for them. Ebony as able to graduate with honors from llege and Shanna is secure knowing r mom took care of her education.

anna and Ebony's story proves the lue and importance of life insurance. talk to a life insurance agent or other ancial advisor and find out how to ate a plan that takes care of the ople you love and the things you e about. Because, *without insurance, nancial plan is just a savings and estment program that dies with you.*

Shanna and Ebony Blanchard

LIFE

AMERICA'S HEALTH INSURANCE PLANS FOUNDATION FOR EDUCATION
A NONPROFIT EDUCATIONAL CORPORATION

1-888-LIFE-777 www.life-line.org

Bedside Bravura

continued from page 40



Book lovers love shelves, which serve their needs far better than a table ever could. These open wall-mounted units keep the floor clear and add visual lift to potentially heavy-looking rows of books. Unlike an enclosed bookcase, they allow access from the side, so you can choose a volume or find a place for your journal without getting out of bed. In keeping with the clean, modern look, we've done away with a table lamp and used overhead lighting instead. Choose a small ceiling fixture with a long cord for light that is both direct and intimate—ideal for reading. Include plenty of large pillows for propping yourself up.

continued on page 44


e asked these butchers what they thought of our new meat sauce.
They beat us up.
Quality Guaranteed
RAGÚ
Rich & Meaty
Meat Sauce
Classic Italian Style
e cooked
/2* lb
f meat
it to our new meat sauce.



Bedside Bravura continued from page 42



A small rolltop desk does double duty as a guest-room nightstand, offering visitors a private place to write postcards and letters. After your guests have said good-bye, you gain extra office space—somewhere to pay the bills while another family member is using the computer. Because the desk's slim drawers are filled with paper, pens, and envelopes, your overnight guests will need a spot for bath supplies.

Osteoporosis has no warning signs. But a bone density test can tell you where you stand.

Ask your doctor about a bone density test.

teoporosis affects so many women. Nearly 40% of women their sixties have it, and after the age of 80, over 75% do. e risk increases with age and varies from person to person.

rtunately, your doctor can measure the health of your nes with a simple, painless bone density test.

A bone density test is quick and painless.

bone density test only takes a few minutes. It's painless, o. And you don't even have to undress. Remember, you have a family history of osteoporosis, a thin build, e Caucasian or Asian, or are a smoker, your risk for teoporosis increases. What if your doctor does discover it your bones are thinning? She may prescribe FOSAMAX.

FOSAMAX is proven to help reverse bone loss.

SAMAX is a nonhormonal tablet for postmenopausal men who have osteoporosis or are at risk for it.

FOSAMAX has been clinically proven to help reverse bone loss and strengthen bone. In fact, increases in bone mass were seen as early as three months. And FOSAMAX has a once-weekly tablet. Just pick the day of the week that's most convenient.

Important information about FOSAMAX.

You should not use FOSAMAX if you have certain disorders of the esophagus (the tube connecting the mouth with the stomach), are unable to stand or sit upright for 30 minutes, have severe kidney disease, low blood calcium, or are allergic to FOSAMAX. Use with caution if you have stomach or digestive problems.

Stop taking FOSAMAX and tell your doctor if you develop new or worsening heartburn, difficult or painful swallowing, or chest pain because these may be signs of serious upper digestive problems which can include irritation, inflammation, or ulceration of the esophagus. (See Patient Product Information for more details.) Digestive side effects in studies were generally mild and included stomach pain, indigestion/heartburn, or nausea.

Ask your doctor about a bone density test and if FOSAMAX Once Weekly is right for you.

ONCE WEEKLY

FOSAMAX®

(alendronate sodium tablets)

FOSAMAX Once Weekly. Proven to help reverse bone loss.

Please see the Brief Summary of Patient Product Information on the following page and discuss it with your doctor.

FOSAMAX®
(alendronate sodium tablets)

FOSAMAX is available as a tablet taken **once daily** or as a tablet taken **once weekly**. It is important that you know which tablet your doctor has prescribed and that you take FOSAMAX as directed by your doctor.

Please read this information before you start taking FOSAMAX*. Also, read the information each time you renew your prescription, just in case anything has changed. Remember, this information does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

FOSAMAX is a tablet to be taken **once daily** or as a tablet to be taken **once weekly**.

- If your doctor has prescribed FOSAMAX as a tablet to be taken **once daily**, take FOSAMAX once a day, every day. If you miss a dose, do not take it later in the day. Continue your usual schedule of one tablet once a day the next morning.
- If your doctor has prescribed FOSAMAX as a tablet to be taken **once weekly**, choose the day of the week that best fits your schedule. Every week, take one tablet on your chosen day. If you miss a dose, take only one FOSAMAX **Once Weekly** tablet on the morning after you remember. *Do not take two tablets on the same day.* Return to taking one tablet once a week, as originally scheduled on your chosen day.

Whether your doctor has prescribed FOSAMAX to be taken **once weekly** or **once daily**, these are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, and before taking your first food, beverage, or other medication, swallow your FOSAMAX tablet with a full glass (6-8 oz) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
   Do not chew or suck on a tablet of FOSAMAX.
2. **After swallowing your FOSAMAX tablet do not lie down - stay fully upright (sitting, standing, or walking) for at least 30 minutes and do not lie down until after your first food of the day.** This will help the FOSAMAX tablet reach your stomach quickly and help reduce the potential for irritation of your esophagus (the tube that connects your mouth with your stomach).
3. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
4. **Do not take FOSAMAX at bedtime or before getting up for the day.**
5. **If you have difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis or help you from getting osteoporosis only if you continue to take it.

What is FOSAMAX?

FOSAMAX Once Daily and Once Weekly can be used to:

- **Treat or prevent osteoporosis (thinning of bone) in women after menopause, and reduce their chance of having a hip or spinal fracture**
- **Increase bone mass in men with osteoporosis**

FOSAMAX Once Daily is also for the treatment of osteoporosis in both men and women receiving corticosteroid medications (for example, prednisone).

You will find more information about osteoporosis at the end of this summary.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause or with use of corticosteroid medications
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or nursing
  If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally severe and/or with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes or before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea, black and/or bloody stools, stomach or other peptic ulcers (some severe), and gas.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash (occasionally made worse by sunlight) or eye pain have occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause and may also occur in men. Osteoporosis often occurs in women s eral years after the menopause, which happens whe the ovaries stop producing the female hormone estro or are removed (which may occur, for example, at the of a hysterectomy). After menopause, bone is remov faster than it is formed, so bone loss occurs and bon become weaker.

Osteoporosis can also occur in men due to several causes, including aging and/or a low level of the ma hormone testosterone. It may also be caused by ce medications called corticosteroids in both men and women. In all instances of osteoporosis, bone is removed faster than it is formed, so bone loss occu and bones become weaker. Therefore, maintaining mass is important to keep your bones healthy.

At the start osteoporosis usually has no symptoms, can result in fractures (broken bones). Fractures usu cause pain. Fractures of the bones of the spine may be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during n mal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wris This can lead to pain, severe disability, or loss of mobility.

Osteoporosis in men and women caused by corticosteroids

Corticosteroids can cause bone to be removed fast than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass important to keep your bones healthy. It is importan take your corticosteroid medication as recommend your doctor.

How can osteoporosis be treated or prevented?

- **Medication**
  FOSAMAX acts specifically on your bones. FOSA is not a hormone and does not have the benefits risks of estrogen (hormone replacement therapy in postmenopausal women) elsewhere in your bo
- **Lifestyle changes.**
  In addition to FOSAMAX, your doctor may recom one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcoh appears to increase the risk of osteoporosis a injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones nee exercise to stay strong and healthy. Exercise be safe to prevent injuries including fractures should consult your doctor before you begin a exercise program.
  - **Eat a balanced diet.** Adequate dietary calciu important. Your doctor can advise you whethe need to change your diet or take any dietary plements such as calcium or vitamin D.

This medication is prescribed for a particular cond Do not use it for another condition or give the dru others. Keep FOSAMAX and all medicines out of th reach of children. If you suspect that more than th prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local po control center or emergency room immediately. Do induce vomiting. Do not lie down.

This provides a summary of information about FOSAMAX. If you have any questions or concerns either FOSAMAX or osteoporosis, talk to your doct In addition, talk to your pharmacist or other health care provider

MERCK & CO., INC.
Whitehouse Station, NJ 08889, USA (411/102C)

*Registered trademark of MERCK & CO., Inc.

© 2001 MERCK & CO., Inc. All rights reserved



ıtroducing ATTIC HEIRLOOMS™

Vintage-chic treasures! Discovered in a dusty attic? At an antique fair? Guess again. These great finds are from

wn clockwise from bottom left: Upholstered
ker[1], Trestle Table, Round Dropleaf Table,
age/Display China, Armoire[2] and Door Dresser.

Broyhill®

www.broyhillfurn.com



Wouldn't it be great if the antiques and flea market finds you love were right at your fingertips — designed for the way you live now? (Face it, Granny's old armoire wasn't made for holding your TV and DVD player — ours is.) Attic Heirlooms™ from Broyhill® is the perfect eclectic mix of design and finish that looks old but works like new.

Above: Sleigh Bed[2] with matching rails, Armoire[2] and Door Night Stand.



rafted of oak solids and veneers, the pieces in the Attic Heirlooms™ collection are
niquely styled and individual. All items are available in four mix-and-match finishes:
atural Oak Stain, Antique Black, Antique White or Antique Red. For a wonderfully
lectic look, try pairing the Antique Black Windsor Chairs with the Natural Oak
ain Finish Table. The China has an heirloom design and also features highly
nctional storage areas.

ve: Rectangular Leg Table, Windsor Arm Chair, Windsor Side Chair and China.

Looks with a *past* all their own.

These time-worn, antique-fashioned pieces bring a history of their own to your home plus a functionality that's made for today. Rustic, worn woods — solid oak tops[4] and turnings paired with oak veneers — feature unique character knots, dents and scratches that harken to the past. Like the antiques you cherish, these future heirlooms are delightfully individual.



Feather Bed



Upholstered Rocker



Chairside Table

Details, details

The Antique White F
Bed[5] features an authe
looking blanket rail. O
Rocker[1] is loosely fitte
the popular slipcover l
The straw glass in the
of the Chairside Table
recreates the look and
of handmade glass.



Napoleon Chair



Poster Bed



Entertainment Armoire

Checks & choic

Checked upholstery cu
in cinnamon, porcelai
and spice let you mix
with these Napoleon
A canopy tops the po
Poster Bed[6]. Less is m
with this scaled-down
Entertainment Armoi
with wrap-around do
Again, choose the fini
you like.

*Product descriptions ar
from left to right.*

Broyhill®

*[1]Upholstery pieces available in other fabrics and/or leathers. [2]Unit accommodates most 36" telev
Check the dimensions of the product and your individual TV for compatibility before purchasin
[3]Queen bed shown. Twin, Full and King also available. [4]Solid oak tops available on most piec*

Every piece comes in *four* finishes.

Natural Oak Stain, Antique Black, Antique White and Antique Red

Choices in finish

Every piece[7] in Attic Heirlooms comes in our finishes — Antique White, Antique Black, Natural Oak Stain or Antique Red. Each is meticulously distressed for a naturally-aged look that improves with life's little dings and dents.



Antique White Finish



Antique Black Finish



Natural Oak Stain Finish

Choices so unique

From the inspired Dining Chest to the glass-fronted Hutch/Display China, each piece has an eclectic flair and distinction. The Apothecary Chest, named for the multi-drawered look, actually features three spacious storage drawers.



Dining Chest



Antique Red Finish



Apothecary Chest

Choices for the kids

Tom Sawyer in all of us will love the white-washed finish of this Panel Bed[8]. The vanity-style Tilt Mirror and oversized drawers give the Double Dresser a nostalgic flair. The versatile Youth Desk Wall system offers tons of storage and creates a functional computer desk area.



Panel Bed



Double Dresser



Youth Desk Wall

Product descriptions are from left to right.

[5]Bed shown. King and California King also available. [6]Queen bed shown. King also available. [7]Upholstery items are available in Natural Oak Stain Finish only. [8]Twin bed shown. Full and Queen also available.

ATTIC HEIRLOOMS™

Heirlooms that work for *today.*



Student Desk and Chair



China



Sofa Table

Found treasures

It's easy to believe each of these unique pieces a history all its own. T school room Red Desk has a charming tilted t complete with pencil l The farmhouse China features plate grooves multiple storage areas; the Sofa Table offers a handy book shelf.



Trestle Table



Armoire



Accent Tables

Accent on style

The classic Trestle Ta is a functional solution large family gathering when paired with the Antique Black Bench. The handsome Armoi is a virtual work horse stores electronics, clot or linens. Accent Tab are available in a varie of styles, sizes and fin



Entertainment Cupboard



Dropleaf Table



Door Dresser

Function first

Don't let its old looks you: the Entertainme Cupboard[2] puts up-t storage first. The 48- Dropleaf Table conve a snug 25 x 48 inches features a storage dra Both the top and bas in all four finish opti choose from 16 diffe combos. The Door D hides two tray drawe a jewelry tray.

Product descriptions a from left to right.

Broyhill

Style that's *uniquely* yours.

Makeover that stuffy living room with this warm and inviting combo. The exposed wood and nail-head trim on the upholstery are authentic rustic refinements. The handsome Wall System is the perfect focal point with paneled doors that conceal a wealth of electronics.



ove: Wood-trim Sofa, [illegible] Square Coffee
Entertainment Unit and Left

ATTIC HEIRLOOMS™

Vintage-chic *treasures* at your fingertips.



What an eye! You might have snatched up this richly patterned fabric and leather Sofa at a wonderful estate sale — but this is finely crafted, lush-to-live-with upholstery from Broyhill®. Choose this leather and fabric collage or, for a more subtle fashion statement, select the all-fabric setting at right.



Above: Fabric and Leather Sofa[1], coordinating Chair[1], Rectangular Cocktail Table, Chairside Chest, Splay Leg End Table and Library Cabinet.
Right: Upholstered Sofa[1], coordinating Chair[1], Rectangular Cocktail Table, End Table and Library Cabinet.

ATTIC HEIRLOOMS™

Broyhill®

For a free copy of "Visions," our 26-page decorating guide, call Broyhill Consumer Assistance at 1-877-346-5382 Visit our web site at **www.broyhillfurn**
All items may not be available at all locations. Furniture items may be specially ordered. AD#845. ©2002 Broyhill Furniture Industries, Inc.

Construction features: In selecting materials for the Attic Heirlooms collection, designers and engineers at Broyhill create value by designing products th a combination of oak solids, oak and other hardwood veneers, and wood products. Selected items may include panels of matching oak grain engraving.

The items on these pages may be purchased at the following Broyhill Dealers:

ALASKA

Anchorage	Sadlers Furnishings
Fairbanks	Sadlers Furniture
Ketchikan	Tongass Trading Co.
Sterling	Sadlers Furniture

CALIFORNIA

Alameda	Pillow Park
Anderson	Kueblers Furniture*
Atwater	Passadori's Furniture
Auburn	Sofa Sensations
Bakersfield	Weatherby's Furniture
Chico	Austins Home Furnishers*
Chino	Eastside Furniture
Clearlake	Curry's Furniture
Corona	Angelus Furniture
Danville	Home Catalogue
Fortuna	Lows Furniture
Fresno	Fashion Furniture
Grass Valley	Hedman Furniture
Hanford	Salmons Furniture Galleries*
Hemet	Comfort Zone
Hollister	Fortinos Total Home Furnishings*
Indio	Mathis Brothers Furniture
La Habra	Hector's Furniture
Lakeport	Curry's Furniture
Lancaster	S & S Home Furnishings
Lodi	Saks Furniture
Los Angeles/ Glendale	Furniture Town Inc.
Manteca	Hafers Furniture
Marysville	B. J. Richardson Home Furniture
Murrieta	Comfort Zone*
Napa	Silverado Furniture Company
Ontario	American Furniture*
Orange	Design Center
Paso Robles	A & R Furniture*
Petaluma	Couches Etc.
Pittsburg	Lanzalame Furniture
Rancho Cordova	Naturwood Furniture*
Rancho Cucamonga	Joel Jones Furniture
Rohnert Park	Valley Furniture
S. San Francisco	Giorgi Brothers Furniture
Sacramento	Furniture USA
San Diego	Maslow Furniture
San Luis Obispo	A & R Furniture*
San Marcos	Economy Furniture*
San Mateo	House Of Values
Santa Rosa	Santa Rosa Bedding & Furniture
Saugus	Clearance Furniture
Sonora	Simply Country
Stockton	United Furniture
Susanville	Robbins House Of Furniture
Sutter Creek	Barrow Peterson Edwards
Temple City	The Country House
	Ye Olde Maple Manor
Truckee	Great Mountain Furniture
Turlock	Woods Furniture
Ukiah	Curry's Furniture
Visalia	Weatherby's Furniture
Westminster	Easy Life Furniture

OREGON

Albany	At Home Furniture
Eugene	M Jacobs Furniture
Florence	Western Lane
Hermiston	Furniture West
	Wilcox Furniture
Hood River	Murray's Furniture*
Hubbard	Furniture Outlet
Klamath Falls	Lucas & Howard Furniture
Lagrande	Furniture West
Lake Oswego	Andrews Furniture Gallery
McMinnville	Furniture Outlet
Medford	Pedrojettis Furniture
Milton Freewater	Wilcox Furniture
Newburg	Johnson Furniture
Oregon City	Tom Busch Furniture
Pendleton	Wilcox Furniture
Rainier	Elam's Home Furniture
Redmond	Wilson's Of Redmond
St. Helens	Richardsons Furniture
Tillamook	Roby's Furniture

WASHINGTON

Ellensburg	Fitterer's Furniture
Kennewick	Walkers Furniture
Vancouver	Koplans Furniture
Yakima	Meredith's Furniture

Also available in Canada at:

ALBERTA

Calgary	McArthurs Casual Dining & Patio
Edmondton	Coltswood Interiors

BRITISH COLUMBIA

Coquitlam	Sandys Furniture*
Kelowna	J D Windrem Interiors
Richmond	Samuels Furniture

NEW BRUNSWICK

Moncton	Lounsbury Company Ltd

NOVA SCOTIA

Sydney Mines	James R Rahey Stores Ltd

ONTARIO

Aurora	Thompson's Fine Furniture Limited
Barrie	Bayfield Fine Furniture
Cornwall	Chenier Bouvier
Elmira	Snider Brothers Furniture L
Essex	Jones Fine Furniture Ltd
Huntsville	Kelly's Home Furniture
Kingston	James Reid Furniture
Listowel	Hay's Home Accents
Mississauga	Rochester Furniture Limite
North Bay	Marshall's Furniture
Ottawa	Rooms International Home Furnishings
Petersbourgh	Twohey's Furniture
Port Perry	Settlement House Shops
Sault St Marie	Damask Interiors
St. Jacobs	Home Furniture
Tillsonburg	Josephs Furniture
Toronto	G H Johnson Trading Com

Also available in Mexico at:

Naucalpan Edo	Int'l Gallery Sadeev*

* Denotes Broyhill Showcase Gallery



Going her own way

When skeptics ask Joan Datesman why she bought a derelict three-story in downtown Annapolis, Maryland, for her home and office, she volleyed back: "Why not?" That's her attitude toward everything home-related, especially decorating "dos" and "don'ts." (She often prefers the don'ts.) "My style?" she muses. "It's about breaking all the rules."

continued on page 50



Going Her Own Way continued from page 49



Joan Datesman is enthralled with this circa-1900 faience piece (*above*), recently shipped from France. She finds it "remarkable, both in size and decoration."

This marriage armoire (*below*) was built around 1860 in the Brittany region of France. Joan loves it, despite an earlier vow "never to own brown furniture."



But another way, Joan has confidence. After all, this is a woman who, after divorcing 43 years ago, started a catering business to support her three children. A few years later, Joan launched a French pottery antiques business, inspired by a pair of chipped Quimper (pronounced *cam-pair*) plates she bought for $3 at a flea market. Today, many collectors regard her as the premier source of Quimper on both sides of the Atlantic.

Joan has a knack for visualizing what others can't. She showcases her special flair in her redeemed 1870 French Empire-style townhouse, which she has taken from dilapidated to dramatic. Here are Joan's tips for putting together a style you can call your own:

- Be as bold as you please. "I have nine different fabrics in the living room alone," Joan says. "I've always been totally stimulated by patterns."

continued on page 52

GEVALIA®

KAFFE



You won't find our rich, aromatic coffees in just any store.
Rather, they'll find their way to you. Along with a remarkable FREE gift.

Receive a FREE Thermal Carafe Coffeemaker just for trying Gevalia.

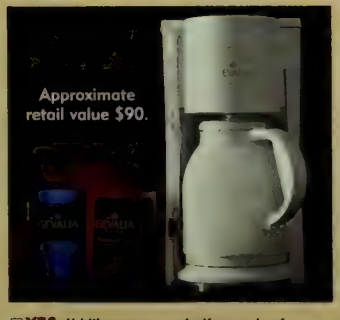
roasts to flavors to special varietals, Gevalia starts
premium Arabica beans from the finest coffee
ns on earth. Then, to ensure superior freshness,
offees are triple-sealed in golden foil and delivered
ur door. You'll find Gevalia is always a pleasure.

HAT YOU CAN LOOK FORWARD TO:

T AND SATISFACTION GUARANTEED. st find Gevalia Kaffe entirely g or you may cancel your rship and keep the free gift. Kaffe reserves the right to te a gift of equal or greater hen limited supplies are d. If you are satisfied, do and a standard shipment alf-pound packages (two total) of the type(s) you y selected will be shipped nately one month later. receive the same shipment ery six weeks unless we hear . You may change the y, quantities or types of your r cancel anytime by calling EVALIA. Each year you receive a special holiday t. You will be notified in with details of this shipment easonal price.

NT BILLING. You will be billed ne of each shipment. Prices of coffees vary, ranging from $5.55-$7.25 per half-pound package of Gevalia Kaffe Regular ($6.25-$7.45 per package for Decaffeinated), plus shipping and handling. You may pay upon receipt of each shipment or, if using a credit card, subsequent shipments will be billed to your card. Coffee prices are subject to change.

NO MINIMUM. NO COMMITMENT. There is no minimum purchase. You may cancel and stop your shipments at any time by notifying us by mail or phone. If you must return a shipment, you may do so at our expense. Your satisfaction is guaranteed or you may return the item for a complete refund. Offer is subject to change and is open to residents of the U.S., the U.S. Virgin Islands and Puerto Rico, and is only valid for new members of the Gevalia Kaffe program. Limit one Gevalia Kaffe membership per household. Offer expires 12/31/03. GEVALIA is a registered trademark.



☐ **YES, I'd like to try two half-pounds of Gevalia Kaffe for just $14.95,** including shipping and handling, and receive a FREE Thermal Carafe Coffeemaker in the color of my choice. I understand that if I enjoy Gevalia, I will receive more automatically about every six weeks (or on a schedule I request), plus a special holiday shipment. I may cancel this arrangement at any time after receiving my Trial Shipment. The gift is mine to keep with no further obligation.

Complete and mail to: GEVALIA KAFFE, P.O. Box 5276, Clifton, NJ 07015-5276

CODE: 193896

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

☐ Please check here if you do not wish to receive special offers and news from Gevalia via e-mail.

Choose your two coffees:
☐ Traditional Roast (C)
☐ Hazelnut (Q)
☐ Colombia (F)
☐ Breakfast Blend (BB)
☐ French Vanilla (O)

Choose one of each:
☐ Regular (R) ☐ Decaf. (D)
☐ Whole bean (1) ☐ Ground (2)

Choose your coffeemaker color:
☐ Jet black (BL) ☐ Soft white (WH)

Charge my: ☐ MasterCard ☐ Visa ☐ American Express ☐ Discover

Card Number _____ Exp. Date: _____ Month/Year

Signature Required _____

☐ Enclosed is my check payable to **Gevalia Kaffe** for $14.95

CALL **1-800-GEVALIA (1-800-438-2542)** TOLL FREE, 24 HOURS, 7 DAYS.
You can also order at **www.gevalia.com**

Going Her Own Way

continued from page 50



Creating a nest for yourself is a very powerful experience. It's great protection against a great, mean world. —Joan Datesman



▪ Make substitutions. With no storage in the living room, Joan had a pair of closets/bookshelves built on either side of the windows (*above*, *left*), which adds a cozy alcove that increases the room's architectural interest. "Without the closets, furniture would've been much harder to arrange," Joan says. "Everything would have tended to be pushed back into the corners."

▪ Measure correctly. When Joan visited France two summers ago, among the most valuable things she remembered to pack were room measurements. Then, she knew immediately that the beautiful server (*left*) was a good fit for a tight-squeeze space.

▪ Break conventions. Though some stuffed shirts say you should never block a view, Joan perched a tall antique screen from Brittany, France, in front of a living-room window (see *page 49*). It gives the desk area definition.

continued on page 54

Homemade biscuits with flavors? (Wow, now life is Complete.)

Buttermilk **Cheese-Garlic** Cinnamon Swirl New Three-Cheese





Just add water and in minutes you can be serving up piping-hot, flavorful biscuits bound to bring excitement to the table. **Cheese-Garlic, Cinnamon Swirl, Buttermilk, and New Three-Cheese** flavored biscuits. The biscuit will never be the same.

Completely amazing.

Upholstered walls are "very French" and give a "cozied in" feel to Joan's bedroom (*left*). The pattern is called Stockholm—"so there was my Swedish thing!" she says. Even the sleigh bed is upholstered to add to the pattern mix and soft feeling.

Going Her Own Way

continued from page 52

▪ Blend uncommon ingredients. She mixed one part French (the furniture and accessories) with one part Scandinavian (the appealing palette). She eschewed the vibrant colors of a country-French palette. "I wanted everything cool and serene in my senior years."

▪ Don't fear mistakes. Ceilings were treated to an experimental coat of buttery yellow paint (*right*). Fortunately, the color looks great. "Paint is the easiest way to express yourself, and the easiest and least expensive mistake to correct," she says.

continued on page 56



©1997 Hershey Foods Corporation



Have you Hugged and Kissed your kids today?

HERSHEY'S HUGS & KISSES®

Going Her Own Way

continued from page 54

▪ Hoard the odd item. Joan accumulates favorite tiles, fabrics, and hardware. "I think of old hardware as the jewelry of a room. I've always had a thing for it."

In addition to these strategies, Joan's love of antique French pottery is displayed throughout her home. She is most fond of a colorful style from the town of Quimper, in Brittany, France—a variety first made in 1690—and has even written a book called *Collecting Quimper*.

continued on page 58





Stashing old hardware and tiles over the years paid off when it was time to refurbish the bath (*above*). "The tile was like tying the string on a gift package—it tied together all the details," Joan says. "So much of what you see in magazines equates luxury with size, but size has nothing to do with it. It's the detail."

Joan layers elements—from linens to patterns—for added richness. Here, a vintage lace panel is tied back to reveal a book cabinet tucked into a niche (*left*).

onfidence





Illumination® Collection

save $5

by mail through September 21

Vanity Fair®

celebrate confidence

Available in fine department stores. Purchase any Illumination bra at participating retailers between 8/12/02 and 9/21/02, and receive $5 back by mail. Pick up a mail-in rebate certificate, and send in the completed certificate, dated cash register receipt indicating qualifying purchase, and original proof of purchase (bar code tag). Limit of two rebates (maximum $10 savings) per household. Must be postmarked by 9/28/02 and received by 10/11/02. Offer good only in the U.S. and Puerto Rico and from APO/FPO boxes. Void where prohibited, regulated or taxed. See participating retailer for a mail-in certificate with rebate conditions and full details. Sponsored by Vanity Fair Intimates, LP.

Going Her Own Way

continued from page 56



Most of the Quimper on display in Joan's home office (*above*) dates to the 19th century. She has been traveling to France three or four times a year for 20 years to find rare and unusual pieces for clients. "I love helping someone start and develop a collection," she says.

Her clientele includes avid collectors who pay as much as $4,000 per plate for rare examples she tracks down in Europe.

Joan has advice for those who want to start collecting. First, learn about potter's marks—an initial or logo on the bottom that serves as a signature for the piece.

If you find a piece at a yard sale for $10, buy it. But if you're spending over $50, know what you're buying.

Finally, buy from reputable dealers who can guarantee their pottery and give you a reliable history of what they're selling.

Clients are invited to Joan's home office (*left*), but mainly, she sells at antiques shows, where she can share her delight in Quimper with knowledgeable collectors and novices alike. "There's no substitute for holding a piece in your hand," she says.

Buying information, page 259



G.Q. marries I.Q.

v • extra tall dispenser • fast thaw • full extension freezer baskets • gallon door storage • electronic ten



re display • quick chill • spill-proof glass shelving • turbo-cool • rapid ice • adjustable door bins • fr

're partial to style, you'll find it here. From sleek curves
ontoured handles to the drama of high gloss finishes.
all, when it comes to refrigerators, style does matter.

If you're partial to intellect, you'll find it here. From quick thawing and chilling to the remarkable power of turbo-cooling. After all, when it comes to refrigerators, intellect does matter.

liances.com

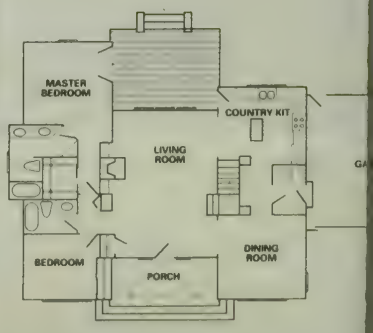
Profile™

We bring good things to life.



A Certain Savoir Faire

Despite its modest measurements, this classic home offers all the requisites for refined living. A pillared, deep-set porch sets the tone as you approach from the street. Beyond the big glass entry door, the pavilionlike living room soars beneath a truss-framed vaulted ceiling and stretches 23 feet front to back. The adjacent kitchen opens to a spacious, sheltered deck. Ample room near the island lets guests mingle without creating bottlenecks in the work area. Between the kitchen and the dining room, a short hall lined with built-ins provides the perfect spot for a butler's pantry or a home office. The open stairwell in the living room serves a lower level, which could be finished off as bonus entertainment space or separate quarters for guests.



TOTAL SQUARE FOOTAGE: 1,414

HOW TO ORDER: To order plans for this house, please call 800/225-9397. Or send your name; address; and check, money order, or credit card information to: BH&G/Homestore Plans, P.O. Box 75488, St. Paul, MN 55175-0488. Please specify Plan No. SKF-1-E. Blueprints and Planning Sets are printed and shipped in response to your specific order and cannot be returned or refunded. Add $20 for regular shipping and handling or $35 for express delivery. All U.S. residents add appropriate state and local sales tax.

PRICE SCHEDULE: Set of Five $440, Additional Sets $25 each, Reproducible Set not available. If you're not ready for full construction blueprints, try our Planning Set for $99. A Planning Set consists of exterior elevations and floor plans drawn to scale; it may not be used for construction. Planning set price is fully refundable with the purchase of the complete construction blueprints for the same plan if ordered within 60 days.

"glucovance™
(Glyburide and Metformin HCl Tablets)

WORKS 2 WAYS TO GIVE ME *BETTER* BLOOD SUGAR CONTROL."



Two powerful medications combined to work together:

HELPS YOUR BODY RELEASE MORE INSULIN

and

HELPS YOU USE INSULIN MORE EFFECTIVELY

glucovance™ lowers blood sugar better than the leading diabetes pill*

If you need better blood sugar control, ask your doctor about Glucovance. When diet and exercise are not enough, adding Glucovance can help you lower your blood sugar better than the leading diabetes pill.* Glucovance works differently than other leading medications: it helps your body release more insulin and works, in part, by helping your body use insulin more effectively. Glucovance works in these ways to provide powerful blood sugar control. By taking Glucovance, you may be able to take less medication to control your blood sugar.

IMPORTANT INFORMATION: GLUCOVANCE is not for everyone. In rare cases, GLUCOVANCE may cause lactic acidosis (buildup of lactic acid in the blood), which is serious and can be fatal in half the cases. This occurs mainly in people whose kidneys are not functioning properly. Tell your doctor about your alcohol use because it can affect your risk. You should not take GLUCOVANCE if you: have kidney problems, are 80 or older (unless your kidneys have been tested), are taking medication for heart failure, are seriously dehydrated, have a severe infection, or if you have or have had liver disease.

The most common side effect is diarrhea. Symptoms of hypoglycemia (low blood sugar) such as lightheadedness, dizziness, shakiness or hunger may also occur.

Please see additional important patient information on next page.

ASK YOUR DOCTOR ABOUT glucovance™ 1.25mg/250mg 2.5mg/500mg 5mg/500mg

WWW.GLUCOVANCE.COM 1-800-263-1980

Bristol-Myers Squibb Company
A leader in type 2 diabetes care.

* Glucophage (metformin hydrochloride tablets)/generic metformin is the leading diabetes pill.

glucovance® is a registered trademark of LIPHA s.a. Licensed to Bristol-Myers Squibb Company
©2002 Bristol-Myers Squibb Company, Princeton, NJ 08543 F7-H006I Issued: May 2002 Printed in USA

Rx only

PATIENT INFORMATION ABOUT GLUCOVANCE®

(Glyburide and Metformin HCl Tablets)

WARNING: A small number of people who have taken metformin hydrochloride have developed a serious condition called lactic acidosis. Properly functioning kidneys are needed to help prevent lactic acidosis. Most people with kidney problems should not take GLUCOVANCE. (See Question Nos. 9-13.)

Q1. Why do I need to take GLUCOVANCE?
Your doctor has prescribed GLUCOVANCE to treat your type 2 diabetes. This is also known as non-insulin-dependent diabetes mellitus.

Q2. What is type 2 diabetes?
People with diabetes are not able to make enough insulin and/or respond normally to the insulin their body does make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

Q3. Why is it important to control type 2 diabetes?
The main goal of treating diabetes is to lower your blood sugar to a normal level. Studies have shown that good control of blood sugar may prevent or delay complications such as heart disease, kidney disease, or blindness.

Q4. How is type 2 diabetes usually controlled?
High blood sugar can be lowered by diet and exercise, by a number of oral medications, and by insulin injections. Before taking GLUCOVANCE you should first try to control your diabetes by exercise and weight loss. Even if you are taking GLUCOVANCE, you should still exercise and follow the diet recommended for your diabetes.

Q5. Does GLUCOVANCE work differently from other glucose-control medications?
Yes it does. GLUCOVANCE combines two glucose lowering drugs, glyburide and metformin. These two drugs work together to improve the different metabolic defects found in type 2 diabetes. Glyburide lowers blood sugar primarily by causing more of the body's own insulin to be released, and metformin lowers blood sugar, in part, by helping your body use your own insulin more effectively. Together, they are efficient in helping you achieve better glucose control.

Q6. What happens if my blood sugar is still too high?
When blood sugar cannot be lowered enough by GLUCOVANCE your doctor may prescribe injectable insulin or take other measures to control your diabetes.

Q7. Can GLUCOVANCE cause side effects?
GLUCOVANCE, like all blood sugar-lowering medications, can cause side effects in some patients. Most of these side effects are minor. However, there are also serious, but rare, side effects related to GLUCOVANCE (see **Q9 - Q13**).

Q8. What are the most common side effects of GLUCOVANCE?
The most common side effects of GLUCOVANCE are normally minor ones such as diarrhea, nausea, and upset stomach. If these side effects occur, they usually occur during the first few weeks of therapy. Taking your GLUCOVANCE with meals can help reduce these side effects.

Less frequently, symptoms of hypoglycemia (low blood sugar), such as lightheadedness, dizziness, shakiness, or hunger may occur. The risk of hypoglycemic symptoms increases when meals are skipped, too much alcohol is consumed, or heavy exercise occurs without enough food. Following the advice of your doctor can help you to avoid these symptoms.

Q9. Are there any serious side effects that GLUCOVANCE can cause?
GLUCOVANCE rarely causes serious side effects. The most serious side effect that GLUCOVANCE can cause is called lactic acidosis.

Q10. What is lactic acidosis and can it happen to me?
Lactic acidosis is caused by a buildup of lactic acid in the blood. Lactic acidosis associated with metformin is rare and has occurred mostly in people whose kidneys were not working normally. Lactic acidosis has been reported in about one in 33,000 patients taking metformin over the course of a year. Although rare, if lactic acidosis does occur, it can be fatal in up to half the cases.

It's also important for your liver to be working normally when you take GLUCOVANCE. Your liver helps remove lactic acid from your bloodstream.

Your doctor will monitor your diabetes and may perform blood tests on you from time to time to make sure your kidneys and your liver are functioning normally.

There is no evidence that GLUCOVANCE (Glyburide and Metfo HCl Tablets) causes harm to the kidneys or liver.

Q11. Are there other risk factors for lactic acidosis?
Your risk of developing lactic acidosis from taking GLUCOVANC very low as long as your kidneys and liver are healthy. However, s factors can increase your risk because they can affect kidney liver function. You should discuss your risk with your physician.

You should not take GLUCOVANCE if:
- You have chronic kidney or liver problems
- You have congestive heart failure which is treated with medicati e.g., digoxin (Lanoxin®) or furosemide (Lasix®)
- You drink alcohol excessively (all the time or short-term "bi drinking)
- You are seriously dehydrated (have lost a large amount of b fluids)
- You are going to have certain x-ray procedures with injectable trast agents
- You are going to have surgery
- You develop a serious condition such as a heart attack, se infection, or a stroke
- You are ≥80 years of age and have NOT had your kidney func tested

Q12. What are the symptoms of lactic acidosis?
Some of the symptoms include: feeling very weak, tired or unc fortable; unusual muscle pain, trouble breathing, unusual or u pected stomach discomfort, feeling cold, feeling dizzy or lighth ed, or suddenly developing a slow or irregular heartbeat.

If you notice these symptoms, or if your medical condition has denly changed, stop taking GLUCOVANCE tablets and call your tor right away. Lactic acidosis is a medical emergency that mus treated in a hospital.

Q13. What does my doctor need to know to decrease my risk of l acidosis?
Tell your doctor if you have an illness that results in severe vom diarrhea, and/or fever, or if your intake of fluids is signific reduced. These situations can lead to severe dehydration, and it be necessary to stop taking GLUCOVANCE temporarily.

You should let your doctor know if you are going to have any su or specialized x-ray procedures that require injection of con agents. GLUCOVANCE therapy will need to be stopped tempo in such instances.

Q14. Can I take GLUCOVANCE with other medications?
Remind your doctor that you are taking GLUCOVANCE when new drug is prescribed or a change is made in how you take a already prescribed. GLUCOVANCE may interfere with the way s drugs work and some drugs may interfere with the actio GLUCOVANCE.

Q15. What if I become pregnant while taking GLUCOVANCE?
Tell your doctor if you plan to become pregnant or have bec pregnant. As with other oral glucose-control medications, you sh not take GLUCOVANCE during pregnancy.
Usually your doctor will prescribe insulin while you are pregna with all medications, you and your doctor should discuss the u GLUCOVANCE if you are nursing a child.

Q16. How do I take GLUCOVANCE?
Your doctor will tell you how many GLUCOVANCE tablets to take how often. This should also be printed on the label of your pres tion. You will probably be started on a low dose of GLUCOVA and your dosage will be increased gradually until your blood su controlled.

Q17. Where can I get more information about GLUCOVANCE?
This leaflet is a summary of the most important information a GLUCOVANCE. If you have any questions or problems, you sh talk to your doctor or other healthcare provider about type 2 dia as well as GLUCOVANCE and its side effects. There is also a l (package insert) written for health professionals that your pharm can let you read.

GLUCOVANCE® is a registered trademark of LIPHA s.a. License Bristol-Myers Squibb Company.

Micronase® is a registered trademark of Pharmacia & Upjohn Compa

Bristol-Myers Squibb Company

Distributed by
Bristol-Myers Squibb Company
Princeton, NJ 08543 USA

F7-B001B-03-01
607211DIM-04

Revised: March

New

Slow Roasted

Beef & Gravy.

Dinner's Ready. Enjoy.





You've been out there all day. There's nothing you don't do together. Why not enjoy a great dinner? Stouffer's HomeStyle Dinners. A delicious helping of new Slow Roasted Beef and Gravy, with redskin potatoes, green peas and sliced portabello mushrooms. A complete meal equals complete happiness.



Stouffer's

Nothing Comes Closer to Home:

www.Stouffers.com

Silken Wings Dance in the Light



"Purple Wisteria"

The Era of Louis Tiffany Heirloom Porcelain® Ornaments

Fabulously costumed in jewel-toned wings of delicate silk, butterflies catch the light to create a dazzling, living kaleidoscope in the air. This fusion of gossamer lightness and prismatic color also distinguishes the legendary stained glass artistry of Louis Comfort Tiffany. Suffused with glorious color in an astonishing range of hues, Louis Comfort Tiffany's radiant visions of nature's splendor had never before been equalled in stained glass.



Sparkling, color-matched Swarovski crystals grace the center of each ornament

Now Bradford Editions brings together the magnificent inspirations of Louis Tiffany and the translucence of jewel-toned *Heirloom Porcelain* in the *Silken Wings* ornament collection. At the heart of each precious collectible glows a faceted crystalline gem and two Swarovski crystals, hued to harmonize with the dominant color of each magnificent butterfly. Different butterfly shapes accented with pewter-toned edges capture the look of glaziers' lead. Floral borders, alternating color panels and Y-strand hanging cords studded with petite Swarovski crystals make each ornament a very special work of collectible art.

Urgent Notification: Availability Is Strictly Limited. Uplifting art like this has widespread appeal, and is consistently in strong demand. Given the time-intensive hand-crafting, demand could rapidly exceed availability. So reserve the collection now, and be one of the select group to get each three-ornament set at only $29.97 (plus shipping), backed by our 365-day guarantee. Your prompt response is critical. To secure your reservation—and receive a FREE** Ornament Storage Case—send no money now. Just complete and mail the coupon today.

Precious* Heirloom Porcelain *captures the beauty of stained glass—now in a collection available for a limited time only from Bradford Editions

collectiblestoday.com

©2002 The Bradford Editions, a division of the Bradford Exchange. 10371-010BFD



Please Respond Promptly

The Bradford Editions

9303 MILWAUKEE AVENUE NILES, ILLINOIS 60714

YES. Please enter my order for the *Silken Wings Heirloom Porcelain* Ornament Collection, beginning with Set One as shown. I need SEND NO MONEY NOW. I understand I will be billed $29.97* (plus $4.99 postage and handling) when my first 3-ornament set is shipped. Subsequent sets in the series will be shipped automatically, about every other month, backed by our 365-day guarantee.

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Your Address _____

City _____ State _____ Zip _____

*Illinois residents add state sales tax. Pending credit approval.
**One-time charge of $6.99 postage and handling added for Storage Case, shipped after Set 3. Please allow 4-6 weeks for delivery. 49301-E81201

Bali in the Backyard

by Doug Hall
and Cathy Kramer

The view from the upper-level deck is deceptive: This is Canada, not the Caribbean. "If I can't get to the tropics, I'll bring them to me," Jack Hagenaars says.

A vacation souvenir that is dropped in a drawer and forgotten is hardly good enough for Keith Webb and Jack Hagenaars, whose entire backyard is a travel memento of sorts. From trips to Hawaii, Bali, and Costa Rica, Jack and Keith brought home the inspiration to create an exotic tropical-styled garden. Among the palm trees, bananas, and ornamental grasses is an airy hut that evokes memories of ocean breezes and leisurely afternoons on the beach. Now Jack and Keith can visit the tropics every time they step out the back door.

continued on page 68




Creamy Caramel
Treasures
Peanut Butter
Treasures
Toasted Coconut
Treasures
Creamy Caramel
Treasures
Chocolate Creme
Treasures
Toasted Coconut
Treasures
Nestlé Treasures.
Give your day a little lift.
Treasures
Treasures
Treasures
Treasures
Creamy chocolate. Luscious fillings.
The perfect pick-me-up.
From you to you.
Indulgent Recipes and Promotions Await You at www.NestleTreasures.com

Bali in the Backyard

continued from page 66



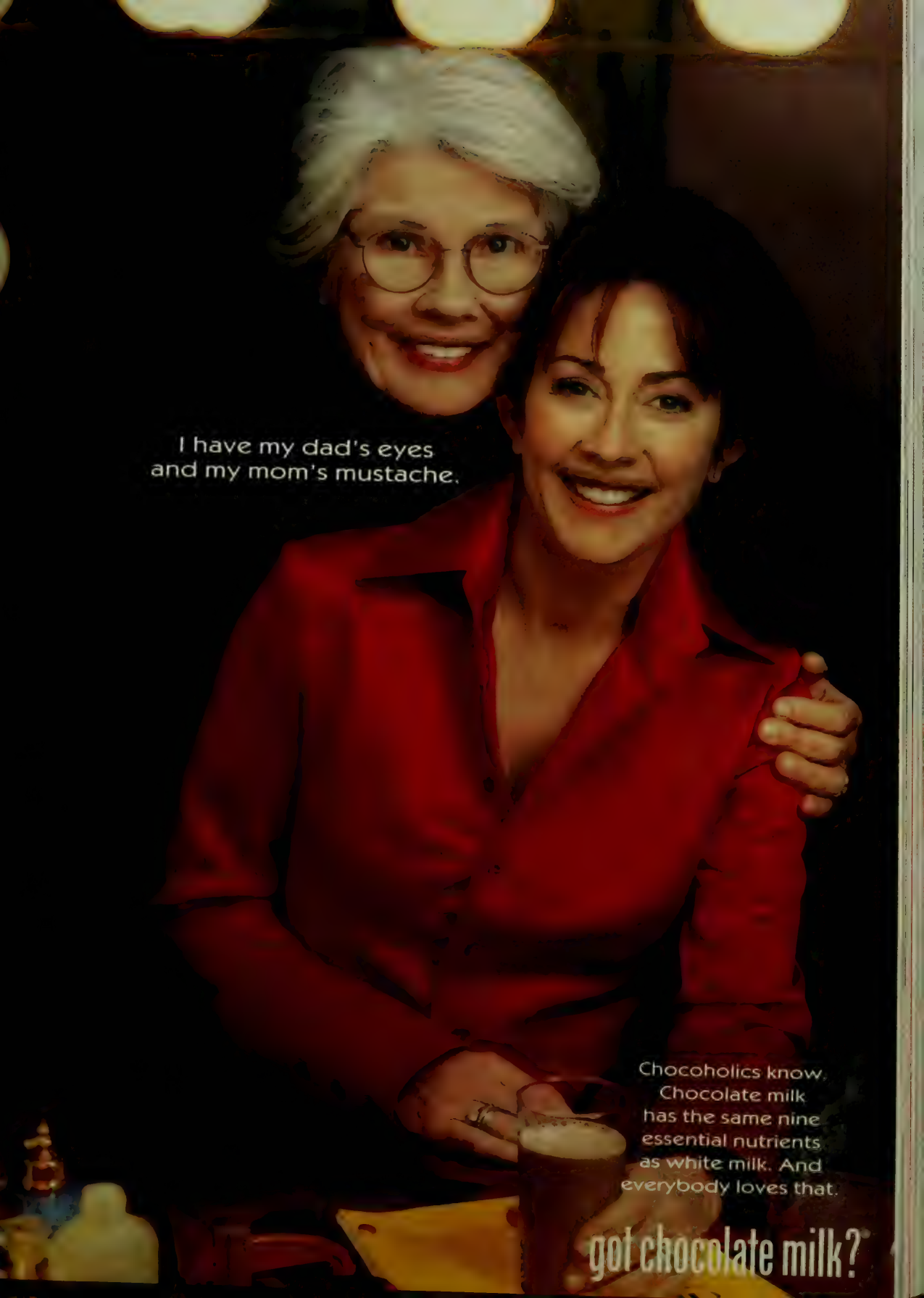
A few bamboo poles tied high in the Bali hut serve as perches for Kahlua, an African gray parrot (*above*).

The climate of Victoria, British Columbia, is hardly that of the South Pacific, so a bit of horticultural sleight-of-hand is used to re-create the spirit of the tropics. Many of the plants are not tropical at all, but are suggestive of jungle environments because of their bold or colorful foliage: Japanese aucuba; spikey phormiums; gunnera, with its monstrously craggy leaves; Tasmanian tree ferns; sago palms; and variegated *Arundo donax*, which resembles a statuesque bamboo. The illusion of the islands lasts through the growing season, but when winter arrives, the tenderest plants must retreat indoors to a greenhouse. The bananas stay in the ground with a thick layer of leaf mulch to protect the roots from freezing.

The Bali-inspired shelter is framed with rough cedar posts and roofed with adjustable bamboo window blinds for shade. Two reclining chairs in the hut look out over a pond with three small cascades. Jack and Keith relax here at the end of the day, watching carp swim among the roots of lotus and papyrus, and listening to their parrot, Kahlua, chatter.

continued on page 70




I have my dad's eyes
and my mom's mustache.
Chocoholics know.
Chocolate milk
has the same nine
essential nutrients
as white milk. And
everybody loves that.
got chocolate milk?

Bali in the Backyard

continued from page 68

Jack had nurtured an obsession for tropical gardens since 1985, when he moved from one of Canada's cold prairie provinces to the milder climate of Victoria. He and Keith bought this property in 1995, and the concepts that Jack had sketched on paper began to take shape in the empty backyard. The garden is small, which initially was discouraging—how could they capture a tropical ambience in such a small space? Once they dug the pond in the center of the yard, the rest of the garden fell into place on its banks. Paths, edged with stones and bamboo stakes, meander past raised, junglelike borders that are lush with flamboyant foliage. Jack's orchids and unusual bromeliads, brought outdoors for the summer, surely feel at home here.

In the end, Jack and Keith were thankful that space limitations kept them from building a bigger garden. The two have discovered that their small yard is a snap to keep groomed and flourishing. And less yard work means more hammock time.





Across the yard from the Bali hut is another structure of cedar poles, this one supporting a cotton jute hammock (*left*). Keith's verdict: "Soft and very comfortable." Purple drumstick alliums sway in the foreground. The garden is glimpsed through a side gate (*above*).

See an assortment of outdoor products on page 72

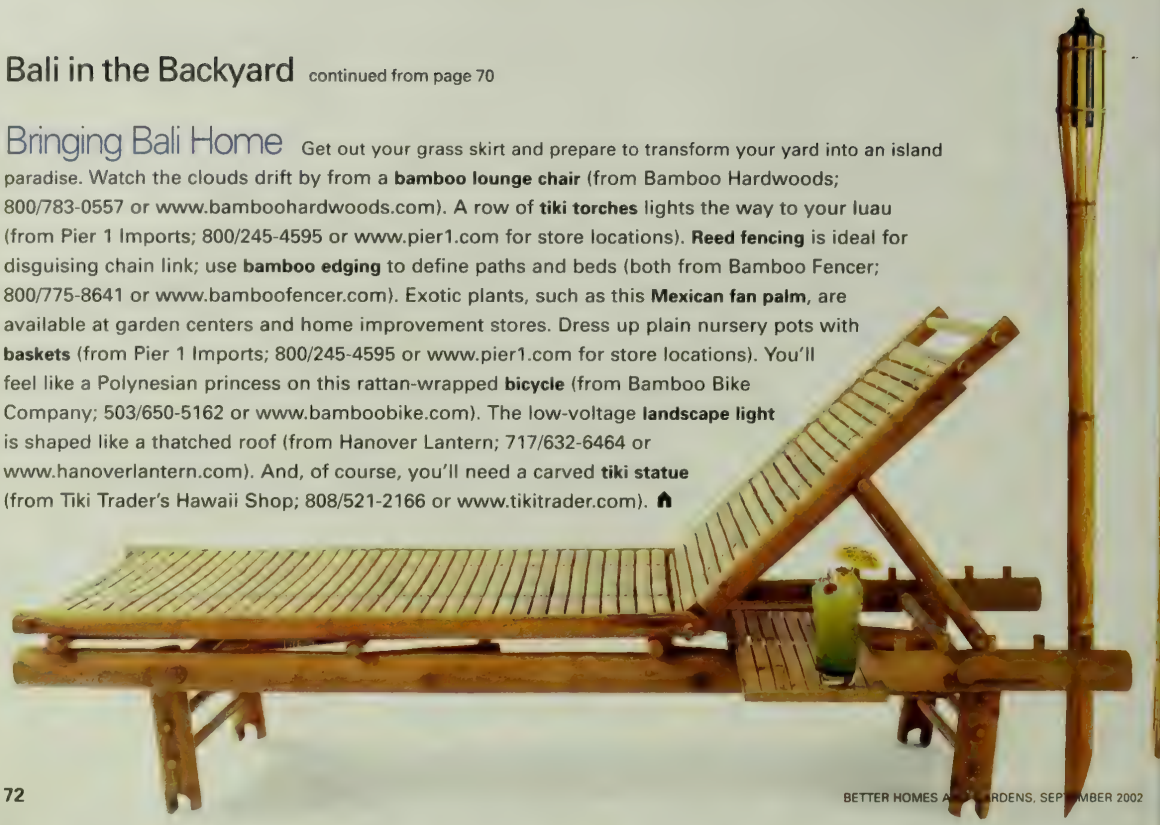
For more ideas about outdoor living spaces, go to www.bgh.com/freshair


RECHARGE
FRIDAY
SUNDAY
No flights to catch.
No schedules to confirm.
No suitcases to haul.
No wonder a weekend
away in an RV makes
you feel like you've
had a real vacation.
Go RVing
Life's A Trip™
For a free video and list of
RV dealers and campgrounds:
1-888-Go RVing
www.GoRVing.com

Bali in the Backyard continued from page 70

Bringing Bali Home

Get out your grass skirt and prepare to transform your yard into an island paradise. Watch the clouds drift by from a **bamboo lounge chair** (from Bamboo Hardwoods; 800/783-0557 or www.bamboohardwoods.com). A row of **tiki torches** lights the way to your luau (from Pier 1 Imports; 800/245-4595 or www.pier1.com for store locations). **Reed fencing** is ideal for disguising chain link; use **bamboo edging** to define paths and beds (both from Bamboo Fencer; 800/775-8641 or www.bamboofencer.com). Exotic plants, such as this **Mexican fan palm**, are available at garden centers and home improvement stores. Dress up plain nursery pots with **baskets** (from Pier 1 Imports; 800/245-4595 or www.pier1.com for store locations). You'll feel like a Polynesian princess on this rattan-wrapped **bicycle** (from Bamboo Bike Company; 503/650-5162 or www.bamboobike.com). The low-voltage **landscape light** is shaped like a thatched roof (from Hanover Lantern; 717/632-6464 or www.hanoverlantern.com). And, of course, you'll need a carved **tiki statue** (from Tiki Trader's Hawaii Shop; 808/521-2166 or www.tikitrader.com). ⌂



THE SMOOTHER, FILTERED

PALL MALL FILTER

PALL MALL LIGHTS

PALL MALL LIGHTS MENTHOL

KING SIZE BOX

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

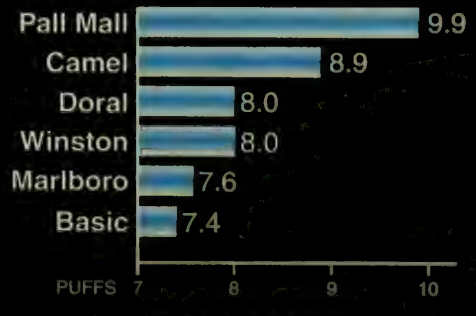
Lights Menthol, 12 mg "tar", 1.0 mg nicotine. Lights, 12 mg "tar", 1.3 mg nicotine; Filter, 16 mg "tar", 1.3 mg nicotine, av. per cigarette by FTC meth. Actual deliveries will vary based on how you hold and smoke your cigarette. For more product information, visit our website at www.bw.com



© 2002 B&WT Co.

BURNS SLOWER
LASTS LONGER

Filtered Pall Mall gives you more puffs than other major brands



Avg. Puffs Per Cigarette
Source: B&W Analytical Test Results (FTC Method)
Comparison of Pall Mall, Marlboro, Winston, Camel, Doral and Basic King Size Filter Box

Marlboro and Basic are registered trademarks of Philip Morris Incorporated. Winston, Camel, and Doral are registered trademarks of [illegible]



Small Bath Squeeze

As the smallest rooms in most homes, baths need every cubic inch they can get. Here's how two families conquered their inner spaces.

Continued on page 76



Freshen your room. Toast your bagel.

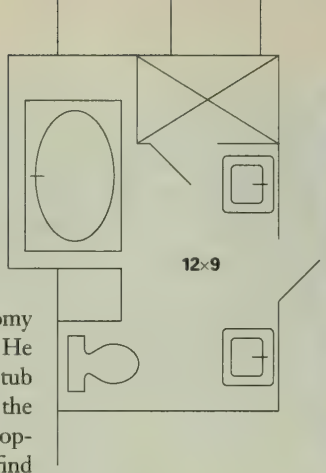


Introducing Glade® PlugIns® Scented Oil with an extra outlet built right in. Wizard® doesn't have it. Now which one would you choose?

SC Johnson
A FAMILY COMPANY

Small Bath Squeeze

continued from page 74



Try a tuck

Space under the eaves enabled Gary Milici to convert the attic of his 1917 Craftsman-style home into a master suite featuring a roomy shower and a skylight-lit bath(see *page 74*). He gained space for a deck-mounted whirlpool tub and its mechanicals by tucking the tub into the void between the interior knee wall and the sloping roofline. Old-house renovators often find some extra space in this area, where the angled roof/ceiling meets the vertical walls. Gary says, "I pushed the wall back about a foot, which allowed me to slide the tub back further into the attic space."

Gary chose design elements attuned to the spirit of his home. The sinks flank a vintage five-panel door and are backed by beadboard wainscoting made of tongue-and-groove 1×4s. "It has a much deeper detail than the panels of beadboard that you can buy today," he says. Instead of medicine cabinets, he topped the twin lavatories with oval mirrors and ledges that hold toiletries. Prescription medicines and other items go into pullouts in a linen closet beside the tub.



Tile around the tub (*above*) features two bands of a deco relief design. Chrome and porcelain faucets add to the bath's old-time atmosphere, as does sconce lighting over the sinks (*opposite*).

continued on page 78




Grilled Chicken Caesar
GRILLED CHICKEN TENDERLOINS WITH BROCCOLI AND GARLIC FLAVORED RADIATORE PASTA IN A PARMESAN-CAESAR SAUCE.
The freshest
es of the season.
THERE'S A WHOLE NEW WAY
OMETHING GOOD FOR YOURSELF
H FRESH-TASTING BOWLS
M STOUFFER'S LEAN CUISINE
Teriyaki Steak
BEEF STEAK WITH GINGER-GARLIC FLAVORED PASTA, VEGETABLES AND TERIYAKI SAUCE.
Stouffer's
Lean Cuisine
CAFE CLASSICS
Grilled Chicken Caesar
NEW
FLAVORFUL
BOWL
CUISINE
It's not just lean. IT'S CUISINE.
LEANCUISINE.COM

Small Bath Squeeze

continued from page 77

Polished poles hold various storage units, such as the chrome and glass shelf (*below right*), which clamp on and can be rotated into position.

Bump-out action

Bumping out with a 2-foot-deep extension added about 20 square feet to this upper-level bath—enough to shoehorn in a pair of tiered lavatories and stacked laundry equipment. The homeowners, Michelle and Stephen Clark, specified separate vanities tailored to their individual heights. Designer Cherie Brown answered their request with stepped his-and-her vanities that stop short of the floor. Open space under the cabinets and a mirrored wall make the remodeled bath seem much larger than its 72 square feet.

Chrome poles, though not structural, seem to support the wall-hung vanities; instead they organize glass shelves, towel rings, toilet paper, and even a shaving mirror in a vertical array that puts everything within easy reach. A high-on-the-wall window brings in natural light without compromising privacy. Flooring consists of basic white ceramic squares interspersed with alternating colors of 1-inch glass mosaics.



continued on page 80



RE WHEN YOU'RE
ED. OUT OF SIGHT
HEN YOU'RE NOT.

INTRODUCING OUR RETRACTABLE ROLSCREEN™ FOR PATIO DOORS.
IT APPEARS WHEN YOU NEED IT. AND TUCKS OUT OF SIGHT WHEN YOU
DON'T. IT'S A FUNCTION PARENTS CAN RELATE TO EASILY. AND IT'S WHY
WE SAY IT'S NOT JUST HOME IMPROVEMENT. IT'S LIFE IMPROVEMENT.™

1-800-54-PELLA WWW.PELLA.COM

Pella

VIEWED TO BE THE BEST.™

©2002 Pella Corporation

Small Bath Squeeze

continued from page 78

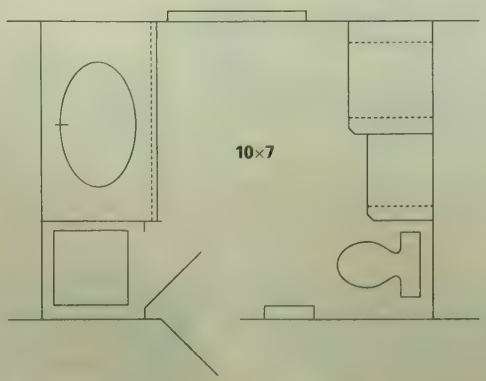
The washer and dryer came up from the basement and were stacked in a closet beside the tub/shower. Extra insulation in the closet dampens noise.

Like the vanities, a sliding showerhead accommodates people of different heights; it also has a flexible hose for rinsing children's hair. Nine-inch-deep storage cabinets next to the toilet utilize between-the-studs space and project slightly into the room. For convenience and design interest, the cabinet doors open in alternating directions.

Buying information, page 259

For more remodeling ideas, visit www.bhg.com/bathremodel







Because most dirty clothes end up in the bath or nearby bedrooms, appliances here (*left*) mean the owners don't need to haul laundry down and up stairs. Towel and toiletry cabinet doors (*right*) open to the right or the left, depending on which side of the bath the items are used.

better by design

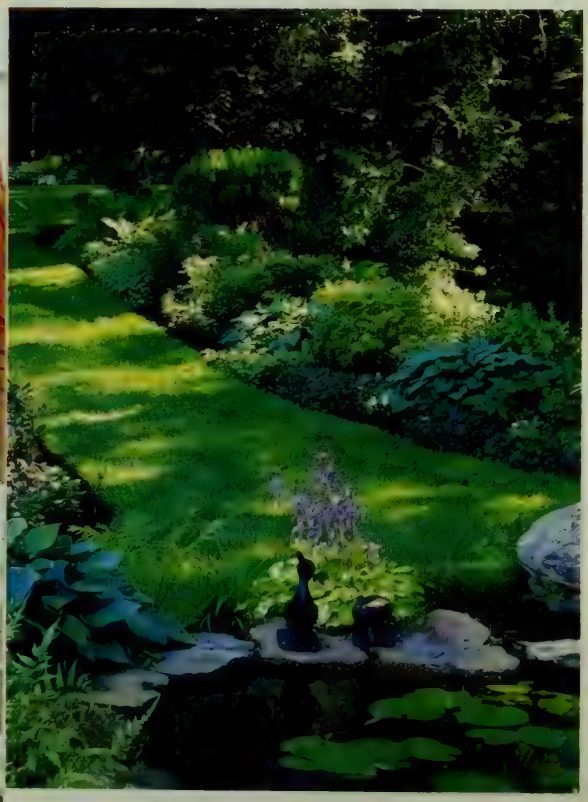


Tasteful Dining

Designed for entertaining, this dining room (*left*) conjures up a festive mood with tantalizing color and combinations.

Shaped by Paths

Strong plants and inviting paths have remade a backyard (*below*) that looked ungardenable 10 years ago. Now the shady and steep clay slopes are alive with color and variety, and evenings start with an appreciative stroll.





Island Gathering

At the heart of this new kitchen's easygoing style is an island (*left*) that combines old-fashioned good looks with family-friendly function.

Plus, visit an elegant bath and a comfortable home office in the pages ahead.

tasteful dining

BOLD COLORS AND CREATIVE COMBINATIONS ENSURE THAT NO MATTER HOW LATE THE HOUR, FAMILY AND FRIENDS WILL NEVER TIRE OF THIS DINING ROOM'S DECOR.

Written by Kristine Kennedy • Photographed by William Hopkins





Though some rooms invite a morning cup of coffee, this dining room is designed to sizzle when the sun goes down. *Better Homes and Gardens®* senior interior designer Joseph Boehm approached the 20×14-foot space with the needs of a professional couple and two children in mind. The family eats in this room every night, and the dining room is also the home's entertaining hot spot. "When they entertain, they entertain not only friends, but clients," says Boehm. "So the room had to have some sense of sparkle and importance."

Taking a color cue from the china collection *(left top)*, Boehm covered the 10-foot-high walls with a decorative finish that mimics terra-cotta silk. The walls were covered in a rosy-peach base coat, topped with the terra-cotta color, then combed. The final polyurethane top coat has real gold dust stirred into the mix. "The gold dust is incredibly subtle," he says, "but when the ceiling light and wall sconces are lit, it makes the walls shimmer."

Continuing the gold theme, 4×4-inch gold-leaf squares cover the entire ceiling. Burnishing the gold in sections resulted in varied levels of shine. "It has this truly ethereal quality," says Boehm of the ceiling, "as if it's floating above the room."

The table runner *(left bottom)* is made from Sunsilks embroidered silk imported from India. Fiery hot walls are quenched by antique dining chairs upholstered in cool gray-green leather from Robert Allen. A heavy crystal chandelier would be expected in this room, so Boehm chose a featherlight Niermann Weeks fixture with a chalky patina *(right)*. "Everything is so grand and pretty," he says, "so I put up a chandelier that is more provincial."

continued on page Z4



continued from page Z2





The dining room first embraces you with its vibrant wall color and metallic luster. Over a leisurely dinner, eyes have a chance to take in the room's spectrum of art and collections. At center stage is an elaborate, handcarved Coromandel screen, illuminated by three ceiling spotlights. "If the screen wasn't lit properly, it would just seem like a heavy thing on one side of the room," says Boehm. To give greater visibility to the wooden depictions of early China, the screen is elevated on a 14-inch plinth painted to match the woodwork. Fronting the screen is a reproduction 1796 Philadelphia sideboard with a leggy design that defers to the screen. On top, a bouquet of apricot roses and lisianthus erupts out of a silver vase. The flowers blend with the room's color scheme, while fuchsia orchids in nearby plant stands offer an unpredictable design twist. On the wall opposite the screen, orange and yellow roses burst from a celadon pottery collection, comprised of old pieces and new pieces made to look old. "The flowers stop your eye," he says. "You don't notice that the collection is sitting on a radiator cover."



Blue, seen in the room's contemporary artwork, also appears in these Italian glass vases (*above*), which have gold flecks similar to the wall treatment. Resembling diminutive sculptures, crystal newel post finials (*above, right*) infuse the pottery collection with a bit of shimmer. For the dining table centerpiece (*right*), Boehm put collections to work and used a Herend soup tureen surrounded by amusing china dolphins.

continued on page Z6



ACQUIRE A TASTE FOR THE ULTIMATE COMPLIMENT.

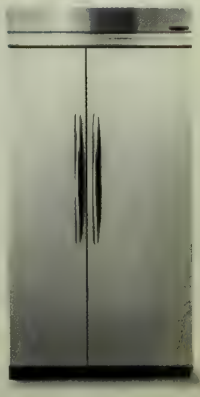
Make it legendary. Make it KitchenAid.

1: Open the Architect™ Series Built-In Refrigerator. With a system designed for ultimate ingredient care, great texture and taste are assured.

2: Turn on the Pro Line™ Cooktop with choice of grill, griddle or both. Simmer and sear to perfection using 6,000-15,000 BTUs. Then switch on the powerful Pro Line™ Hood.

3: Prepare yourself for oohs and ahhs.





n more about the entire KitchenAid® line, visit KitchenAid.com or call 1.800.422.1230.

ed trademark /TM trademark. The mixer shape is a trademark of KitchenAid, U.S.A. © 2002. All rights reserved.

KitchenAid

FOR THE WAY IT'S MADE.®

continued from page Z4





Boehm avoids designing with matched sets, favoring instead an eclectic mix of furniture and art that varies in style and spans the centuries. "It gives a room some depth and a sense of personality," he says. Locally acquired contemporary art hangs above a reproduction Chippendale chair (*above, left*). With its handpainted surface and intricately carved wood, the armchair differs markedly from the sleek leather dining chairs, but straight legs blend the diverse styles. Tables, such as this English reproduction demilune table (*above, right*), have a similarly airy line. Pure white woodwork would have looked too stark against the rich wall color, so Boehm painted it ivory. On the floor, a stenciled border defines the eating area. Applying the stencil with diluted sepia-brown paint lets the oak floor's wood grain show through, giving the double-oval design a parquetry look. Softening the room's straight, hard edges are puddled draperies—gold and terra-cotta silk ikat lined with intense orange—drawn around antique Italian holdbacks.



The armchair (*above, left*), one of a pair of Thomas O'Brien pieces from Hickory Chair, provides extra host seating when the dining table requires a leaf. The demilune's centerpiece is a pharmacy container from a 1940's drugstore display. Attention to design detail is carried to the table, where a fruit pyramid (*right*) rises from a dolphin-adorned footed dish from Herend.

continued on page Z8



)SE EVERYTHING WORKS TOGETHER — BEAUTIFULLY. Martha Stewart
re now offers flooring designed to coordinate with our paint colors, fabrics, and —
e in early 2003 — furniture. Choose from carpet, area rugs, hardwood, laminate,
ı, tile, and stone. It's all part of the Martha Stewart Signature™ decorating system
ɔs you create, step by step, the home you've always dreamed of. Visit a Certified
Stewart Signature retailer today, and see just how beautiful your home can be.
tified Martha Stewart Signature retailers at marthastewart.com or 800-950-7130.

MARTHA
STEWART
SIGNATURE

☐ FABRIC with **P/KAUFMANN** ☐ FLOORING with **SHAW** ☐ PAINT with **SHERWIN-WILLIAMS**

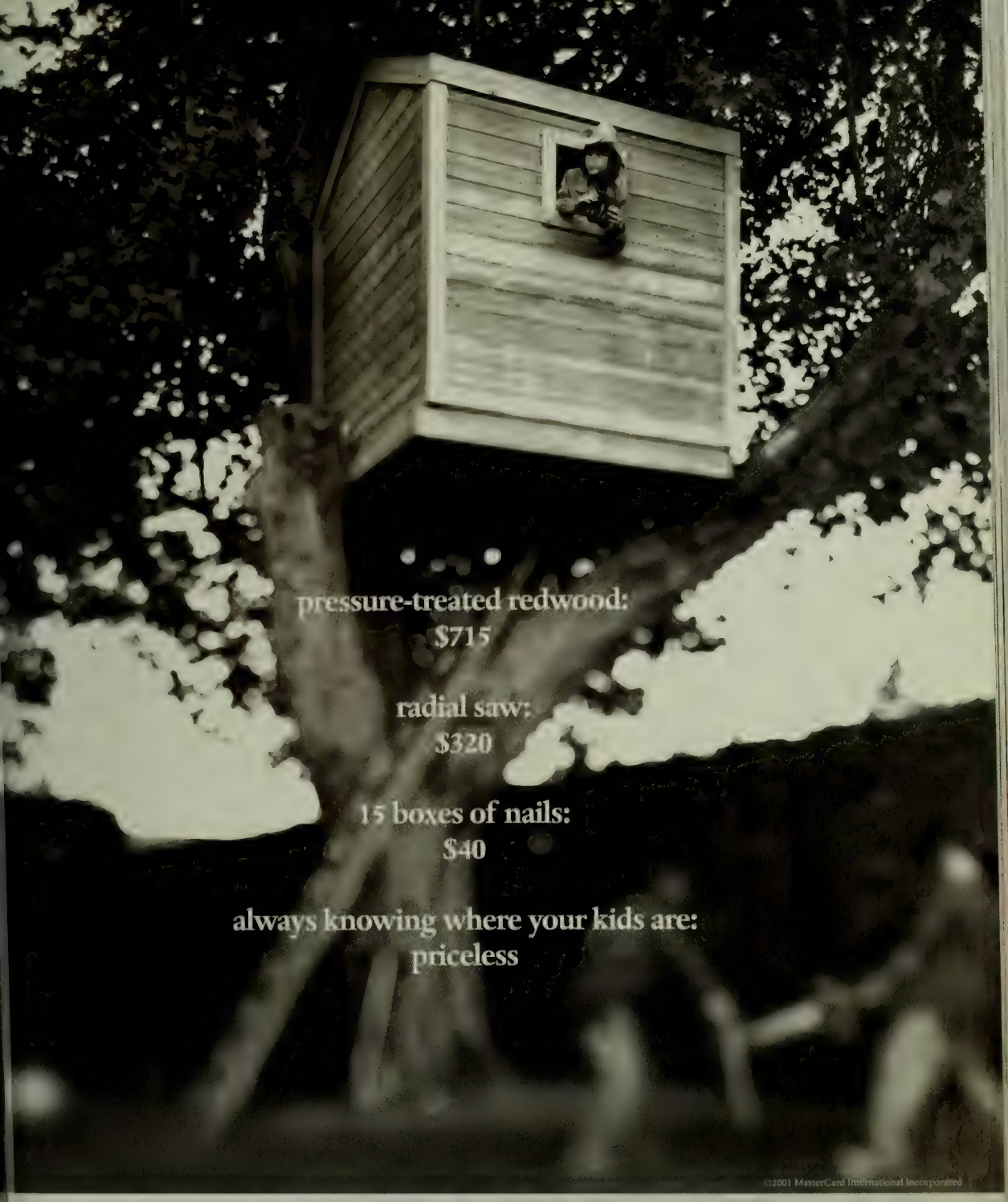
continued from page Z6



A 1930 china pattern (*left*) sparked the room's terra-cotta-and-gold color scheme. Luxurious colors and intriguing furniture combinations aim to keep guests glued to their seats. The serving cart (*above*), a reproduction of an 18th century beadworker's table, even keeps the host from missing any of an evening's storytelling. "I think a teacart is a wonderful nicety," says Boehm. "People get up and leave their guests, when they could just place the dishes on the lower shelves then serve coffee and dessert from the cart." With amenities like this, you may find guests staying until the wee hours.

Editors' note: This dining room was designed for the Des Moines Symphony showhouse by the editors of Better Homes and Gardens® *magazine. Our participation was one way we are celebrating the 100th anniversary of our parent company, Meredith Corporation. For more about our centennial, look in the upcoming October issue.*

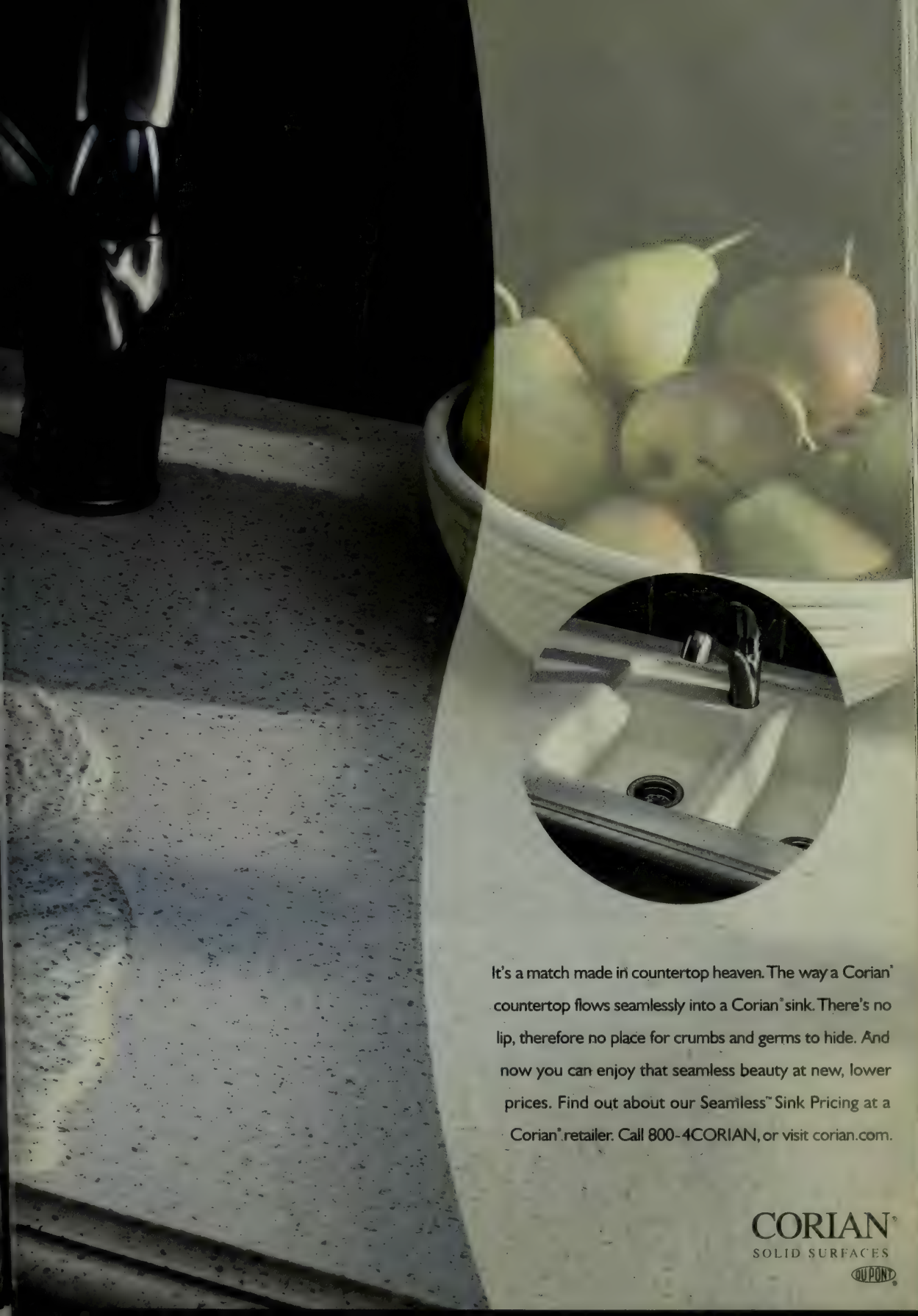
Buying information, page Z35



Wouldn't it be great if you could build their college and first apartment in your backyard too?
e'll get you $10 off any purchase of $50 or more at outdoordecor.com when you use MasterCard.
Sign up with MasterCard Exclusives Online™ at mastercard.com

there are some things money can't buy. MasterCard for everything else there's MasterCard.™


It's hard to imagine a Corian®
countertop without the Seamless™ Sink



It's a match made in countertop heaven. The way a Corian® countertop flows seamlessly into a Corian® sink. There's no lip, therefore no place for crumbs and germs to hide. And now you can enjoy that seamless beauty at new, lower prices. Find out about our Seamless™ Sink Pricing at a Corian® retailer. Call 800-4CORIAN, or visit corian.com.

CORIAN®
SOLID SURFACES
DUPONT®



island gathering

THIS FARMHOUSE-STYLE KITCHEN INCLUDES AN ISLAND WITH THREE COUNTERTOP SURFACES AND HEIGHTS, MAKING IT A CONVENIENT PLACE TO PREPARE MEALS AND TO GATHER WITH FAMILY.

Written by Jill Connors • Photographed by Michael Garland

Come dinnertime every evening, Tammy Hanna doesn't need to call her three young children to the table. They're already in the kitchen. "We just live in this room," Tammy says. It's here where the children—Nicholas, 8, Jordan, 6, and Will, 2—do homework, munch on snacks, and watch videos. And that's just the way Tammy envisioned it. "We made a decision to make the kitchen the largest room of the house," she says, recalling the planning that went into the house she and her husband, Robert, built three years ago. Architect Eric A. Mossman designed the light-filled kitchen to meet the demands of the family's everyday life and frequent entertaining.

The 18×20-foot kitchen features such traditional elements as glass-front cabinets, honed marble countertops, an apron-front sink, and black walnut floors.

continued on page Z14

OUR CONTRIBUTION TO THE CULINARY ARTS:



Our side-to-side diverter button was designed for easier use, then aggressively tested by switching from stream to spray 50,000 times.

Relentlessly scrubbed with over 100 household cleaners, our patented *Brilliance*® Stainless finish is fully prepared to stand up to everyday use and abuse.

Our 59" metal hose is tested to endure twice the normal household water pressure, ensuring a strong, long-lasting hose.



For a free product catalog and faucet buyer's guide, as well as information on model 470-SS pictured here, call **1.800.345.DELTA (3358)**. Or visit **www.deltafaucet.com/po**.

DELTA.

Beautifully Engineered.™

continued from page Z12





The key to the kitchen is the island, which is made up of three separate stations united by their distressed, black-painted base cabinetry. Each of the three components has a different countertop surface material and height. An L-shape zone topped with honed marble measures 36 inches high, a standard countertop height, and functions as a snack area. It also includes a faucet to rinse fruits and vegetables. A butcherblock-topped area of the island stands slightly higher, at 37½ inches, a comfortable height for Tammy to do prep work. The third area of the island has a black-painted wood surface—measuring 42 inches high—and is used for serving food. Just beneath are wire-front bins used for storing fruits and vegetables (*left*). But the best thing about the island, Tammy says, is that it offers room for everyone to help out with cooking.

continued on page Z16



The question is, is it the perfect kitchen or the perfect collection?

Art and technology come together to create an epic masterpiece. Introducing our new line in stainless steel. Each piece offers a blend of advanced features and exquisite beauty that's truly worthy of reverence. Present them as a complete collection, and a kitchen transforms into a gallery of good taste. Visit jennair.com or call 1.800.Jenn.Air. And create your own work of art.

JENN-AIR

continued from page Z14





"It's got to be practical," was one of Tammy's credos when it came to custom-design elements within her kitchen. She chose the black-painted finish on the island, for instance, because she knew it would do a good job of hiding the wear and tear from three children. Practical thinking drove the design of the refrigerator/freezer area as well. To give the wall some visual interest, Tammy asked cabinetmaker Robert Browning to build an arched display area just above the side-by-side, stainless steel appliance. She placed a few of her favorite enamelware collectibles in the nook. To the left of the refrigerator is a desk area with upper cabinets that conceal a TV, which entertains Will when he is in his high chair at the island. To the right of the fridge is a food pantry. The kitchen's ample seating and work surfaces make it possible for Tammy to host cooking parties, which she did recently for her mother's 60th birthday. "We had 12 people plus a chef for that party, and there was plenty of room," Tammy says.

Three antique enamelware pieces, collected by Tammy on flea market forays, are displayed in a custom-designed nook above the stainless steel refrigerator (*above*). The lefthand wall cabinet above the desk area holds a TV. Architect Eric A. Mossman designed a skylight above the vent hood (*left*) to add natural light to the east side of the kitchen, which has limited window area.

Buying information, page Z35

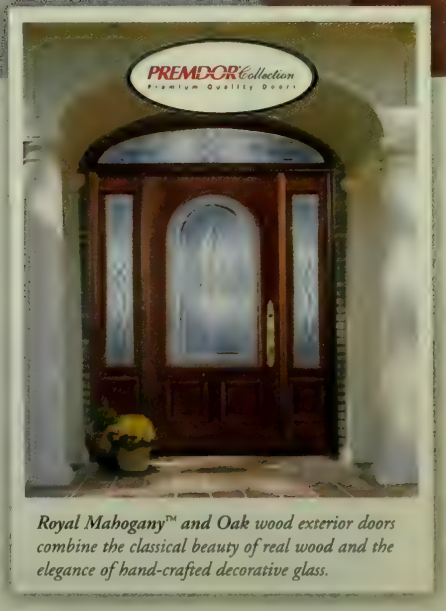


ehind every door are moments that emories are made of.

over 75 years the people at Masonite have been dedicated to making v and innovative building products. And, there's no better example n the Premdor Collection of premium quality doors. A line of interior exterior doors specially designed and crafted to make every home e beautiful, more enjoyable and safer for the entire family.

whether you are building, renovating, or just redecorating, you can be ured that doors from Masonite's Premdor Collection will exceed ryone's expectations and standards for design and lasting durability.

more information on what's behind every door, visit us at w.masonite.com



Royal Mahogany™ and Oak wood exterior doors combine the classical beauty of real wood and the elegance of hand-crafted decorative glass.

lusively from

Masonite®
Masonite International Corporation

ite, Premdor and Royal Mahogany are registered trademarks of Masonite International Corporation.



AUGUST 19, 1



For more information, call 1-800-925-JEEP or visit jeep.com.
Jeep is a registered trademark of DaimlerChrysler.

DAY MOUNTAIN CLIMBERS OFFICIALLY BECAME PEDESTRIANS.

Once the exclusive domain of skilled climbers, mountains suddenly became the habitat of another adventuresome breed: Willys owners. This legendary vehicle opened up a new world of possibilities to motorists with its unmatched off-road capabilities. Today the Willys legend lives on in its descendants—Jeep Wrangler, Jeep Grand Cherokee, and the all-new Jeep Liberty. The only 4x4s routinely tested on one of the world's toughest off-road courses—the Rubicon Trail. The only 4x4s equipped with refined four-wheel drive systems, powerful Power Tech engines, and remarkably agile suspensions perfected over 60 years. All of which explains why, when compared to a Jeep 4x4, everything else seems rather pedestrian.

Jeep

THERE'S ONLY ONE





shaped by paths

FOLLOW THE LAY OF THE LAND, PLANT WHAT CONDITIONS PERMIT, AND MAKE THE PATHS WIDE ENOUGH FOR STROLLING ARM-IN-ARM. THAT'S HOW DOLORES AND KEVIN KURTZ TURNED A HILLSIDE OF TREES, SCRUB, AND CINCINNATI CLAY INTO A GRACEFUL, INVITING GARDEN.

Written by Mark Kane • Photographed by Matthew Benson

Where some people would see an ungardenable backyard, Dolores Kurtz saw opportunity. Too steep and too shady? No. Dolores wanted a garden room, shade gardens, a quiet retreat, beds full of color, and paths. "I started at one corner and went around the yard," she says. "It took 10 years to make the loop. We have 1.3 acres and now one acre is landscaped." Her husband Kevin's first contribution was a pond (*above*). The original seven fish are now 100. "They play and splash," Dolores says. They also overwinter, helped by the 31-inch depth of the bottom, and a fountain that runs continually.

continued on page Z22

Powerful performance, powerful choices





Introducing Miele's Master Chef Collection.

Miele five burner gas cooking surfaces combine superburner performance power with an inspired design that lets you choose the right look for your kitchen. Select the classic round grates or contemporary linear grates, and then refine the style even more with your choice of black, stainless steel or white surface and knobs in black or stainless finish. Powerful performance, your choice of design.

For more information, call 1-800-463-0260 or visit miele.com

Master Chef Collection

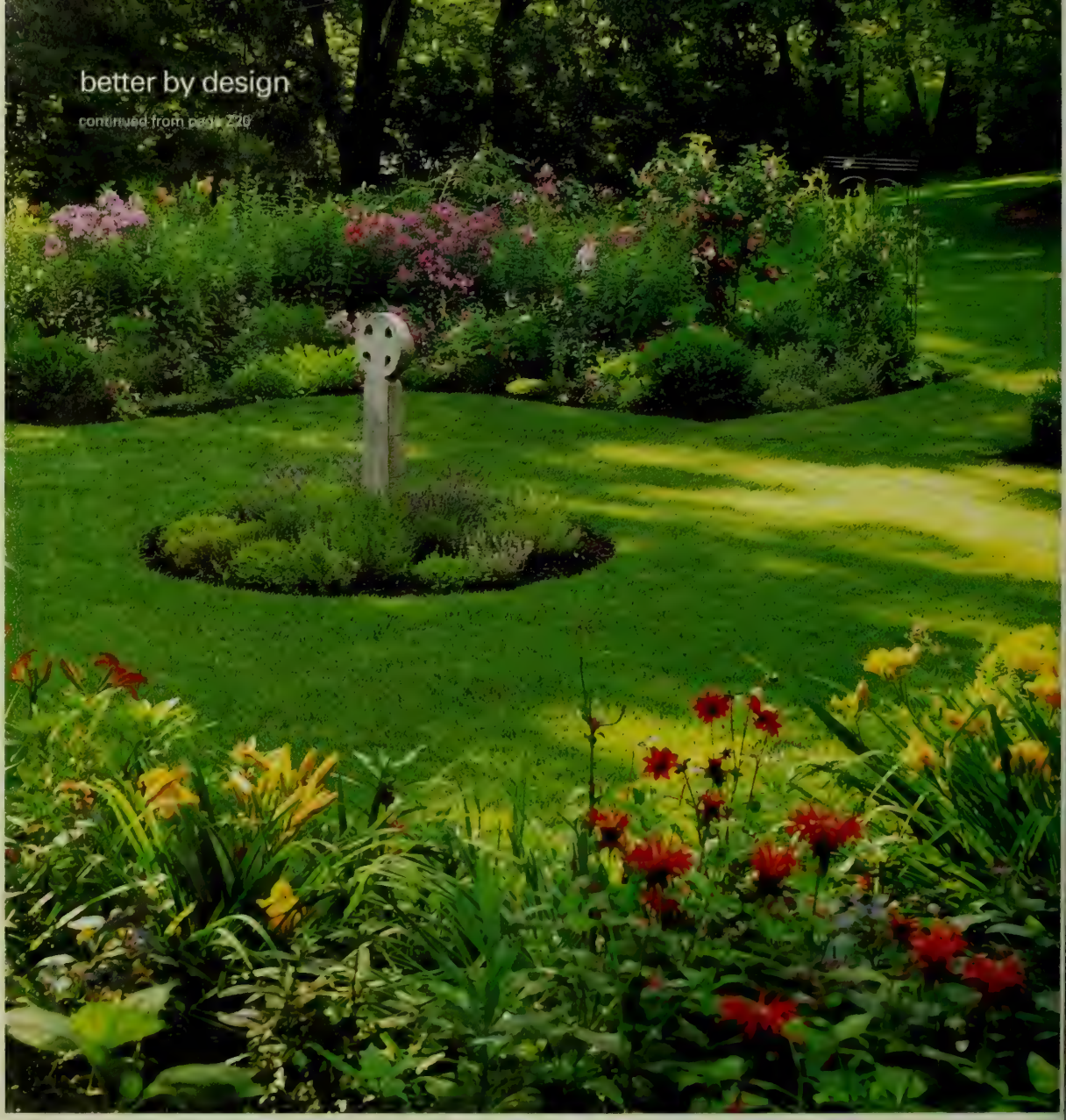
Miele

anything else is a compromise

ce the full line of our appliances at a Miele Design Center:

ton • Wellesley • Northbrook • Boca Raton • Dallas • Beverly Hills • San Francisco

continued from page Z20



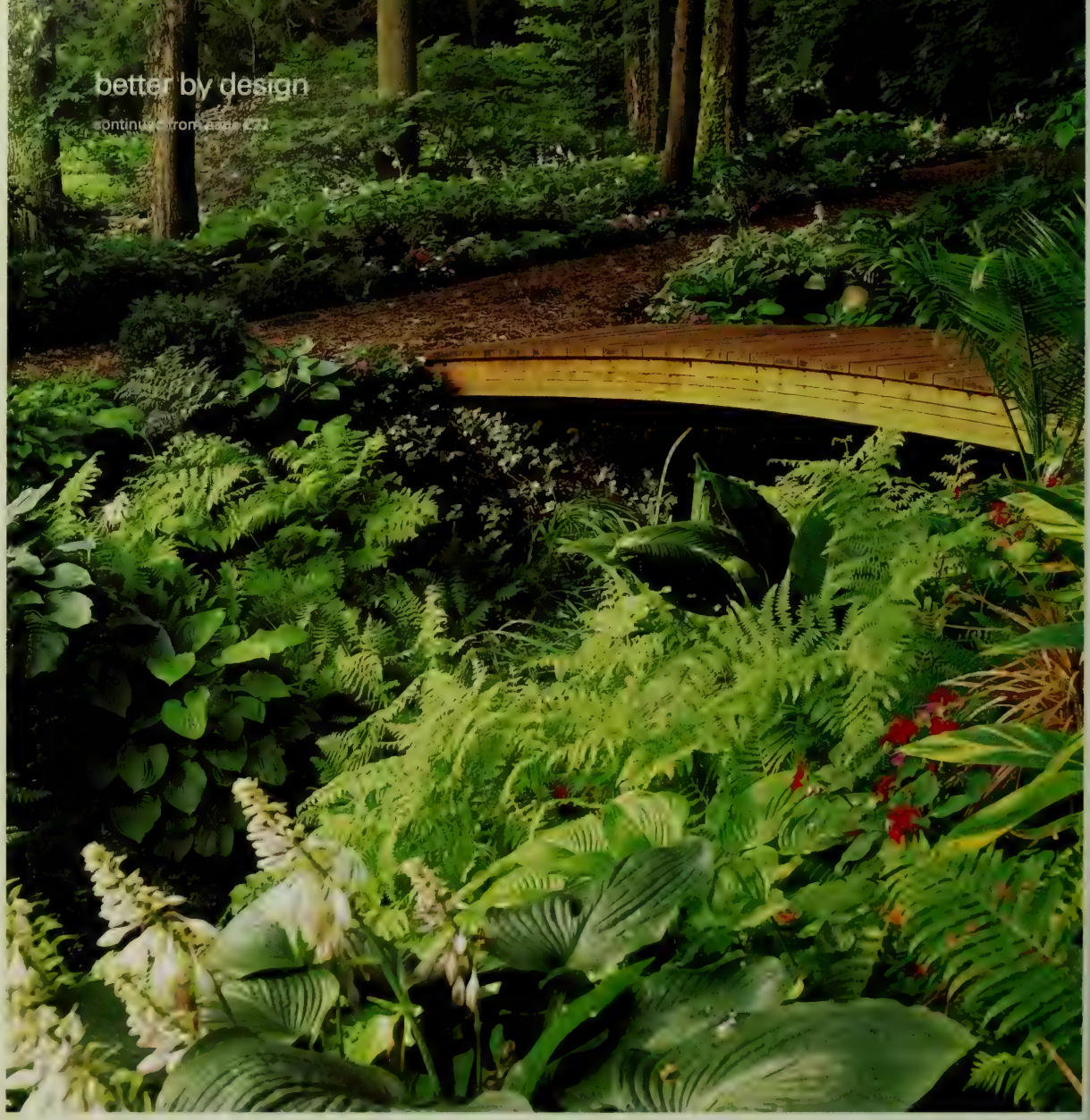
Dolores thinks about design in a sequence. "First, the horticultural needs of the area," she says. Is it sunny, shady, wet, dry? What will grow? Then comes the choice of formal or informal. Finally, color combinations that Dolores likes, then the plants that create them (a better sequence than plants first).

When the volleyball spot turned muddy and the four sons moved on, Dolores went formal (*above*). Perennial beds, called parterres and each a palette of sun-lovers, quarter the perimeter. The distant purple haze is the phlox Eva Cullum. In the center, creeping thyme surrounds the Celtic cross, whose shape echoes the parterres. Daylilies in the foreground include Pardon Me (red) and Betty Woods (yellow). To the right are the pom-poms of monarda Cambridge Scarlet. Buried drains carry away water from the slope above.

continued on page Z24


WAVERLY®
your interior design
www.waverly.com

continued from page Z22



Plantings for shady slopes take planning. "You need plants that develop deep, strong roots," she says. "I use hostas and ferns, which grow easily. Pachysandra and ajuga are good ground covers. So are ivy, wild begonia, pet-asites, and daylilies. For shrubs, I like viburnum, hydrangea, and rhododendron. Celadine poppy and hardy impatiens are good self-seeders." These stalwarts stay put and help the slope stay put too. Dolores and Kevin rely on clean stable manure, several truckloads a year, to feed the plants and build the soil.

A ravine (*above*) runs through the backyard to manage heavy rains. The banks are anchored by hosta Shade Fanfare, hosta Sieboldiana Elegans (big and blue), maiden fern, and male fern, among other toughies. To arch the bridge, Kevin weighted the ends of a 2×6, then fastened on several more planks.

Dolores and Kevin take time to relax. "We stroll through the garden every night and sit on a different bench and admire our handiwork," Dolores says. They've earned it.

Buying information, page Z35



Introducing the

WORLD'S MOST ADVANCED FOOD PREPARATION STATION.

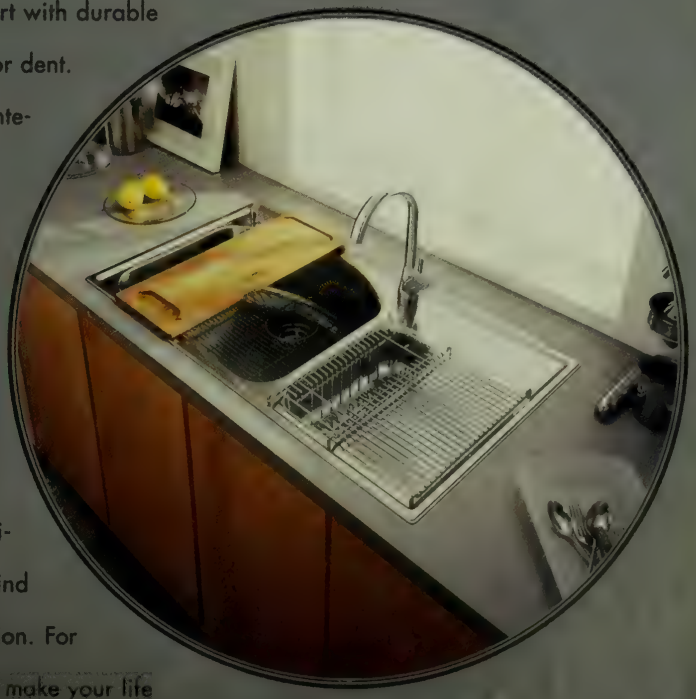
Formerly known as "sink".



CULINAIRE: REDEFINING WHAT A SINK CAN DO. Your sink takes on everything from washing, rinsing, drying, slicing and dicing to the disposal of the occasional fish stick gone bad. That's why we designed a sink with unlimited options. Start with durable 18-gauge, 18/10 stainless steel that won't rust or dent. Now add our exclusive remote access drain, integrated cutting boards, colander and dish racks that are all built around deeper, wider bowls. Choose from a variety of different styles of faucets to complement your sink. Each one made of durable brass construction engineered not to stick, rattle or bind for a lifetime of smooth operation. For information on how we can help make your life easier, visit us at americanstandard-us.com or call us today at 800-524-9797, ext. 1504.



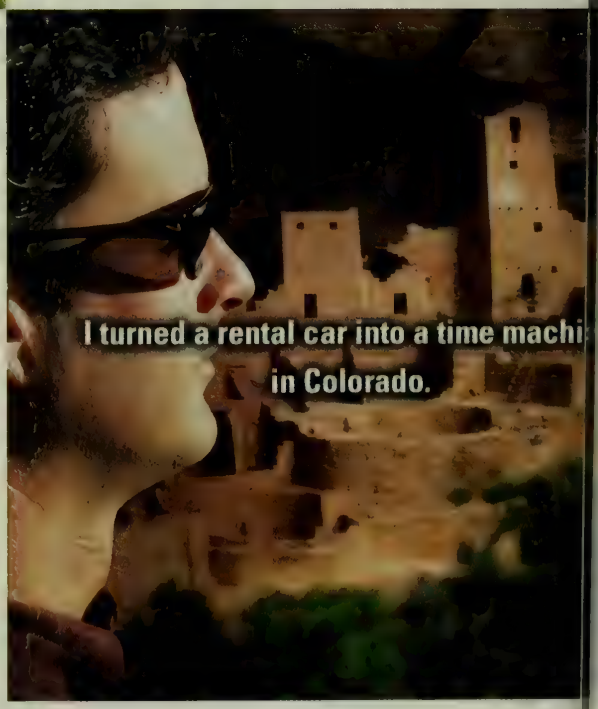
Our remote drain button lets you empty a sink of disgusting dishwater with a push of a button. The versatile rack lets dishes drip into the sink, then flips over for storage or drying. And, our optional pull-down spray faucet works with two-finger simplicity.



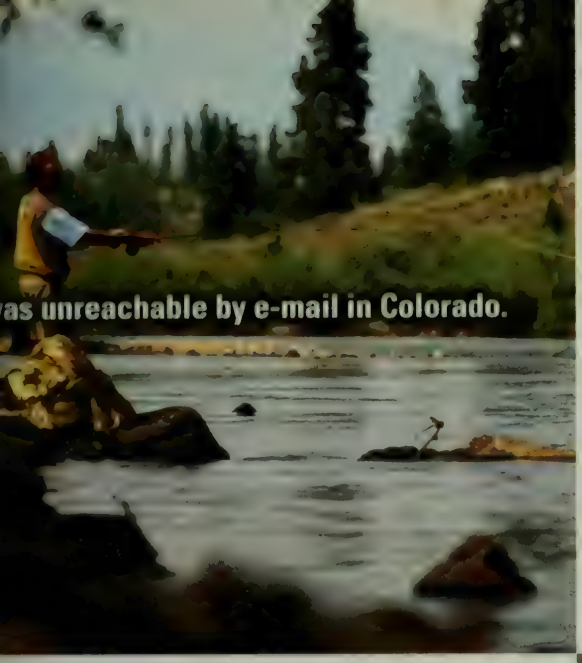
American Standard

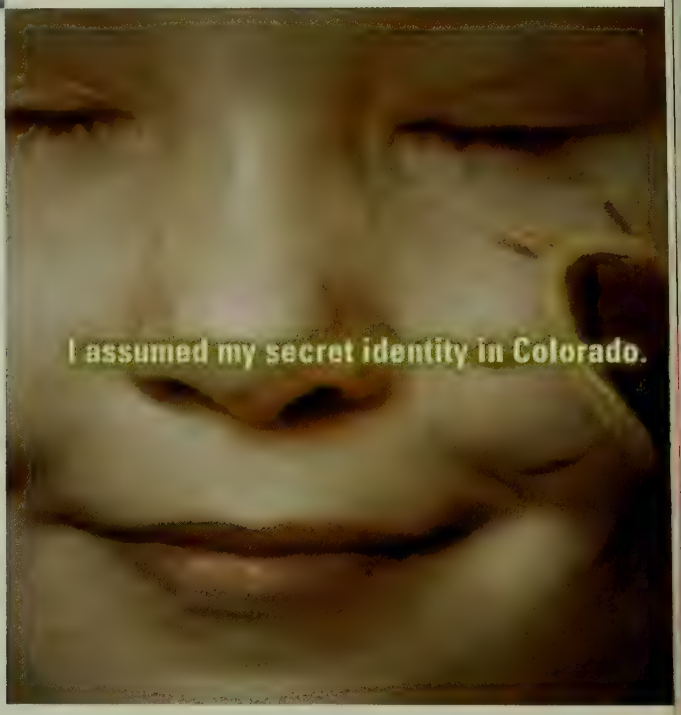
New Standards For Living.™





For a day, a week or longer, you can be whoever or whatever your heart desires in a place where the possibilities are infinite and the sky is close enough to touch.





possibilities

COLORADO

colorado.com 1-800-COLORADO



tall order

THE OWNER OF THIS MINNEAPOLIS HOME WANTED A DRAMATIC, SPACIOUS BATH AND A LARGE WALK-IN CLOSET—ALL IN ONLY 180 SQUARE FEET OF UNDER-EAVES ATTIC SPACE.

The attic in Janine Lee's home had a pleasant bedroom, but the lack of a private bath and a decent-sized closet meant the remainder of the space was used only for storage. Like Mary Poppins pulling an elegant floor lamp out of a tiny carpetbag, Janine seems to have discovered a fourth dimension where even this modest space has stature.

What seems like magic really is clever design. Working with a local building firm, Janine centered an elegant pedestal sink and an oversized, mirrored medicine cabinet directly under the roof peak. Flanked by side windows, it's a shapely focal point. A toilet and tub snuggle cozily under the eaves.

continued on page Z30

Written by Dan Weeks • Photographed by Susan Gilmore

Whirlpool
Home Appliances
JUST IMAGINE



INTRODUCING THE WHIRLPOOL® DUET® FABRIC CARE SYSTEM

Imagine your clothes being cleaned so well, yet so gently, they stay looking new longer than you ever thought possible. Imagine safely washing all your clothes, even your delicates, at home. Then imagine saving two-thirds the energy and water used by conventional washers and also gently drying your clothes in the time it takes to wash them. Finally, performance and efficiency without compromise.

KEEP CLOTHES LOOKING NEW LONGER.

A REVOLUTION IN FABRIC CARE



ed trademark/ ™ Trademark of Whirlpool, U.S.A. © 2002 Whirlpool Corporation.

Enter the Future at WWW.WHIRLPOOL.COM

continued from page Z28





Janine needed to help her builder understand what she wanted, so she showed him magazine clippings of sprawling baths that captured the feel she was after—even though her space was much more limited. He got the idea, and came up with a clever plan for adding in, rather than adding on.

Activities that require standing, such as using the sink and shower, are in the center of the room beneath the roof's ridgepole. This allowed Janine to avoid building a dormer that would mar the exterior appearance of the home's classic roofline or add to the project's modest budget.

A white-on-white color scheme maximizes light and makes the space feel expansive. And the use-every-inch design philosophy tucks a cabinet in the corner for towels and bath necessities.

continued on page Z32

To continue the warmth of design elements seen elsewhere in the house, Janine Lee used wood in a variety of ways for the bathroom (*above*). Beadboard lends character to the wainscoting, the tub surround, and the cabinet's inset door panels. The look is underlined by oak flooring that invests this bathroom with another rich element. For the tub filler (*left*) and other fixtures, Janine chose a complementary and classic pewter finish.

Whirlpool
Home Appliances
JUST IMAGINE™



Imagine tired and wrinkled clothes made fresh and ready to wear when you need them. Introducing the Personal Valet™ clothes vitalizing system, a breakthrough appliance that makes clothes ready to wear in about 30 minutes.* It's an appliance that delivers performance so powerful it can reduce trips to the dry cleaner and time spent ironing. Inside, a penetrating mist of Presiva® clothes care formula is created, then it circulates through every fiber of clothing to smooth wrinkles and clean away odors. Just imagine™. Visit us at WWW.PERSONALVALET.COM for more information.

REDUCES YOUR NEED FOR DRY CLEANING AND IRONING.





THE POWER TO GIVE NEW LIFE



Call 1-800-253-1301 for availability or talk to your architect or builder about including it in your home.

®Registered trademark/™ Trademark of Whirlpool, U.S.A. ©2002 Whirlpool Corporation.
®Presiva is a registered trademark of The Procter & Gamble Company. ®The Woolmark symbol is a registered trade mark of The Woolmark Company.
*For RegularCare cycles.



To further maximize the room's sense of space, the wall opposite the sink is almost entirely glass. A glass surround prevents the shower compartment from feeling cut off from the rest of the room, and a glazed door leads into the adjoining walk-in closet. The showerhead is positioned for maximum headroom, and a convenient seat is built into the outside edge of the surround, where height isn't needed.

For consistency and visual flow, the same tile was used for the shower and the tub deck. The tile's stone look, overscale dimensions, and gently mottled tones disguise and soften the shower stall's angular lines. Patterns were kept out of the design mix, keeping the atmosphere clean and calm.

continued on page Z34

Buying information, page Z35

Glass is an excellent surface for showers (*above*). It floods the stall with all available light, and maintenance is easier than ever with available cleaning products. Janine also chose to add a handshower, which increases the flexibility of any shower space.

Liberal married a conservative.

nservative married a liberal.

Agreed on a door that can survive the occasional storm.



ors make a statement on their own. Matching elegance with strength, Marvin doors stand up to weather, differences of opinion. And since they're built to your exact specifications, you'll know they're always arn more at **www.marvin.com** or call **1-800-268-7644** (in Canada, 1-800-263-6161) for a catalog.

larvin Windows and Doors. All rights reserved. ®Registered trademark of Marvin Windows and Doors

MARVIN
Windows and Doors
Made for you.®



We'll change the way you think about

Insulation



Rising energy costs.
Noise pollution.
Allergies, asthma, and mold.

Families today face problems that weren't even issues when conventional insulation products were developed. It's comforting to know that Icynene® is a superior insulation system that protects your family like no other insulation can.

When sprayed into walls, ceilings, floors and basements, Icynene® softly expands to form a protective barrier. Harmful outside air - including pollutants and noise – *stays out*. Healthy inside air *stays in*, ensuring a healthier, quieter, more energy efficient home.

Icynene® Insulation:

- **improves** air quality – non-toxic, odorless, and formaldehyde free
- **reduces** monthly energy costs by up to 50%
- **enhances** soundproofing

It's the superior insulation system for today's homes.

The Icynene Insulation System®
Healthier, Quieter, More Energy Efficient™

Discover The Icynene Insulation System®
visit icynene.com or call 1-888-946-7325

 continued from page Z32



ORGANIZATION 101
Initially hesitant to position a potentially messy, walk-through closet en route to the master bath, Janine Lee changed her mind when careful planning made it easy to keep the closet organized. Open shelves hold T-shirts and sweaters; hanging clothes are tucked under the eaves.



buying guide

Some of the products shown editorially in this Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Tasteful Dining

Pages Z2-Z3 sterling silver place setting, "Burgundy" and "Francis"—Reed & Barton; 800/343-1383; www.reedbarton.com. **China place setting,** "Chinese Bouquet Rust"—Herend; 800/643-7363; Web site: www.herendusa.com. **Table runner and pillow fabric, silk duponi,** "Azelea Embroidery" (Forest Brown) DE899—Sunsilks; 800/745-5626. **Leather fabric on chairs**—"Alumni" (Phantom)—The Robert Allen Group through your designer or call 800/240-8189; Web site: www.robertallendesign.com. **Base paint on ceiling,** 2157-30 (Butterscotch)—Benjamin Moore; for a dealer near you call 800/826-2623; or check the Web site: www.benjaminmoore.com. **Chandelier,** "Italian," QD-0590-27-09-C01; **tole plant stands,** Q71-01282-14-00-805—Niermann Weeks (to the trade); Web site: www.niermannweeks.com. **Tabletop,** "Charleston," 2472-30; **Sabre leg pedestal base,** 2473-30—Hickory Chair Co.; 800/349-4579; www.hickorychair.com. **Crystal goblet** (tall)—Union Street Glass; 888/451-7752. **Crystal goblet,** "Renaissanci"—Varga Crystal from DeVine Corp.; 732/751-0500. **Sideboard**—Hickory Chair Co.; 800/349-4579; Web site: www.hickorychair.com. **Eight-screen panel floor screen,** 2744-421—Maitland-Smith; 336/812-2400; www.maitland-smith.com.

Page Z4: tole plant stand, Q71-01282-14-00-805—Niermann Weeks (to the trade); or check the Web site: www.niermannweeks.com. **Sideboard**—Hickory Chair Co.; 800/349-4579; www.hickorychair.com. **Silver vase with baskets**—Two's Company; for customer service call 800/896-7266. **Sheer curtain,** "Empress Organdy" (Sage)—Garnet Hill; for more information call 800/622-6216; www.garnethill.com. **Celadon vases**—Maitland-Smith; 336/812-2400; www.maitland-smith.com.

Page Z6: armchair, "Thomas O'Brien," 2060-01—Hickory Chair Co.; 800/349-4579; www.hickorychair.com. **Chair fabric,** "Matara" (Celadon)—The Robert Allen Group; through your designer or call 800/240-8189; www.robertallendesign.com. **Artwork** (on loan)—Olson-Larsen Galleries, 203 Fifth St., West Des Moines, IA 50265; 515/277-6734. **Wall paint base color** (Rosy Peach) 208920—Benjamin Moore; for a dealer near you call 800/826-26 23; www.benjaminmoore.com. **Curtain fabric,** plaid silk, CPP17905F; solid copper CPP19202F—Motif Designs; for a retail outlet call 800/431-2424. **Basket,** "Found Tall Market," 2909-8301—Palecek; 300/274-7730.

Page Z8: dishes, "Chinese Bouquet Rust"—Herend; 800/643-7363; www.herendusa.com.

Island Gathering

Page Z12: range hood—Vent-A-Hood Co.; 972/235-5201; www.ventahood.com. **Range,** "Professional X"—Thermador; 800/656-9226; www.thermador.com. **Cabinetry**—Robert Browning Fine Woodworking, 625 W. Katella #29, Orange, CA 92867; 714/633-1028. **White dishes**—Crate & Barrel; for more information call 800/323-5461; www.crateandbarrel.com. **Countertops,** "Venetino Marble"—Walker Zanger, 8901 Bradley Ave., Sun Valley, CA 91352; 818/504-0235.

Page Z14: vegetable sink—Herbeau Creations of America, 2795 Davis Blvd., Unit E, Naples, FL 34104; 800/547-9608. **Farmhouse faucets**—Concinnity, Division of I.W. Industry, 40 Melville Park Rd., Melville, NY 11747; 800/356-9993; www.concinnityusa.com.

Page Z16: refrigerator/freezer—Sub-Zero Freezer Co., Inc.; 800/222-7820; www.subzero.com. **Range hood**—Vent-A-Hood Co.; 972/235-5201; www.ventahood.com.

Shaped by Paths

Pages Z20-Z24: hosta, "Fortunei Hyacinthina"—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; catalog $3 (no phone orders). Busse Gardens, 17160 455th Ave., Big Lake, MN 55309; 800/544-3192. American Hostas, Daylilies and Perennials, 1288 Gatton Rocks Rd., Bellville, OH 44813; 419/883-3191; catalog $10. Burpee, 300 Park Ave., Warminster, PA 18991; 800/888-1447; free catalog. **Hosta,** "Ground Master"—Busse Gardens (address above). Ambergate Gardens, 8730 Country Rd. #43, Chaska, MN 55318; catalog $2. American Hostas, Daylilies and Perennials (address above). **Hosta,** "Paul's Glory"—Klehm Nursery, 4210 N. Duncan Rd., Champaign, IL 61820-9559; 800/553-3715; catalog $4. Fieldstone Gardens, 55 Quaker Lane, Vassalboro, ME 04989; 207/923-3836; Web site: www.fieldstonegardens.com; catalog $2. Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Hostas,** "Sagae"—Kurt Bluemel Inc. (address above). Busse Gardens (address above). Fieldstone Gardens (address above). Plant Delights Nursery (address above). **Hosta,** "Shade Fanfare"—Kurt Bluemel Inc. (address above). Busse Gardens (address above). Plant Delights Nursery (address above). American Hostas, Daylilies and Perennials (address above). Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Hosta sieboldiana,** "Elegans"—Busse Gardens (address above). Kurt Bluemel Inc. (address above). Plant Delights Nursery (address above). **Daylilies,** "Betty Warren Woods"—Busse Gardens (address above). Louisiana Nursery, 5853 Highway 182, Opelousas, LA 70570; 337/948-3696; catalog free. Plant Delights Nursery (address above). **Daylilies,** "Pardon Me"—Busse Gardens (address above). Andre Viette Nursery, Route 1, Box 16, Fishersville, VA 22939; 540/943-2315; catalog $5. **Monarda,** "Cambridge Scarlet"—Louisiana Nursery (address above). Kurt Bluemel Inc. (address above). Busse Gardens (address above). Forestfarm (address above). **Petasites**—Kurt Bluemel Inc. (address above). Busse Gardens (address above). Woodlanders, 1128 Colleton Ave., Aiken, SC 29801; 803/648-7522; catalog $3. **Phlox,** "Eva Cullum"—Fieldstone Gardens (address above). Busse Gardens (address above). Forestfarm (address above). **Maidenhair fern**—Fancy Fronds, P.O. Box 1090, Gold Bar, WA 98251-1090; 360/793-1472; catalog $2; Web site: www.fancyfronds.com. Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3. Kurt Bluemel Inc. (address above). Forestfarm (address above). Louisiana Nursery (address above). **Male fern**—Fancy Fronds (address above). Kurt Bluemel Inc. (address above). Louisiana Nursery (address above). Fieldstone Gardens (address above).

Tall Order

Page Z28: mirror, custom cabinet—G & P Cabinets, 3596 Shoreline Dr., Navarre, MN 55391; 612/471-9434. **Windows,** WCM 1532—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/268-7644; Web site: www.marvin.com. **Light fixtures**—Lappin Lighting, 222 N. 2nd St., Minneapolis, MN 55401; 612/339-5555. **Tub,** CS-63—Pearl Bath, Inc., 9224-73rd Ave., N, Minneapolis, MN 55428; 800/328-2531; www.pearlbaths.com. **Pedestal sink,** "Memoirs," K-2258-8W—Kohler Co.; 800/456-4537; www.kohler.com.

Page Z30: tub—Pearl Bath, Inc. (address above). **Light fixture**—Lappin Lighting (address above). **Cabinets**—C & P Cabinets (address above). **Tub fixtures,** "Roman Tub Filler," 2711—Delta Faucet Co.; 800/345-3358; www.deltafaucet.com.

Page Z32: shower faucet, 1524—Delta Faucet Co.; 800/345-3358; www.deltafaucet.com. **Shower tile,** GR TEV-19—RBC Tile & Stone, 1820 Berkshire Lane, N, Minneapolis, MN 55441; 763/559-5531.

Page Z34: closet design—Glenwood Design, 1415 S. Fifth St., Hopkins, MN 55343; 612/933-1200.

Home Office Classic

Page Z36: windows—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Cabinetry and millwork**—Towncraft Wood Products, 9616 E. 55th, Kansas City, MO 64133; 816/356-8844.

architects & designers

Island Gathering

Pages Z12-Z16: architect—Eric Mossman; 949/675-1252.

Tall Order

Pages Z28-Z34: architect/builder—Lake Country Builders, 339 Second St., Excelsior, MN 55331; 612/474-7121.

Home Office Classic

Pages Z36: architect—David Dussair, Design Build Team, 5242 Foster, Overland Park, KS 66202; 913/722-1443.



home office classic



Written by Shawn Gilliam • Photographed by Roy Inman

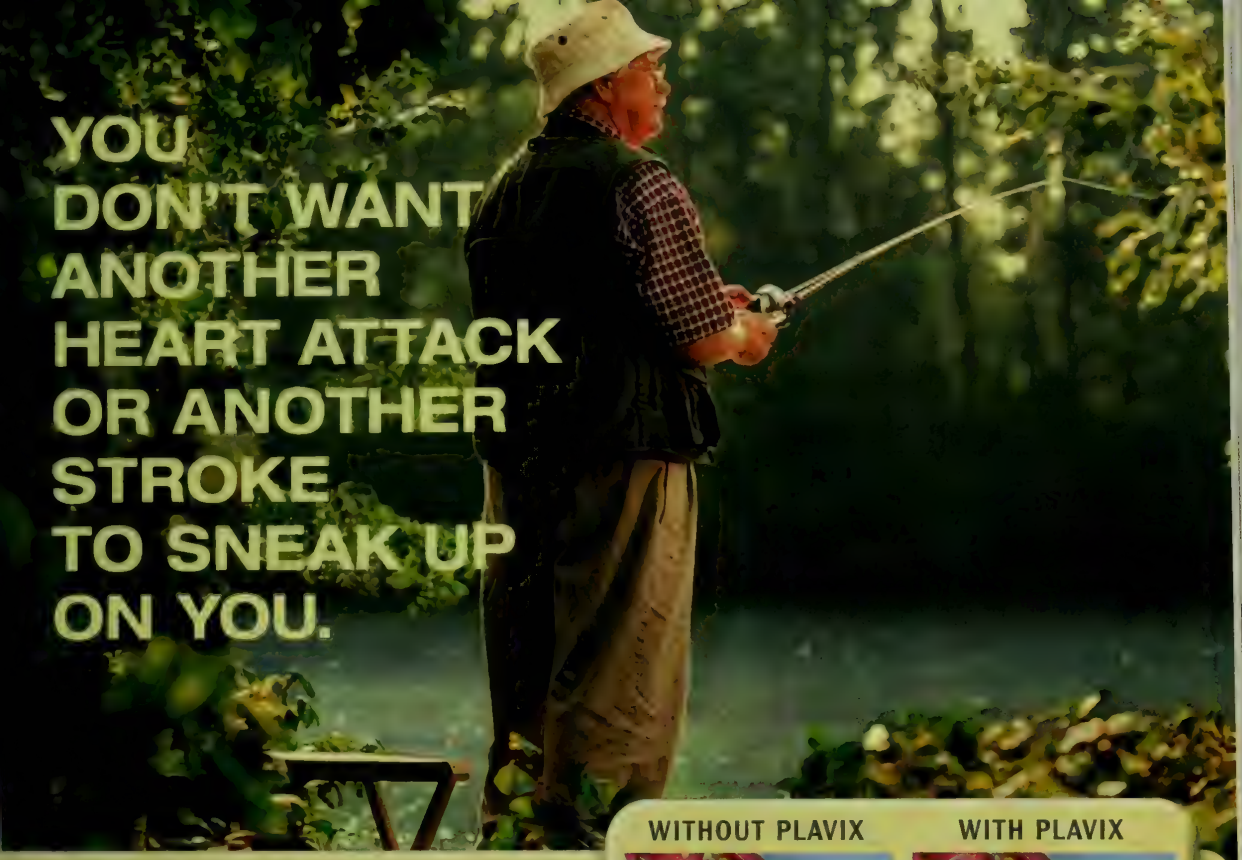
By the time you equip a home office with a computer, storage shelves, and all the appropriate furniture, it could look a little too much like—well, like work. Instead, leave the cubicle ambience at the office and create a comfortable space that's conducive to working and to home-style living.

Sylvia and Tom Zinn planned their home office addition to reflect the warmth of their 1930s Mission Hills, Kansas, residence. The new space includes an arch-top window, a gracious light fixture, well-detailed bookshelves, and several pieces of antique furniture.

But the office has to put on more than a pretty face. It contains a built-in desk for a computer, which Tom, a radiologist, uses to conduct research and read X-ray images sent via the Internet. Shelving around the desk stores a fax machine, as well as books and collectibles.

Buying information, page Z35

The room's focal point is a partners desk (*above*), but a built-in desk surrounded with shelves (*left*) takes in the prettiest view of the backyard garden.



AVIX® HELPS KEEP BLOOD PLATELETS OM STICKING TOGETHER AND FORMING OTS, WHICH HELPS PROTECT YOU FROM OTHER HEART ATTACK OR STROKE.

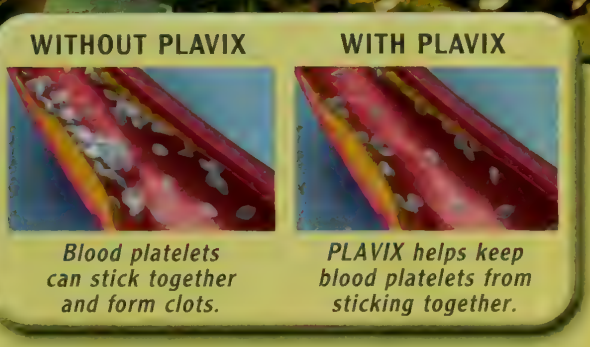
ou've had a heart attack or stroke, the last thing you d is another one sneaking up on you. PLAVIX may . PLAVIX is a prescription medication for people who e had a recent heart attack or recent stroke, or who e poor circulation in the legs, causing pain.

AVIX OFFERS PROTECTION.

VIX is proven to help keep blood platelets from king together and forming clots, which helps keep r blood flowing. This can help protect you from ther heart attack or stroke.

VIX IS A SMALL PILL YOU TAKE ONCE A DAY.

u have a medical condition that is causing bleeding, as a stomach ulcer, you should not use PLAVIX.



Side effects include itching, rash, diarrhea and bruising. Additional rare, but serious, side effects could occur.

TALK TO YOUR DOCTOR ABOUT PLAVIX.

For more information, visit www.plavix.com or call **1-888-291-0860.**

ONCE-A-DAY

Plavix®

(clopidogrel bisulfate) 75mg tablets

PROVEN TO HELP PROTECT FROM ANOTHER HEART ATTACK OR STROKE

Please see important product information on the following page.

Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership

sanofi~synthelabo

Bristol-Myers Squibb Company

PLAVIX®
clopidogrel bisulfate tablets

BRIEF SUMMARY — Please see package insert for full prescribing information.
INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.
CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.
WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In world-wide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.
PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.
Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.
Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.
Drug/Laboratory Test Interactions: None known
Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).
Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.
Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.
Pediatric Use: Safety and effectiveness in the pediatric population have not been established
ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.

Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious). The corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

Adverse events occurring in ≥2.5% of patients on PLAVIX in the CAPRIE controlled clinical trial shown below regardless of relationship to PLAVIX. The median duration of therapy was 20 mon with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX Patients

	% Incidence	(% Discontinuation)
Body System Event	PLAVIX [n=9599]	Aspirin [n=9586]
Body as a Whole - general disorders		
Chest Pain	8.3 (0.2)	8.3 (0.3)
Accidental Injury	7.9 (0.1)	7.3 (0.1)
Influenza-like symptoms	7.5 (<0.1)	7.0 (<0.1)
Pain	6.4 (0.1)	6.3 (0.1)
Fatigue	3.3 (0.1)	3.4 (0.1)
Cardiovascular disorders, general		
Edema	4.1 (<0.1)	4.5 (<0.1)
Hypertension	4.3 (<0.1)	5.1 (<0.1)
Central & peripheral nervous system disorders		
Headache	7.6 (0.3)	7.2 (0.2)
Dizziness	6.2 (0.2)	6.7 (0.3)
Gastrointestinal system disorders		
Abdominal pain	5.6 (0.7)	7.1 (1.0)
Dyspepsia	5.2 (0.6)	6.1 (0.7)
Diarrhea	4.5 (0.4)	3.4 (0.3)
Nausea	3.4 (0.5)	3.8 (0.4)
Metabolic & nutritional disorders		
Hypercholesterolemia	4.0 (0)	4.4 (<0.1)
Musculo-skeletal system disorders		
Arthralgia	6.3 (0.1)	6.2 (0.1)
Back Pain	5.8 (0.1)	5.3 (<0.1)
Platelet, bleeding, & clotting disorders		
Purpura	5.3 (0.3)	3.7 (0.1)
Epistaxis	2.9 (0.2)	2.5 (0.1)
Psychiatric disorders		
Depression	3.6 (0.1)	3.9 (0.2)
Respiratory system disorders		
Upper resp tract infection	8.7 (<0.1)	8.3 (<0.1)
Dyspnea	4.5 (0.1)	4.7 (0.1)
Rhinitis	4.2 (0.1)	4.2 (<0.1)
Bronchitis	3.7 (0.1)	3.7 (0)
Coughing	3.1 (<0.1)	2.7 (<0.1)
Skin & appendage disorders		
Rash	4.2 (0.5)	3.5 (0.2)
Pruritus	3.3 (0.3)	1.6 (0.1)
Urinary system disorders		
Urinary tract infection	3.1 (0)	3.5 (0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parentheses

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients rece PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below regardle relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin-tr group. *Autonomic Nervous System Disorders:* Syncope. Palpitation. *Body as a Whole - ge disorders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and peripheral ner system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastrointe system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation atrial *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disorders:* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorders:* Arth Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets decre *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory sy disorders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration. *Ur system disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serious ad events which may be of clinical interest but were rarely reported (< 1%) in patients who rec PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidence of events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis isch *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gastric perforated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system diso* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* hemarth hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhage of ative wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocytopenia *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorders, fe* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorders:* B eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloendot system disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils decre
Postmarketing Experience: The following events have been reported spontaneously from wor postmarketing experience: fever, very rare cases of hypersensitivity reactions including angioedema, chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TTP) has reported as part of the world-wide postmarketing experience, see **WARNINGS**
OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) was rep in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg dose of Pl (equivalent to 14 standard 75-mg tablets). There were no associated adverse events. No sy therapy was instituted, and she recovered without sequelae. No adverse events were reported single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PLAVIX in he volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to that typ observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose of clopic at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to baboons. Symp of acute toxicity were vomiting (in baboons), prostration, difficult breathing, and gastrointe hemorrhage in all species.
Recommendations About Specific Treatment: Based on biological plausibility, platelet tra sion may be appropriate to reverse the pharmacological effects of PLAVIX if quick rever required
DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once daily w without food.

Distributed by:
Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership
New York, NY 10016

sanofi~synthelabo Bristol-Myers Squibb Compa

PLAVIX® is a registered trademark of Sanofi-Synthelabo

Revised March 2001 1081251B1 1171D

69-2011-00A B1-

FREE YEAR!



#010893

... inspiration for your dream home

TWO FULL YEARS JUST $19.95

THAT'S 2 YEARS FOR THE REGULAR PRICE OF ONE ...
YOU GET A FREE YEAR!

TO ORDER, CALL TOLL FREE OR WRITE TO THE ADDRESS BELOW:

1-800-588-4599

RENOVATION STYLE® MAGAZINE • P.O. BOX 37237 • BOONE, IA 50037-0237
(Please include order number KMSPADRS with your request.)

Savings based on regular annual subscription rate of $19.95. Subscription rates outside the U.S. available on request. First issue mails in 8–12 weeks. Published 4 times a year.

Perfect-Mate

Garages

A great garage goes together with its house like a horse and carriage—with architecture that looks as if it's always been an integral part of the plan.





The garage/cottage's roof pitch exactly matches the gable lines of the original house, as does green window and eaves trim. Shingles on the roofs are also identical.

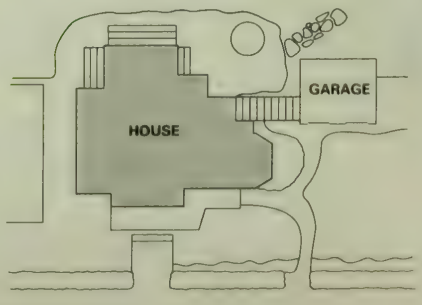
Light-toned shingle siding tops darker board siding on the house and garage. Coordinating the building materials brings architectural cohesion to both structures.

An arbor breezeway leads from the garage to the house. "Since it gets lots of sun, this is a great place to grow my flower baskets," Renee says.

A Craftsman Cottage

Besides sheltering three cars, Renee and David Herman's new garage also houses a second-level guest cottage. Adjacent to their Craftsman-style home and connected by a patio and arbor breezeway, the garage/guest suite is easily accessible—even during Oregon's rainy winters. The 700-square-foot guest suite includes a table tennis set, big-screen TV, full bath, and a small kitchen, making it a popular hangout for the family's teenagers. "We had a definite vision of how we wanted the house and garage to look," Renee says. "We wanted an old-fashioned feel to the property."

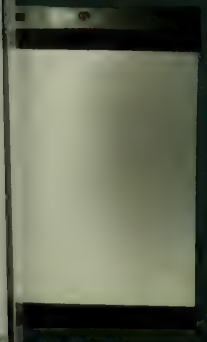
continued on page 86





JAMBALAYA FOR SIX OR CRÈME BRÛLÉE FOR ONE?

NOW THERE'S A DISHWASHER THAT CAN TELL THE DIFFERENCE.



Until now, dishwashers couldn't figure out the difference between a large load and a small one. Introducing Kenmore Elite® Ultra Wash® with SmartWash™ technology. The beautiful brainiac of dishwashers. The only brand with a microchip that calculates the size and soil level of every load. And uses just the right amount of time and water and energy to give you America's cleanest dishes.* For more, call

SEARS Where else?™ 1-888-KENMORE. Or pick its brain at kenmore.com.

Kenmore ELITE

g leading brands

Creating Comfort
from the ground up

More than ever before, Americans want their homes to be comfortable and tranquil - a place to escape from the chaotic world.

Today, home décor is about emotional comfort, as well as physical comfort. Uncluttered surfaces and colors reflective of homeowners' personalities have become popular in the quest to create a calming, relaxing atmosphere. Items that are pleasant to the touch, such as fluffy pillows and plush velvety fabrics, soften the realities of our busy lifestyles.



Carpet is one of the easiest ways to create serenity and peace within a home. The soft surface of carpet enhances any room by providing a warm, welcoming place to relax, entertain or enjoy family time. It also absorbs the sound from televisions, computers and other entertainment devices. And after a long day, nothing feels better on bare feet than shuffling across a lush, thick carpet.

DuPont™ STAINMASTER® carpet with Tactesse® fiber is exceptionally luxurious and soft. More than 180 styles are available in a variety of elegant patterns, such as saxony, frieze and loop. DuPont™ STAINMASTER® carpet with Tactesse® fiber also provides unprecedented durability against matting and crushing. All DuPont™ STAINMASTER® carpet features the Advanced Teflon® Repel System, which helps repel dirt, spills and soil.

For more information or to locate your nearest DuPont Flooring Center or DuPont MasterStore, call 1-800-4-DuPont or visit www.stainmaster.com.

DUPONT STAINMASTER

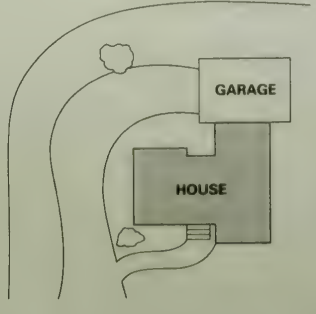
Perfect-Mate Garages

continued from page 84



A "Barn" Out Back

With crisp white doors and a "loft" above, Lisa and Greg Buck's garage addition brings a barnlike quality to their 1908 farmhouse. To maintain the home's cottagey front exterior, they located the new garage behind the house, where it's not visible from the street. An enclosed breezeway connects garage to house and also serves as Lisa's hobby/sewing room. A 336-square-foot guest suite above the garage accommodates visitors for extended stays. "There's enough separation so that we don't get on each other's nerves," Lisa says.





Six-on-six-pane windows were carefully chosen to match those on the original house. Overhead garage doors mimic traditional barn doors.

Distinctive eaves also match those on the house. Successfully marrying a garage and house requires scrupulous attention to minute architectural details.

Antique-style light fixtures on either side of the garage doors closely resemble one on a post by the home's front door.

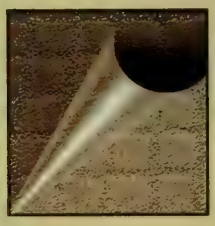
continued on page 88



The Next Level of DuPont Stainmaster® carpet.

The evolution of Stainmaster has become something of a revolution in carpets. You see, unlike any other carpet, a Stainmaster carpet is capable of keeping itself 40% cleaner.

That's because only Stainmaster has the DuPont Advanced Teflon® repel system. This technology actually pushes away liquid, soil and stains from the carpet fiber.



Which means not only will DuPont Stainmaster virtually eliminate most soil and stain problems, it will also keep its true beauty longer. In fact, tests show that Stainmaster carpets stay 40% cleaner.

So the real beauty of a Stainmaster carpet may lie just beneath the surface. For more information on DuPont Stainmaster carpets, visit your local retailer or call us at 1.800.4.DUPONT.

www.stainmastercarpet.com

Remarkably keeps itself 40% cleaner.

DUPONT® STAINMASTER® carpet

Stainmaster is a DuPont registered trademark. Teflon is a DuPont registered trademark. ©2000 The DuPont Company.

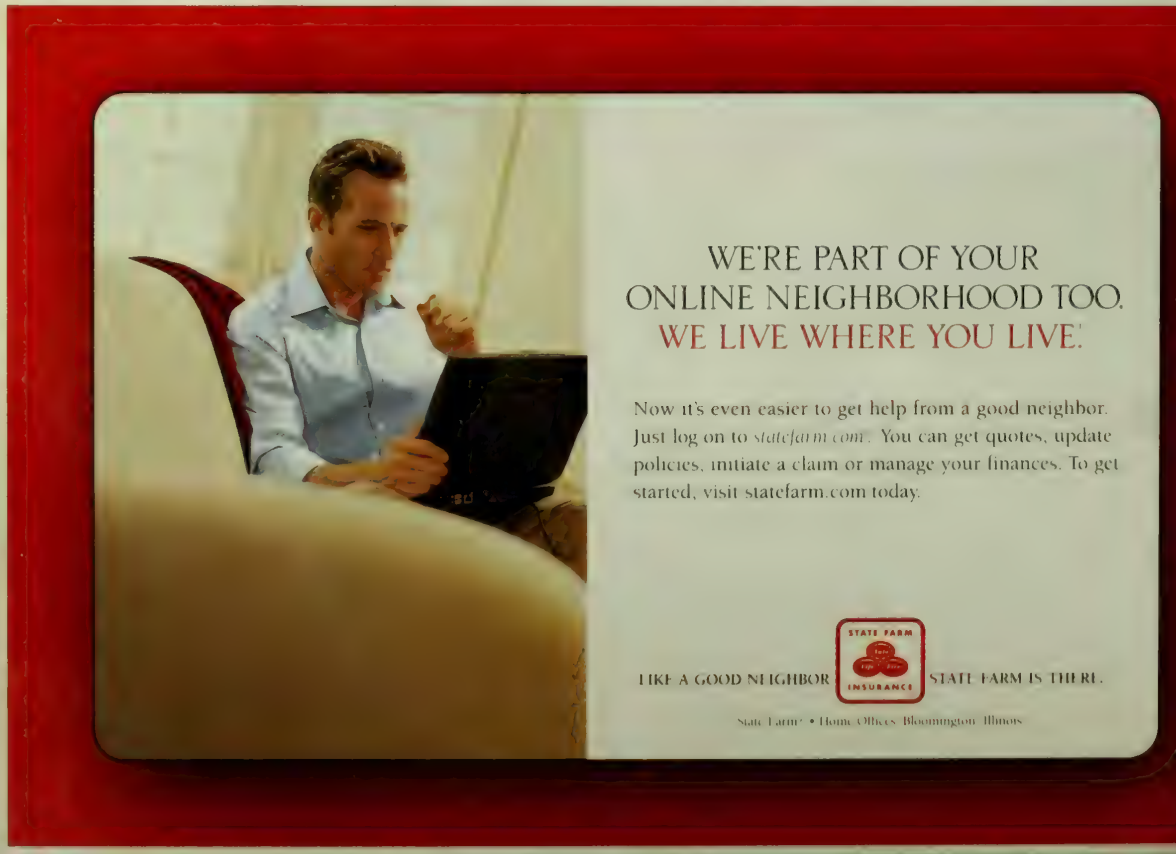
continued from page 86



A Proper Victorian

Because they loved its narrow Minnesota lakeside site but wanted more space, Jane Ullmann-Bester and Joe Bester grew their single-level cabin into a two-story Victorian home with a traditional wraparound porch. Then they added a two-car garage that echoes the home's 19th-century lines. Located at the rear, street side, the new garage screens the house from passersby and gives visitors a hint of what's to come.

To break up the expanse of a not-so-Victorian double garage door, the couple came up with a design that looks like two structures, one nested inside the other. Big windows and the porch at the front of the home command views of the lake.



...without a single second thought.



Yup. With 100% flavor and 0% fat, there's really nothing to think about.

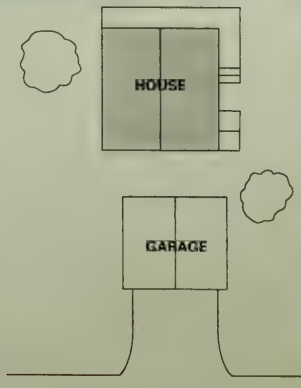
KF Holdings

Scalloped "fish-scale" shingle siding under the gables of the home and garage brings a whiff of gingerbread to the Victorian re-creation. All of the siding is vinyl, which minimizes upkeep.

Deep eaves are another hallmark of Victorian design. Staggering the garage's rooflines keeps the garage in scale with outbuildings of that era.

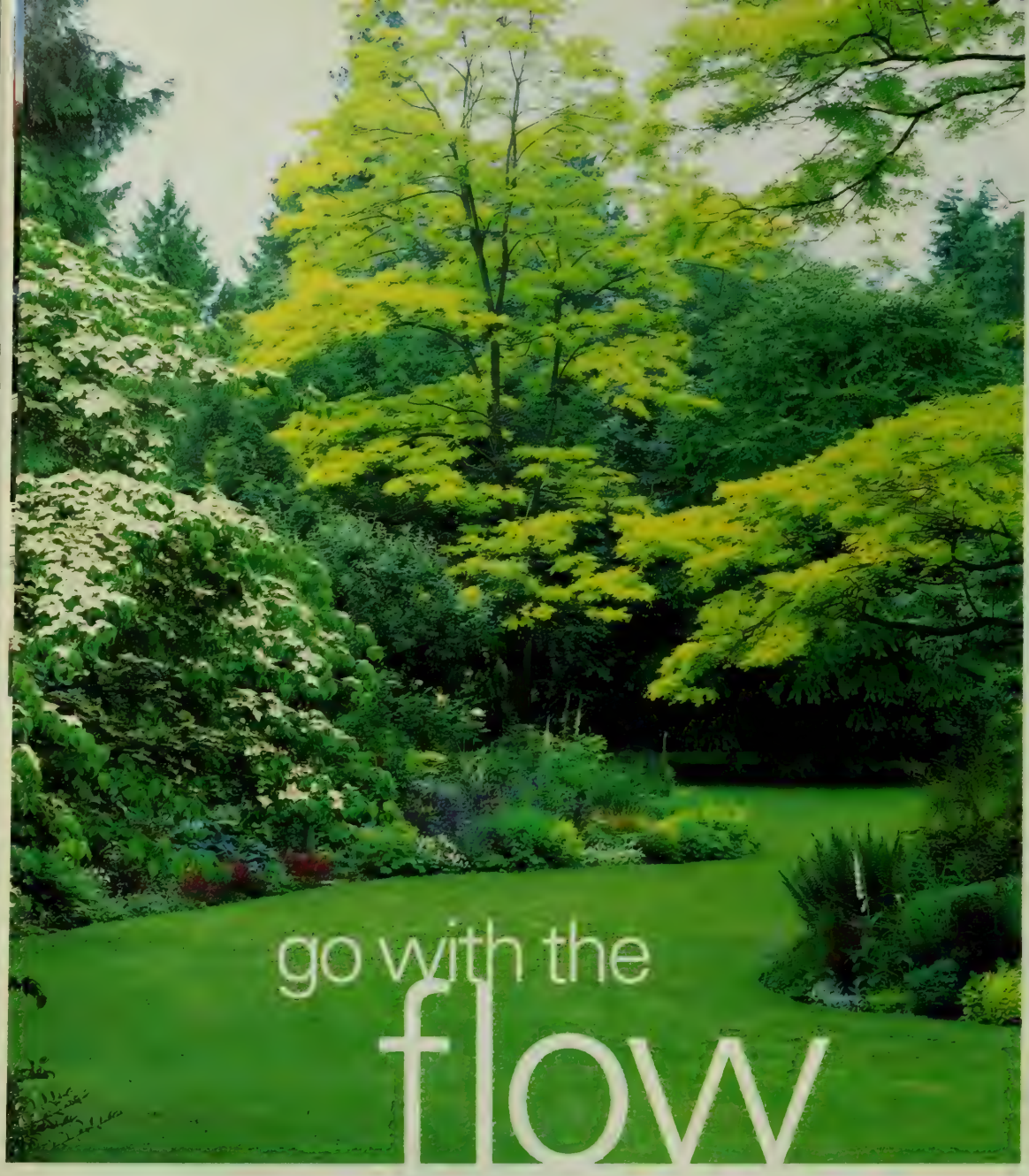
Raised-panel garage doors, topped with small four-pane windows, bring period styling to the back lot line.

Buying information, page 259





There are more garages open for inspection at www.bhg.com/garageideas



go with the flow

by Craig Summers Black

The daunting dimensions of Pam Frost's yard initially confounded even this inveterate plantswoman. The shape—very skinny and extending almost forever. "Plotting it out on graph paper, I thought it looked impossibly long and narrow," says Pam. "My initial idea of running a broad walkway straight down the center reminded me too much of a bowling alley. So I came up with a more romantic approach. Borders were given a serpentine edge, creating hidden areas and places to explore." The result: a calming beauty with serene ebb and flow.

continued on page 92

Flonase is approved to treat more triggers than any leading Rx antihistamine pill.*

	Flonase	CLARITIN® 10 mg Tablets	ALLEGRA® 180 mg Tablets	ZYRTEC® 10 mg Tablets
Pollen		Rx	Rx	Rx
Dust Mites				Rx
Pet Dander				Rx
Pollution				
Strong Odors				
Smoke				

Call 1-800-427-5295 for great savings on FLONASE

If you're like most people with nasal allergies, you suffer from more than just seasonal allergies…you may also suffer from indoor triggers or get nasal symptoms from smoke, strong odors, or pollution. But all it takes is FLONASE to treat all those triggers. Not even the leading prescription antihistamine pill can do that. More reason than ever to talk to your doctor about FLONASE.

Results may vary. If side effects occur, they are generally mild, and may include headache, nosebleed, or sore throat. For best results, use daily. Maximum relief may take several days. Available by prescription only.

1-800-427-5295 to learn more, visit our website at www.flonase.com, or ask your doctor about FLONASE Nasal Spray.

When you get it all, all it takes is **Flonase®** (fluticasone propionate) **Nasal Spray, 50 mcg**

GlaxoSmithKline

important information on the following page.

Prescription Audit (SPA); February 2001 - January 2002. Scott-Levin, Inc.

listed are trademarks of their respective owners and are not trademarks of The GlaxoSmithKline Group ies. The makers of these brands are not affiliated with and do not endorse GlaxoSmithKline or its products.

FLONASE®
(fluticasone propionate)
Nasal Spray, 50 mcg

BRIEF SUMMARY

For Intranasal Use Only.

SHAKE GENTLY BEFORE USE.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients

WARNINGS: The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

The concomitant use of intranasal corticosteroids with other inhaled corticosteroids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the administration of FLONASE Nasal Spray. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of corticosteroids, including fluticasone propionate.

Use of excessive doses of corticosteroids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or reduction of growth velocity in children or teenagers. Physicians should closely follow the growth of children and adolescents taking corticosteroids, by any route, and weigh the benefits of corticosteroid therapy against the possibility of growth suppression if growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at higher than recommended doses, or in rare individuals at recommended doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral corticosteroid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection; untreated local or systemic fungal or bacterial or systemic viral infections or parasitic infection; or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the accompanying patient's instructions.

Drug Interactions: In a placebo-controlled, crossover study in 8 healthy volunteers, coadministration of a single dose of orally inhaled fluticasone propionate (1000 mcg, 5 times the maximum daily intranasal dose) with multiple doses of ketoconazole (200 mg) to steady state resulted in increased mean fluticasone propionate concentrations, a reduction in plasma cortisol AUC, and no effect on urinary excretion of cortisol. This interaction may be due to an inhibition of the cytochrome P450 3A4 isoenzyme system by ketoconazole, which is also the route of metabolism of fluticasone propionate. No drug interaction studies have been conducted with FLONASE Nasal Spray, however, care should be exercised when fluticasone propionate is coadministered with long-term ketoconazole and other known cytochrome P450 3A4 inhibitors.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in mice at oral doses up to 1000 mcg/kg (approximately 20 times the maximum recommended daily intranasal dose in adults and approximately 10 times the maximum recommended daily intranasal dose in children on a mcg/m² basis) for 78 weeks or in rats at inhalation doses up to 57 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults and approximately equivalent to the maximum recommended daily intranasal dose in children on a mcg/m² basis) for 104 weeks.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in male and female rats at subcutaneous doses up to 50 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). Prostate weight was significantly reduced at a subcutaneous dose of 50 mcg/kg.

Pregnancy: *Teratogenic Effects:* Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (approximately equivalent to and 4 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis respectively) revealed fetal toxicity characteristic of potent corticosteroid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed at a subcutaneous dose of 4 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis).

However, no teratogenic effects were reported at oral doses up to 300 mcg/kg (approximately 25 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis) of fluticasone propionate to the rabbit. No fluticasone propionate was detected in the plasma in this study, consistent with the established low

bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Fluticasone propionate crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rabbits (approximately 4 and 25 times, respectively, the maximum recommended daily intranasal dose in adults on a mcg/m² basis).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. When tritiated fluticasone propionate was administered to rats at a subcutaneous dose of 10 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis), radioactivity was excreted in the milk. Because other corticosteroids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: Five hundred (500) patients aged 4 to 11 years of age and 440 patients aged 12 to 17 years were studied in US clinical trials with fluticasone propionate nasal spray. The safety and effectiveness of FLONASE Nasal Spray in children below 4 years of age have not been established.

Oral and, to a less clear extent, inhaled and intranasal corticosteroids have been shown to have the potential to cause a reduction in growth velocity in children and adolescents with extended use. If a child or adolescent on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n =275) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, more than 3300 patients with seasonal allergic, perennial allergic, or perennial nonallergic rhinitis received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events, this rate was similar for vehicle placebo and active comparators.

Systemic corticosteroid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive, or taking FLONASE Nasal Spray in conjunction with administration of other corticosteroids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions (>3%, where incidence in fluticasone propionate-treated subjects exceeded placebo) is based upon 7 controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4-11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and 2 controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months. Also included in the table are adverse events from 2 studies in which 167 children (45 girls and 122 boys aged 4-11 years) were treated with FLONASE Nasal Spray 100 mcg once daily for 2 to 4 weeks.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in Controlled Clinical Trials With FLONASE Nasal Spray in Patients ≥4 Years With Seasonal or Perennial Allergic Rhinitis

Adverse Experience	Vehicle Placebo (n=758) %	FLONASE 100 mcg Once Daily (n=167) %	FLONASE 200 mcg Once Daily (n=782) %
Headache	14.6	6.6	16.1
Pharyngitis	7.2	6.0	7.8
Epistaxis	5.4	6.0	6.9
Nasal burning/ nasal irritation	2.6	2.4	3.2
Nausea/vomiting	2.0	4.8	2.6
Asthma symptoms	2.9	7.2	3.3
Cough	2.8	3.6	3.8

Other adverse events that occurred in ≤3% but >1% of patients and that were more common with fluticasone propionate (with uncertain relationship to treatment) included: blood in nasal mucus, runny nose, abdominal pain, diarrhea, fever, flu-like symptoms, aches and pains, dizziness, bronchitis.

Observed During Clinical Practice: In addition to adverse events reported from clinical trials, the following events have been identified during postapproval use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency cannot be made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propionate, occurrence during clinical trials, or a combination of these factors:

General: Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Ear, Nose, and Throat: Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation, nasal ulcer, sore throat, throat irritation and dryness, cough, hoarseness, and voice changes.

Eye: Dryness and irritation, conjunctivitis, blurred vision, glaucoma, increased intraocular pressure, and cataracts.

OVERDOSAGE: Chronic overdosage with FLONASE Nasal Spray may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since 1 bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate.

The oral and subcutaneous median lethal doses in mice and rats were >1000 mg/kg (>20,000 and >41,000 times, respectively, the maximum recommended daily intranasal dose in adults and >10,000 and >20,000 times, respectively, the maximum recommended daily intranasal dose in children on a mg/m² basis).

GlaxoSmithKline

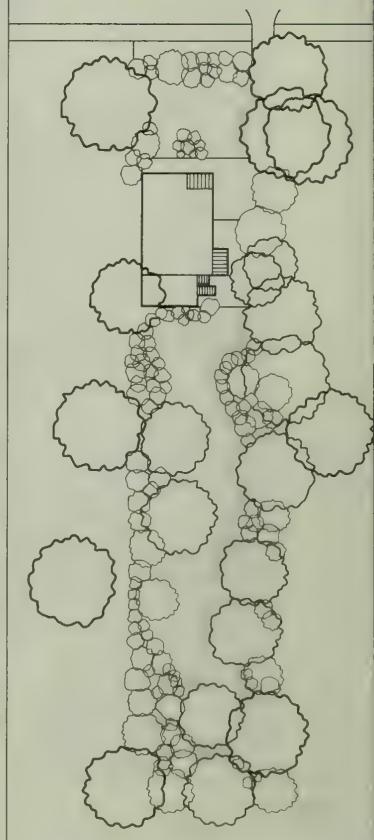
GlaxoSmithKline
Research Triangle Park, NC 27709

©2001, GlaxoSmithKline. All rights reserved. September 2001 RL-965

©2002 The GlaxoSmithKline Group of Companies
All rights reserved.

Printed in USA 402BS FL2673R0 March 2002



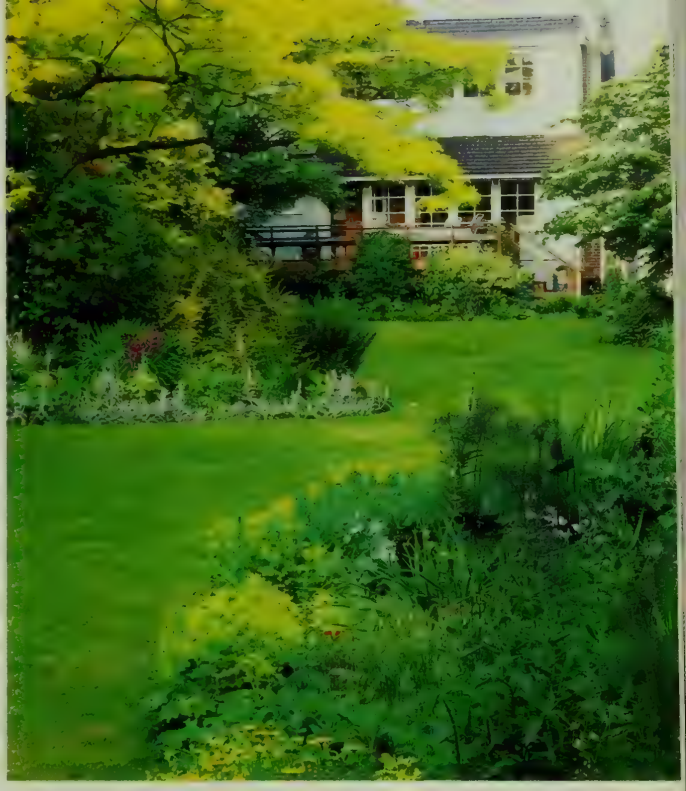


Pam's yard is 60 feet wide and more than five times that in length. "My garden reveals itself step by step," she says. Her now-mature trees give her yard a comforting sense of enclosure and privacy, as well as a green back drop for her expansive mixed borders. "I'm always fine-tuning them."

Go with the Flow

continued from page 90

Pam's wervy, swervy plantscape results in what she calls "headlands and bays" in the back lawn. There is a relaxed rhythm and pace to her informal landscape, and a veiling of views as you proceed from nook to cranny. She emphasizes this planted scrim by purposefully violating one of the first orders of landscaping. Small plants in front, tall in back? No, not always, she says. "I build my borders layer on layer, but they're not formally regimented with each plant set in order according to height. That effect would be tedious and static," she says. "I like to bring taller plants forward sometimes and to have the boughs of trees extend right to the border's edge. This gives my yard a much more natural impression."



continued on page 94

When it comes to salt, she's got it covered.

The Morton Salt girl.
Let her shake things up in your kitchen.
With salts and seasonings for every occasion,
she has that little something that makes a big difference.
For our entire line of salts and recipe ideas, see *mortonsalt.com*.

MORTON
COARSE KOSHER SALT
MORTON SALT
MORTON LITE SALT Mixture
HALF THE SODIUM OF TABLE SALT
MORTON Nature's Seasons SEASONING BLEND NO MSG
MORTON POPCORN SALT
McCORMICK



Problem with a dark, dreary room? Solatube makes the solution easy. A Solatube bathes once-dim surrounding in abundant, radiant light. Available in 10" to 21" models with stylish diffusers, Solatube offers exceptional ways to direct natural light precisely where you need it - anywhere around the house. Solatube has the perfect solution when your in the dark.

Call For Free Information
800 966 7652 Code 808

www.solatube.com

SOLATUBE
The Miracle Skylight

Go with the Flow

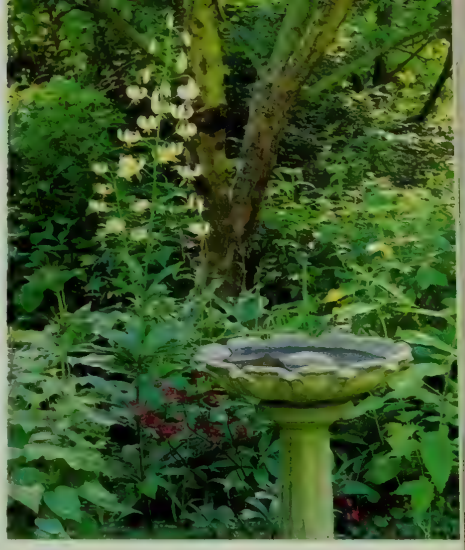
continued from page 93



Two 6-foot Chinese White lilies soar above Krossa Regal and Blue Halcyon hostas in a shady bed (*above*). "The situation called for solid colors, not variegation, something cool, but still arresting." Pam planted a *Magnolia sieboldii* (in bloom *below*) about 20 years ago as a tiny seedling. "It has the longest flowering season of any magnolia we have," she says. A flower-form birdbath (*far right*) is surrounded by "some of the easiest and best garden plants I have grown," including a tall white martagon lily and a striking red astrantia.







Pam gardens in Vancouver, British Columbia, but she grew up in garden-crazed Great Britain. Her mother, quite naturally, was a serious gardener who encouraged Pam's fledgling fervor. These days, despite the lushness and fullness of her Canadian garden, Pam still pores over endless seed lists that taunt her with phrases like "an unknown treasure of Chile's celebrated Valdivia Province," "from the high Himalayas," or "found only on the eastern slope of a sacred mountain in Sichuan, China." Starting plants from seed has several advantages, she says. "First, economy is a major consideration. When I want to make a grand show in the garden, I can raise a dozen—or a hundred—plants, with my labor the only expense. This is very pleasing to my Scottish sense of thrift. Next, I have access to rare and superior varieties not available in nurseries. And I think it's lovely to be able to share. I especially like the idea that a gift plant will flourish and encourage someone new to gardening."

continued on page 96





A lacy screen rises 10 feet in the front yard (*left*). "I hit upon a formula that finally worked here," Pam says. "Make it truly a mixed border, with leaves and flowers in pinks, purples, reds, silvers, and grays, enlivened by warm, golden tones. This border is especially pleasing in the subtle light of early morning and evening." Powis Castle artemisia, *Molinia caerulea* Variegata, and golden oregano form a bright mound out front (*below*).

After 34 years, Pam's garden has matured ... and changed. "Little saplings set in from 1-gallon pots are now substantial trees. As a result, once sunny areas are in deep shade, calling for a very different treatment," she says. "Something has to be done to illuminate those dull, murky recesses. I have found a three-part strategy to be quite helpful: Keep the tree canopy open enough to allow shafts of light to get through; use a wide assortment of shade-tolerant plants of varied habits; and, above all, include plants with sharp, clear variegation whenever possible." And so today Pam continues planting—raising rare seedlings, coddling cherished cuttings, adding carefully to her abundant landscape. Hard to believe that almost 20 years ago, her gardener mum confided to her, "Pam, I think you have enough plants now."

Buying information, page 259

Plan the garden that's right for you at www.bhg.com/gardenplans





Today's Purple Pill is NEXIUM

from the makers of Prilosec® (omeprazole)

Relieve the heartburn Heal the damage

For many, it's possible with NEXIUM.

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

Control heartburn for 24 hours.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.

Talk with your doctor or health care professional to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

For a FREE Trial Offer
call 1-888-PURPLEPILL
purplepill.com

eneca

d the important Product Information about NEXIUM
ec on the following page and discuss it with your doctor.

losec are registered trademarks of the AstraZeneca group of companies.

Nexium®
(esomeprazole magnesium)

Please read this summary carefully, and then ask your doctor about NEXIUM and PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

Nexium® *(esomeprazole magnesium)*
20-MG, 40-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects. Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system:

Body as a Whole: abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors; ***Cardiovascular:*** flushing, hypertension, tachycardia; ***Endocrine:*** goiter; ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting; ***Hearing:*** earache, tinnitus; ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease; ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect; ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis; ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria; ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion; ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert **ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

Prilosec® *(omeprazole)*
20-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND US**

Erosive Esophagitis: PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the healing of e esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** **Omeprazole** PRILOSEC Delayed-R Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PRECAUTI** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis ha noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information for Pat** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushed, and should b lowed whole. For patients who have difficulty swallowing capsules, the contents of a PRILOSEC Delayed-Release Capsule can be to applesauce. One tablespoon of applesauce should be added to an empty bowl and the capsule should be opened. All of the pellet the capsule should be carefully emptied on the applesauce. The pellets should be mixed with the applesauce and then swallowed diately with a glass of cool water to ensure complete swallowing of the pellets. The applesauce used should not be hot and should enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellets/applesauce mixture should stored for future use. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, warfarin and phe drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (eg, cyclosporin firam, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs whe concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that omeprazole ma fere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Carcinoge Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenicity studies in rats, omeprazole at daily d 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and a dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of th was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreate addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treat 13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for one year, then followed for an additional year without th No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the en year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% v but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat (similar tumor was seen in male or female rats treated for two years. For this strain of rat no similar tumor has been noted historic a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show in tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 t human dose gave a borderline result, as did an in vivo bone marrow chromosome aberration test. A second mouse micronucle at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general repr performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose) was n or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology studies conducted nant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to 69 mg (approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits zole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related incr embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal develo toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximate 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole s used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers:** It is not known omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential fo genicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to dis the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric have not been established. **Geriatric Use:** No overall differences in safety and efficacy were observed between the el younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical tr lation of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse ences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentag adverse experiences considered by investigators as possibly, probably or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=19
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in internal-only blind, and open-label clinical trials in which 2,631 patients and subjects received omeprazole and 120 patients took a placebo relationship was not assessed. The percentages are given omeprazole then placebo, respectively. *Body as a Whole, site un* Abdominal Pain 5.2% and 3.3%, Asthenia 1.3% and 0.8%. *Digestive System* Constipation 1.5 and 0.8, Diarrhea 3.7 and 2.5, 2.7 and 5.8, Nausea 4.0 and 6.7, Vomiting 3.2 and 1.0, Acid regurgitation 1.9 and 3.3. *Nervous System/Psychiatric* Headach 2.5. Additional adverse experiences occurring in < 1% of patients or subjects in domestic and/or international trials, or occurr the drug was marketed, are shown below within each body system. In many instances, the relationship to PRILOSEC was uncl *As a Whole* Allergic reactions, including, rarely anaphylaxis (see also *Skin* below), fever, pain, fatigue, malaise, abdominal *Cardiovascular* Chest pain or angina, tachycardia, bradycardia palpitation, elevated blood pressure, peripheral edema *Gastro* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidiasis, mucosal atrophy of th dry mouth. During treatment with omeprazole, gastric fundic gland polyps have been noted rarely. These polyps are benign and be reversible when treatment is discontinued. Gastroduodenal carcinoids have been reported in patients with ZE syndrome on treatment with PRILOSEC. This finding is believed to be a manifestation of the underlying condition, which is known to be associ such tumors. *Hepatic* Mild and rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transp alkaline phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepatocellular chol mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional* Hypo hypoglycemia, weight gain. *Musculoskeletal* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous Psychiatric* Psychic disturbances including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremor somnolence, anxiety, dream abnormalities; vertigo; paresthesia; hemifacial dysesthesia. *Respiratory* Epistaxis, pharyngeal p Rash and, rarely, cases of severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens syndrome and erythema multiforme (some severe), purpura and/or petechiae (some with rechallenge), skin inflammation, angioedema, pruritus, alopecia, dry skin, hyperhidrosis. *Special Senses* Tinnitus, taste perversion. *Urogenital* Interstitial nephr with positive rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinu tuna, glycosuria, testicular pain, gynecomastia. *Hematologic* Rare instances of pancytopenia, agranulocytosis (some fatal), th topenia, neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. **OVERDOSAGE** Reports have bee of overdosage with omeprazole in humans: Doses ranged up to 2400 mg (120 times the usual recommended clini Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, vomiting, diaphoresis headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience. (See ADVERSE RE Symptoms were transient, and no serious clinical outcome has been reported when PRILOSEC was taken alone. No specific a omeprazole overdosage is known. Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the eve dosage, treatment should be symptomatic and supportive.

All trademarks are the property of the AstraZeneca group.
©AstraZeneca 2002
205646 1/02

AstraZeneca

NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with th



Florida's Natural® Premium orange juice is made just from our fresh oranges, not from concentrate. And it's the only leading brand owned by a small co-op of growers, so only our personal best goes into every carton. For craft ideas, recipes, and household tips, sign up for our online newsletter at juicybitsnews.com.

JuicyBits Email Club

We own the land, we own the trees and we own the company.®

Florida's Natural Growers, a division of Citrus World, Inc., based in Lake Wales, FL ©2002

Chicken, meet Alfredo.





NEW!

Chicken Breast Cuts & Creamy Alfredo Sauce.

Ready for a great meal?



Village Storefronts on Canvas

Bring the charm of a small village to your home with this trio of **French Storefront Prints**. "Cafe Bar" (*top*), "Antoinette" (*middle*), and "Bertrand" (*bottom*) are available as unique canvas transfers that replicate the look and feel of original oil paintings. Through a special process, each print is adhered to a canvaslike material, which gives the image a distinctly textured finish. Mounted on wooden stretcher bars and sealed with protective varnish, the edges are hand-finished with old-fashioned shoemaker nails. Each print measures 6½×8½ inches and is designed to be hung as is, without the use of a frame. By special arrangement with Art In Motion, the set of three sells for $79.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Visa, MasterCard, Discover, or American Express card, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. D0209, Box 9128, Des Moines, IA 50306-9128. Or, visit our Internet site at www.bhgcatalog.com to order.

Meet Alfredo's 3 friends.







LOUIS RICH



Kids and Credit Cards

By the time Jamie Brown of Alpharetta, Georgia, was 18, he'd received dozens of preapproved applications for credit cards. Amazingly, he hadn't solicited a single one.

"It started when I was 17," the teen says of the deluge. "They came in the mail, but I also got them online. One time I filled out an online form for a sweepstakes. I guess that's how they got my name. After that, they just threw them at me."

The high pressure credit card pitches were aimed straight at a teen's heart. "The e-mails were directed at me personally," says Jamie. "They read, 'Jamie, here's something free for you.' They offered me a free T-shirt if I filled out the application."

Fortunately, Jamie followed the advice of his parents and avoided the rush to own plastic. Other youngsters, however, are not so wise.

According to Nellie Mae, a national student-loan financing corporation, 83 percent of undergraduates hold at least one credit card. But the amount of debt they're carrying is very adult. In 2001, the average outstanding credit card balance was $2,327. Twenty-one percent of undergraduates with cards maintain a balance of between $3,000 and $7,000. Even more shocking, almost 20 percent of 18-year-olds hold four or more credit cards.

Clearly, credit cards are something parents should discuss with their kids. But it's also clear that many parents are not doing this.

continued on page 104

LAST TIME YOU WERE THIS SATISFIED YOU MARRIED HIM.



NEW DANNON® LIGHT 'N FIT™ CREAMY.

So light, fit and deliciously creamy, there's total satisfaction in every bite. *Dannon Light 'n Fit* Creamy. You know what you want, why compromise?

ANNON®
er every day™

www.dannon.com ©2002 The Dannon Company, Inc

Kids and Credit Cards

continued from page 102

"In recent years, we've seen an increase in teens coming in for counseling," says Bill Cullinan, chief operating officer of the National Foundation for Credit Counseling, a nonprofit network that provides credit advice. The credit industry is competitive, and there is a great deal of credit available, he says.

Spelling out the facts of credit life to your children is essential. The problem is that many parents aren't sure about what to say. "Parents themselves don't always possess the skills to teach (money management) to their kids," Cullinan says. So many youngsters wing it.

Here are the eight basic rules of owning a credit card.

1. Credit is not extra cash. "Kids need to understand that credit is not their money," says Dara Duguay, a financial-advice author and executive director of the Jump$tart Coalition for Personal Financial Literacy, a nonprofit education organization. "I know that sounds really basic, but kids think an offer of a credit card with a $500 limit is like a gift, like $500 in their pocket." But there's a charge for using plastic—and that's called interest.

2. Credit costs money. Credit card companies exist to make money, and they do it when you run up debt on their card. Here's how it works: If you charge $1,000 and pay off the minimum amount each month on a card with an interest rate of 17 percent, it will take you 12 years to pay off the balance and you'll have shelled out $1,979—nearly double what you spent. But, says Duguay, if you invested that same $1,000 over the same 12 years at 10 percent, you would end up with $3,138.

3. Bad credit follows you everywhere. "Young people often don't realize that bad credit can have negative consequences," Duguay says. "And most negatives stick around for seven to ten years." Credit reports are routinely examined when buying a car, renting a house, or even applying for a job. Your interest rate can go up, as well.

4. Plan ahead. "The best defense against running up credit card debt is a budget," says Cullinan. Kids should figure out how much money they'll earn from a summer or part-time job and then estimate their expenses, such as a night at the movies. They may be shocked to discover how much more they're spending than earning. If the money isn't coming in, don't charge.

5. Credit is for necessities only. Truly discretionary items, such as makeup and CDs, should always be bought with cash. "It's very, very easy to lose track of the total amount you've charged," says Cullinan. Use cash instead of plastic for everything but big-ticket items, and you'll buy less.

6. Stay within the grace period. Credit card companies allow you a certain time frame before you must make a payment. You usually have several weeks after the statement arrives. If you use this time to earn enough to cover your outstanding balance and then pay in full by the due date, you aren't charged interest.

7. Credit cards are not all the same. Some charge 17 percent on an annual basis, others as low as 9 percent. Some charge an annual fee for the use of the card, others don't. And one may offer longer grace periods than another. To compare, visit bankrate.com or cardweb.com.

8. When no won't do. If kids simply must have plastic, there's a new solution: Prepaid credit cards that look and work like the real thing, except parents control spending limits. They work like a debit card—put money into a card account, then charges go against that fund. The card can be used online, at ATM machines, and any place credit cards are accepted. To learn more, visit Dibz.com, Visabuxx.com, or Mastercard.com.

And finally, permitting your child to obtain a credit card can be a good thing. Without established credit, young adults must often put down large cash security deposits for an apartment or car lease. "Companies want to see you have a proven track record of paying your bills," says Duguay.

But perfect credit doesn't simply mean making minimum payments on time. The outstanding debt is also key. "A lot of kids think they need a ton of credit cards to develop a credit history," Duguay says. "But they only need one that they pay off regularly. What they need to show is that they're responsible." ⌂

"A lot of kids think they need a ton of credit cards to develop a credit history. But they only need one that they pay off regularly."

—Financial-advice author Dara Duguay

AFTER DIANE KASTAMA LOST THE USE OF HER TWO LEGS,

she gained

THE STRENGTH OF FOUR.



An alarm clock buzzes. A horse outside whinnies. And a dog's lifework continues. Though never trained to help out on a horse ranch, this canine companion has made herself invaluable. Whether corralling horses, pulling her owner up a hill or just closing a door, she uses the full capacity of her mind and body from dawn to dusk. All the while, making the term "confined to a wheelchair" absolutely irrelevant. Meet Fritzie. An eight-year-old Yellow Lab who relies on her total body health to do her job. Which is why her owner feeds her Eukanuba.® The only dog food with the Vital Health System. By targeting six essential health functions of every dog, the Eukanuba Vital Health System™ delivers nutrients when and where they're needed for optimal health [see graphic].





All Eukanuba foods incorporate the Vital Health System, with unique formulas customized to meet the specific needs of different life stages.

Look for Eukanuba in specialty pet stores. Or call 1-888-EUKANUBA to find out more. Because the Vital Health System not only means better health for dogs, but also for the people who count on them.

Eukanuba
What Healthy Dogs Are Made Of.



clean screens

making movies safe for families

Kids love dinosaurs, but that doesn't mean every parent would feel comfortable letting their child watch *Jurassic Park*. The outhouse scene alone—where the smarmy lawyer is snatched off a toilet seat and eaten by one of the creatures—is enough to give young children nightmares.

But what if there was a kid-friendly version of *Jurassic Park*? One without all the dinos munching so graphically?

Because so many parents share this same concern, some companies are offering alternatives. CleanFlicks and Clean Cut Cinema are two companies selling family-friendly edited versions of popular films.

"We take out the swear words and any mentions of a deity. We take out the blood and guts. We've done about 400 movies so parents can watch great Hollywood movies without all the swearing," says John Dixon, president of CleanFlicks.

Hollywood has long been promoting its own movie-rating system as a tactic to address the same issue. But their G, PG, PG-13, R, and NC-17 labels can raise as many questions as they answer. For instance, the recent hit movie *The Sum of All Fears* was rated PG-13. Are 13-year-olds generally ready for this tale of nuclear terrorism and its moderate levels of sex and profanity? Some parents would say yes, others would say no.

For its part, CleanFlicks edits movies, removing all sex, nudity, and profanity. The characters swear, but the background sounds swallow up their words. Movies are also edited for violence, with excessive gore deleted. The result? PG-13 movies are actually appropriate for 13-year-olds.

Cleanflicks movies cost between $20 and $30, while custom editing can range from $10 to $20. There are some movies that can't make the cut—no matter how much editing CleanFlicks does. "You're never going to see *American Pie* on our edited movies list," Dixon says.

Nature or Nurture

Both CleanFlicks and the movie-ratings sites are capitalizing on a trend, spurred on by ever-mounting research that says kids and violence don't always mix. Psychologists say that children

continued on page 10

WE HAVE THE SAME HEROES.
TEACHERS WHO INSPIRE.
WE LIVE WHERE YOU LIVE.™



To help his class understand the role old Route 66 played in the past, Mr. Walk's students created murals, brochures and interviewed residents, which helped them experience a part of local history. State Farm is proud to present Fred Walk with the Good Neighbor Teacher Award and also donate $10,000 to Normal Community High School in Normal, Illinois.

LIKE A GOOD NEIGHBOR STATE FARM INSURANCE Auto Life Fire STATE FARM IS THERE.™

statefarm.com®

State Farm Insurance Companies • Home Offices: Bloomington, Illinois



FREE GIFT WITH PURCHASE



It's our gift to you, with any purchase of $75 or more – a sampler from our new line of bath & body essentials. Perfect for travel or gift-giving, it includes a 4 oz. Body Lotion, 4 oz. Body Wash and 2 oz. Scented Candle.

USE OFFER CODE CFG9373

USE OFFER CODE WFG9373 AT CHECKOUT

MENTION THIS AD

1-800-787-9196

www.coldwatercreek.com

The bath & body sampler is a $25 retail value. Offer good while quantities last; expires October 31, 2002. To request a catalog, place an order or find a store near you, call 1-800-787-9196.

R4-0223 $139

AO-2671 $29

HO-2600 $59

Coldwater Creek

continued from page 106

who are exposed to excessive violence are often more violent themselves. And young children fare worst of all because those under age 7 often have trouble distinguishing between fantasy and reality.

"The scientific evidence is absolutely clear: What children watch on TV and at the movies can have an effect on their behaviors and attitudes and what they think is normal and acceptable," says Robert DuRant, Ph.D., a pediatrics researcher at Wake Forest University in Winston-Salem, North Carolina.

At the very least, children who watch scary or violent movies may suffer from Mean World Syndrome, a condition that makes children look at the world as a unfriendly place, says David Walsh, Ph.D., president of the National Institute on Media and the Family, a nonprofit media research firm.

"Movies normalize violence and then that's the way children see the world," Walsh says. "They expect people to act the way characters do on the screen."

"The scientific evidence is absolutely clear. What children watch on TV and at the movies can have an effect on their behaviors and attitudes and what they think is normal and acceptable."

Pediatrics researcher Robert DuRant

Supply and Demand

Americans seem to be taking note of CleanFlicks, which is headquartered in Utah. Today there are 72 CleanFlicks stores in 18 states, with more openings planned in coming months. (For locations, go to www.cleanflicks.com.) In addition, the company is launching a new online rental store of the same name in September. After paying a $15 monthly fee, members will receive and return movies through the mail.

The movie industry itself is testing this market. New Line Cinema recently released sanitized versions of four of its popular titles. Toned-down versions of *The Mask*, *The Bachelor*, *Blast from the Past*, and *Lost in Space* were edited by the movie's directors.

Sorting It Out

Experts say a parent's first—and best—option for protecting their kids is sitting down and watching movies together.

"Parents need to get into co-viewing. It's very important from a very early age to talk about what's in the media and what it means to you as a family," says Kimberly M. Thompson, Sc.D., a professor at Harvard School of Public Health in Boston.

When parents see characters doing things on the screen that go against their family's values, parents need to step up and explain why they object to a particular action.

If co-viewing isn't an option, the age-old option of saying "no" may be the smart thing to do, says Jack Valenti, president and chief executive officer of the Motion Picture Association of America. "When we say a movie is rated R, do not let your underage children go into the movie willy-nilly. There's a thing called 'parents who say no,' and it's a thing that works," he says.

Parents who get kids involved with movie research may find it's easier restricting their kids' viewing habits. For example, DuRant of Wake Forest University asks his 15-year-old daughter to read the reviews with him and his wife. "When we see ratings that say a movie contains brief nudity or sex, we ask her, 'Is this something you really think you should be exposed to?' In the majority of the cases she makes the same decision we would," he says. "Of course, there are some cases where we have to step in and just tell her no."

And parents who are really committed to their decision should discuss their wishes with family members, friends, and other parents, who often undermine such decisions by taking kids to movies that parents have already vetoed.

Means to an End

Of course, not every movie that contains sex or violence is going to hurt kids. There are some movies, such as *Schindler's List* and *Pearl Harbor*, that use adult images to tell important stories. *Schindler's List* shows concentration camp nudity, and *Pearl Harbor* is filled with several disturbing, violent images. Experts, however, say that some kids may be able to handle sex and violence when it's integral to the movie.

"Not all violence is bad. You can't tell some stories without depicting violence," says Walsh. "The Revolutionary War was a violent thing, but there's a difference between a depiction of that and a shoot-'em-up movie."

Ultimately, getting the movies right is a job that rests with parents. "It's really important not to let the media serve as a parent, letting it teach things without having the real parent there—no matter what the child's age," says Thompson.

advertisement

"Better Homes and Gardens® calls them great books. I call them required reading."

You're staring at a white wall saying "Where do I sta
Well, Benjamin Moore is here to help. Before you choose a c
there are a few **simple steps** *to take. First, define the*
function of the room; rest, play, dining, etc. Then work aroun
the permanent fixtures of the room that you won't be changi
a fireplace or woodwork. Don't forget to consider the **room**
attributes *like size and lighting. Then the fun begins. U*
a color wheel, start with colors in **tones** *that naturally app*
to you. There are several **color palettes** *to choose from.*
Monochromatic palettes use one color in varying **shades**
light *and dark. Complementary palettes use colors that oppo*
each other on the color wheel. And **analogous palettes**
colors that are next to each other on the wheel. For **more he**
on choosing colors and some **fantastic decorating id**
and tips, Benjamin Moore is offering you great deals on thes
Better Homes and Gardens Books.

Special Book Offer presented by Benjamin Moore® Paints

SPECIAL BOOK OFFER
presented by Benjamin Moore® Paints

❑ **Express Yourself with Color**
Suggested Retail Value: $12.95
Special Offer: $9.95 (includes tax and shipping and handling)
ISBN# 20775-3

❑ **Decorating Kids' Rooms**
Suggested Retail Value: $12.95
Special Offer: $9.95 (includes tax and shipping and handling)
ISBN# 20729-X

I am enclosing $_____ in check or money order (no cash) payable to **Meredith Books Decorating Offer**. Mail this form along with method of payment to: Meredith Corporation, J. Gruver LN-106, 1716 Locust Street, Des Moines, IA 50309. Credit card orders also accepted by calling 1-800-678-8091. Please refer to **Benjamin Moore** when placing your orders by phone.

Name_____

Street_____

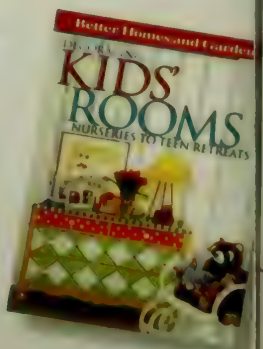
City_____State____ Zip_____

Allow 4 weeks for delivery. Offer void where prohibited or otherwise restricted. Price includes tax and shipping and handling. Offer expires 4/30/03 or good while supplies last.

Express Yourself with Color
Specific how-to painting projects. Bonus tips on paint choices and technique advice.
Suggested Retail Value: $12.95
Special Offer: $9.95



Decorating Kid Rooms
Projects for planning and decorating an environment that grow with your child.
Suggested Retail Value: $1
Special Offer: $9.95





"Benjamin Moore® calls it Maple Sugar. I call it exactly what I wanted."

ew I wanted a **warm, comfortable** *color for edroom, but I wasn't sure which one. A single trip to my* **jamin Moore dealer** *made it easy to choose. ey have the Color Preview Studio® display which gave ne hundreds of choices and lots of* **ideas**. *I found just what I was looking for.*

always trusted Benjamin Moore® product **quality** *r all my painting projects. And I can always count eir good* **advice** *to help me get it right the first time. Now I've got the* **confidence** *to get exactly what I want in every room of my house.*



We make it simple to protect your home.™

1-800-6-PAINT-6 www.benjaminmoore.com

Benjamin Moore® PAINTS

© 2002 Benjamin Moore & Co. Benjamin Moore, Triangle M, Regal, WallSatin and Color Preview Studio are registered trademarks of Benjamin Moore & Co. We make it simple. You make it beautiful.™ is a trademark of Benjamin Moore & Co.

Living with Cancer

Talking to a Doctor



GILDA'S CLUB WORLDWIDE

Living with cancer? Come as you are.™

Visit www.bhg.com/gildadonation for a special book offer from Better Homes and Gardens.

A cancer diagnosis usually means a flurry of doctors' appointments and medical tests, and a torrent of information with an unfamiliar vocabulary. Talking to doctors may be difficult, but there are ways to ease the process. Karen Antman, M.D., director of the Herbert Irving Comprehensive Cancer Center of Columbia University and member of the Gilda's Club Worldwide Medical Advisory Board, suggests interviewing a few doctors.

With each one, discuss:

- Your concerns about living with cancer
- How aggressive you will choose to be in your treatment
- Quality-of-life issues (such as being able to work and socialize)

Take a friend or relative to the appointments to take notes, or carry a tape recorder. If two doctors are equivalent medically, choose the doctor that makes you feel most comfortable.

Making Decisions



photo Getty Images

There are some things you need to know at the outset to make informed decisions and to ensure that you and your doctor are on the same page about quality-of-life, says Dr. Antman. Ask (or designate someone to ask) if the doctor doesn't volunteer this information:

- How advanced is the cancer? Is there a chance of cure or prolonged survival with treatment? What are the statistics on general survival rates?
- What is the goal of treatment? Knowing if the goal is cure, prolonged survival, or symptom management will help in evaluating side effects from treatment options.
- What about my social and emotional needs? Many patients focus on medical treatments, and overlook asking about support for emotional issues.

Whatever the Outcome

Whether your prognosis is clear or uncertain, Gilda's Club offers a warm caring support community for you and your family and friends. Gilda's Club provides free social and emotional support in their stand-alone clubhouses in fourteen cities in the U.S. and Canada. The organization depends on financial support from individuals, foundations and corporations to do its work. Gifts to Gilda's Club Worldwide may be made by check, money order, credit card, or via the printable form on the Web site listed below.



Gilda's Club Metro Detroit

For more information and to reach Gilda's Club Worldwide and Gilda's Club affiliates, visit www.gildasclub.org or call 1-888-GILDA-4-U.

sponsored by PROCRIT®



HEMO WAS STEALING THE ENERGY NEEDED FOR MY GRANDSON.

NTIL I TALKED TO MY DOCTOR ABOUT GETTING IT BACK.

hemotherapy making you weak? You may be anemic without knowing it. Anemia is a common effect of chemotherapy; in fact, it affects 7 out of 10 chemotherapy patients. It means your body sn't have enough red blood cells. This can result in symptoms like extreme tiredness, dizziness, hortness of breath. However, there is an effective medicine. It's called PROCRIT® (Epoetin alfa).

OCRIT is identical to a substance your body produces naturally. And it helps your body produce blood cells that can restore your energy. PROCRIT has been proven safe and effective. In trials, diarrhea and edema occurred more often with PROCRIT than placebo. Please see the following f summary of Prescribing Information. PROCRIT is available by prescription only and is for ents with most types of cancer, such as breast and lung (non-myeloid). Find out how PROCRIT treat your anemia and help you get back the strength you need — *your strength for living.*

k your doctor if PROCRIT is right for you.

l 1.800.353.4092 for your FREE information booklet or visit www.PROCRIT.com

PROCRIT®
EPOETIN ALFA

Distributed by Ortho Biotech Products, L.P. Raritan, NJ 08869-0670

BRIEF SUMMARY OF PRESCRIBING INFORMATION INDICATED FOR THE TREATMENT OF ANEMIA OF CANCER PATIENTS ON CHEMOTHERAPY

PROCRIT®
EPOETIN ALFA
For Injection

FOR FULL PRESCRIBING INFORMATION FOR ALL INDICATIONS, REFER TO THE *PHYSICIANS' DESK REFERENCE®*

INDICATIONS AND USAGE
PROCRIT® (Epoetin alfa) is indicated for the treatment of anemia in patients with nonmyeloid malignancies where anemia is due to the effect of concomitantly administered chemotherapy. PROCRIT is indicated to decrease the need for transfusions in patients who will be receiving concomitant chemotherapy for a minimum of 2 months. PROCRIT is not indicated for the treatment of anemia in cancer patients due to other factors such as iron or folate deficiencies, hemolysis, or gastrointestinal bleeding, which should be managed appropriately.

CONTRAINDICATIONS
PROCRIT is contraindicated in patients with:
1) Uncontrolled hypertension.
2) Known hypersensitivity to mammalian cell-derived products.
3) Known hypersensitivity to Albumin (Human).

WARNINGS
Pediatric Use: The multidose preserved formulation contains benzyl alcohol. Benzyl alcohol has been reported to be associated with an increased incidence of neurological and other complications in premature infants, which are sometimes fatal.

PRECAUTIONS
The parenteral administration of any biologic product should be attended by appropriate precautions in case allergic or other untoward reactions occur (see CONTRAINDICATIONS). In clinical trials, while transient rashes were occasionally observed concurrently with PROCRIT therapy, no serious allergic or anaphylactic reactions were reported. (See ADVERSE REACTIONS for more information regarding allergic reactions.)

The safety and efficacy of PROCRIT therapy have not been established in patients with a known history of a seizure disorder or underlying hematologic disease (eg, sickle cell anemia, myelodysplastic syndromes, or hypercoagulable disorders).

In some female patients, menses have resumed following PROCRIT therapy; the possibility of pregnancy should be discussed and the need for contraception evaluated.

Hematology: Exacerbation of porphyria has been observed rarely in patients with chronic renal failure (CRF) treated with PROCRIT. However, PROCRIT has not caused increased urinary excretion of porphyrin metabolites in normal volunteers, even in the presence of a rapid erythropoietic response. Nevertheless, PROCRIT should be used with caution in patients with known porphyria.

In preclinical studies in dogs and rats, but not in monkeys, PROCRIT therapy was associated with subclinical bone marrow fibrosis. Therefore, cancer patients should have hematocrit (HCT) measured once a week (QW) until HCT has been stabilized, and measured periodically thereafter.

Delayed or Diminished Response: If the patient fails to respond or to maintain a response to doses within the recommended dosing range, the following etiologies should be considered and evaluated: 1) Iron deficiency: Virtually all patients will eventually require supplemental iron therapy (see Iron Evaluation). 2) Underlying infectious, inflammatory, or malignant processes. 3) Occult blood loss. 4) Underlying hematologic diseases (ie, thalassemia, refractory anemia, or other myelodysplastic disorders). 5) Vitamin deficiencies: folic acid or vitamin B12. 6) Hemolysis. 7) Aluminum intoxication. 8) Osteitis fibrosa cystica.

Iron Evaluation: During PROCRIT therapy, absolute or functional iron deficiency may develop. Functional iron deficiency, with normal ferritin levels but low transferrin saturation, is presumably due to the inability to mobilize iron stores rapidly enough to support increased erythropoiesis. Transferrin saturation should be at least 20% and ferritin should be at least 100 ng/mL.

Prior to and during PROCRIT therapy, the patient's iron status, including transferrin saturation (serum iron divided by iron binding capacity) and serum ferritin, should be evaluated. Virtually all patients will eventually require supplemental iron to increase or maintain transferrin saturation to levels which will adequately support erythropoiesis stimulated by PROCRIT.

Drug Interactions: No evidence of interaction of PROCRIT with other drugs was observed in the course of clinical trials.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: Carcinogenic potential of PROCRIT has not been evaluated. PROCRIT does not induce bacterial gene mutation (Ames Test), chromosomal aberrations in mammalian cells, micronuclei in mice, or gene mutation at the HGPRT locus. In male and female rats treated intravenously (IV) with PROCRIT, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg.

Pregnancy Category C: PROCRIT has been shown to have adverse effects in rats when given in doses 5 times the human dose. There are no adequate and well-controlled studies in pregnant women. PROCRIT should be used during pregnancy only if potential benefit justifies the potential risk to the fetus.

In studies in female rats, there were decreases in body weight gain, delays in appearance of abdominal hair, delayed eyelid opening, delayed ossification, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. In female rats treated IV, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg.

Nursing Mothers: Postnatal observations of the live offspring (F1 generation) of female rats treated with PROCRIT during gestation and lactation revealed decreases in body weight gain, delays in appearance of abdominal hair, eyelid opening, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. It is not known whether PROCRIT is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when PROCRIT is administered to a nursing woman.

Pediatric Use: See WARNINGS, Pediatric Use.

Pediatric Cancer Patients on Chemotherapy: Published literature has reported the use of PROCRIT in approximately 64 anemic pediatric cancer patients ages 6 months to 18 years, treated with 25 to 300 U/kg subcutaneously (SC) or IV, 3 to 7 times per week. Increases in hemoglobin and decreases in transfusion requirements were noted.

Hypertension: Hypertension, associated with a significant increase in HC[T] been noted rarely in cancer patients treated with PROCRIT. Nevertheless, [blood] pressure (BP) in patients treated with PROCRIT should be monitored ca[refully], particularly in patients with an underlying history of hypertension or cardiova[scular] disease.

Seizures: In double-blind, placebo-controlled trials, 3.2% (N=2/63) of pa[tients] treated with PROCRIT and 2.9% (N=2/68) of placebo-treated patients had se[izures]. Seizures in 1.6% (N=1/63) of patients treated with PROCRIT occurred [in the] context of a significant increase in BP and HCT from baseline values. Howeve[r, no] patients treated with PROCRIT also had underlying CNS pathology which ma[y have] been related to seizure activity.

Thrombotic Events: In double-blind, placebo-controlled trials, 3.2% (N=2/[63]) patients treated with PROCRIT and 11.8% (N=8/68) of placebo-treated patien[ts] thrombotic events (eg, pulmonary embolism, cerebrovascular accident).

Growth Factor Potential: PROCRIT is a growth factor that primarily stimulat[es] cell production. However, the possibility that PROCRIT can act as a growth [factor] for any tumor type, particularly myeloid malignancies, cannot be excluded.

ADVERSE REACTIONS
Adverse experiences reported in clinical trials with PROCRIT in cancer pa[tients] were consistent with the underlying disease state. In double-blind, pla[cebo]-controlled studies of up to 3-months duration involving 131 cancer pa[tients] adverse events with an incidence >10% in either patients treated with PROC[RIT] placebo-treated patients were as indicated below.

Percent of Patients Reporting Event: Event followed by Patients Treated [with] PROCRIT (N=63) first, Placebo-Treated Patients (N=68) second:
Pyrexia 29%, 19%; Diarrhea 21%,[a] 7%; Nausea 17%,[b] 32%; Vomiting 17%, [8%]; Edema 17%,[c] 1%; Asthenia 13%, 16%; Fatigue 13%, 15%; Shortness of [breath] 13%, 9%; Paresthesia 11%, 6%; Upper Respiratory Infection 11%, 4%; Diz[ziness] 5%, 12%; Trunk Pain 3%,[d] 16%.
[a]P=0.041; [b]P=0.069; [c]P=0.0016; [d]P=0.017.

Although some statistically significant differences between patients treate[d with] PROCRIT and placebo-treated patients were noted, the overall safety pro[file of] PROCRIT appeared to be consistent with the disease process of advanced c[ancer]. During double-blind and subsequent open-label therapy in which patients (N=[289] total exposure to PROCRIT) were treated for up to 32 weeks with doses as h[igh as] 927 U/kg, the adverse experience profile of PROCRIT was consistent wi[th the] progression of advanced cancer.

Based on comparable survival data and on the percentage of patients treate[d with] PROCRIT and placebo-treated patients who discontinued therapy due to [tumor] disease progression or adverse experiences (22% and 13%, respectively; P=[0.0001]), the clinical outcome in patients treated with PROCRIT and placebo-treated pa[tients] appeared to be similar. Available data from animal tumor models and measur[ement] of proliferation of solid tumor cells from clinical biopsy specimens in respo[nse to] PROCRIT suggest that PROCRIT does not potentiate tumor growth. Neverth[eless,] as a growth factor, the possibility that PROCRIT may potentiate growth of [some] tumors, particularly myeloid tumors, cannot be excluded. A randomized con[trolled] Phase IV study is currently ongoing to further evaluate this issue.

The mean peripheral white blood cell count was unchanged following PRO[CRIT] therapy compared to the corresponding value in placebo-treated group.

OVERDOSAGE
The maximum amount of PROCRIT that can be safely administered in sin[gle or] multiple doses has not been determined. Doses of up to 1500 U/kg 3 [times] weekly (TIW) for 3 to 4 weeks have been administered to adults without any [apparent] toxic effects of PROCRIT itself. Therapy with PROCRIT can result in polycyt[hemia] if the HCT is not carefully monitored and the dose appropriately adjusted. [When] suggested target range is exceeded, PROCRIT may be temporarily withhel[d until] the HCT returns to the suggested target range; PROCRIT therapy may th[en be] resumed using a lower dose (see DOSAGE AND ADMINISTRATION). If [excessive] cythemia is of concern, phlebotomy may be indicated to decrease the HCT.

DOSAGE AND ADMINISTRATION
Baseline endogenous serum erythropoietin levels varied among patients in [clinical] trials with approximately 75% (N=83/110) having endogenous serum erythrop[oietin] levels <132 mU/mL, and approximately 4% (N=4/110) of patients h[ad] endogenous serum erythropoietin levels >500 mU/mL. In general, patients [with] lower baseline serum erythropoietin levels responded more vigorously to PRO[CRIT] than patients with higher erythropoietin levels. Although no specific serum er[ythro]poietin level can be stipulated above which patients would be unlikely to respo[nd to] PROCRIT therapy, treatment of patients with grossly elevated serum erythrop[oietin] levels (eg, >200 mU/mL) is not recommended. The HCT should be monitore[d on a] weekly basis in patients receiving PROCRIT therapy until HCT becomes stab[le].

Starting Dose: The recommended starting dose of PROCRIT for adults is 150 [U/kg] SC TIW. For pediatric patients, see PRECAUTIONS, Pediatric Use.

Dose Adjustment: If the response is not satisfactory in terms of red[uction] transfusion requirements or increasing HCT after 8 weeks of therapy, the d[ose of] PROCRIT can be increased up to 300 U/kg TIW. If patients have not resp[onded] satisfactorily to a PROCRIT dose of 300 U/kg TIW, it is unlikely that they will re[spond] to higher doses of PROCRIT. If the HCT exceeds 40%, the dose of PROCRIT s[hould] be withheld until the HCT falls to 36%. The dose of PROCRIT should be re[duced] by 25% when treatment is resumed and titrated to maintain the desired HCT. [If the] initial dose of PROCRIT includes a very rapid HCT response (eg, an increa[se of] more than 4 percentage points in any 2-week period), the dose of PROCRIT s[hould] be reduced.

STORAGE
Store at 2° to 8°C (36° to 46°F). Do not freeze or shake.

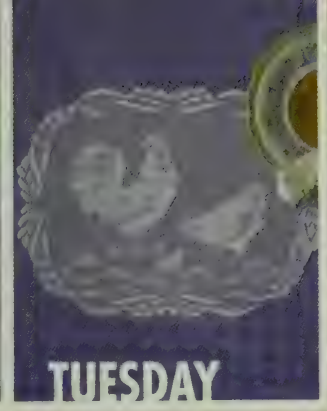
◆

ORTHO BIOTECH

Manufactured by: Amgen Inc., US Lic. # 1080, Thousand Oaks, California 9132[0]
Distributed by: **Ortho Biotech Products, L.P.**, Raritan, New Jersey 08869-0670
December 2000 638-29-97[5]







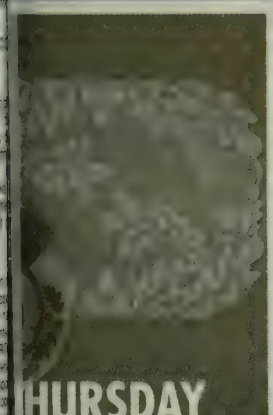


At Heritage Lace, we know every day is special. That's why our collections of table lace are beautiful enough for special occasions and durable enough for everyday use. And they're washable.

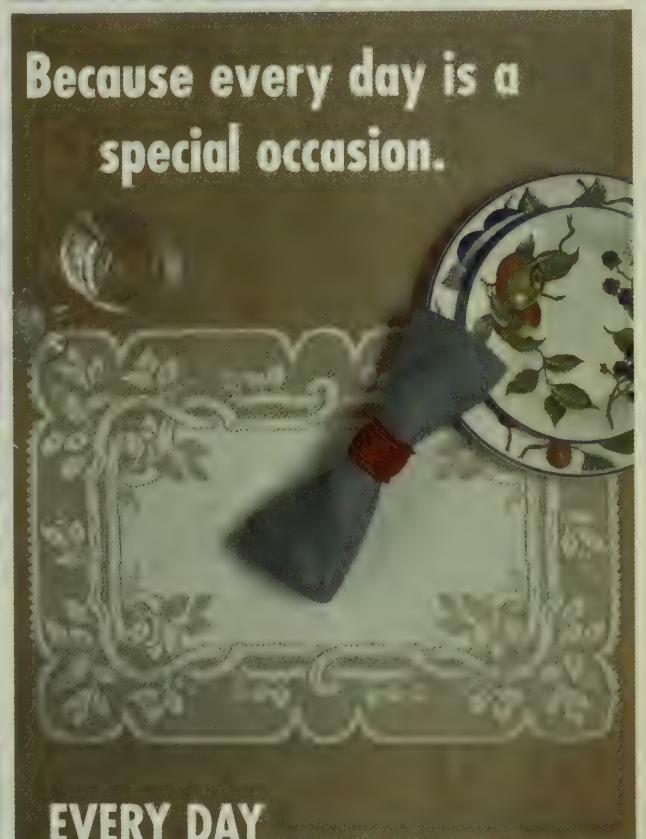
Ready-made window treatments, wall décor, table textiles and coordinating mantle scarves are available in a wide variety of colors, sizes and patterns. You'll find Heritage Lace to express your personal style in every room.

So go ahead...use it.

Every day.







lace collections at these fine Heritage Lace Gallery* and Showcase Stores in the PACIFIC MOUNTAIN AREA. For more information: (800) 354-0668 or www.heritagelace.com

Anchorage **Three Olde Ladies** (907) 278-7760 **ARIZONA** Lake Havasu City **The Oak Place** (928) 505-3005 Mesa **Creative Impressions** (480) 984-8033 Sun City **Steiner's Amish Furniture** (623) 974-1745 **CALIFORNIA** ade **Posies** (805) 481-0404 Auburn **Cottage Rose** (530) 888-0277 Big Bear Lake **Anything But Ordinary** www.abostore.com Big Bear Lake **Cedar Rose Lane** (909) 866-1970 Bishop **The Window Fair** (760) 873-6464 ose's Gift Menagerie (760) 724-6175 Burbank **Bell Cottage** (818) 841-8415 Clovis **Ivy & Lace** (559) 299-4266 Corona **Tom's Farms Country Furnishings** (909) 277-2857 Coronado **Lavender Gift Shop** (619) 522-9868 ll American Home Center (562) 927-8666 Ferndale **Gazebo of Ferndale** (800) 362-FERN Fort Bragg **Whistlestop Antiques** www.the-whistlestop.com Fremont **Antique Treasures** (510) 742-0664 Fullerton **Heirlooms of Tomorrow** -4438 Hemet **The Oak Tree** (909) 765-1384 Huntington Beach **Lace & Nutrition Parlor** (714) 799-5708 Julian **The Warm Hearth** (760) 765-1022 LaHabra **I Love Country** (562) 690-1778 Marysville **Mercantile** (530) 741-3370 Napa **The Neighborhood** (707) 259-1900 Orange **Sunday Sales from the Heart** (714) 538-4004 Pacifica **Hanni's Fine Gifts** (650) 359-4721 Pacific Grove **The Woodenickel** (831) 646-8050 **More Than Oak** (760) 674-4814 Paso Robles **Country Florist** (805) 239-3032 Petaluma **Bee's Housewares & Gifts** (707) 762-6413 Pismo Beach **Once Upon A Time** (805) 773-0713 Ramona **Ramona Antique Mall** -7816 Redlands **Mozart's Inc.** (909) 798-2573 Riverside **Home, Hearts & Holidays** (909) 343-1728 San Bernardino **Tom's Farms Country Furnishings** (909) 383-1750 San Dimas **The Snooty Goose** (909) 305-8711 Elegant Corner (408) 225-9918 Santa Rose **Home Sweet Home** (707) 579-5025 Sebastopol **Country Home** (707) 829-1793 Solvang **Gerda's/IronArt** (805) 688-3750 Sonora **Mountain Treasures** (209) 532-3356 **The Squirrel's Nest** (209) 267-5891 Temecula **The Enchanted Home** (909) 699-4100 Thousand Oaks **Crafter's Guild & More** (805) 373-1821 Truckee **St. Nick's Christmas Shoppe** 0671 Tulare **The Creative Eye** (559) 688-8138 Valencia **Gifts in the Attic** (661) 255-9525 Victorville **Country Classics** (760) 245-8282 Wrightwood **Applewood Court** (760) 249-6490 Boulder **Country in the Village** (303) 447-1587 Castle Rock **Heritage Lace** (303) 814-3159 Estes Park **Granny Gingham Gifts** (970) 586-4644 Fort Collins **Little Country Store** 2286 Longmont **Mountain Laurel** (303) 774-9132 Thornton **Past Times** (303) 255-8434 **IDAHO** Coeur d'Alene **Granny's Wild Geranium** (888) 218-9446 **MONTANA** Billings ttage (406) 652-3680 Great Falls **In Cahoots For Tea** (406) 452-2225 Hamilton **Robbins Hallmark** (406) 363-1733 Miles City **Pleasantries** (406) 232-5644 **NEVADA** The Cottage (702) 562-9090 Minden **Purple Rose at Tumblewind Antiques** (775) 782-2444 Virginia City **Yuletide Village** (775) 847-0580 **OREGON** Troutdale **Front Porch Originals** 2667 **UTAH** West Jordan **Village Whites @ Gardner Mill*** (801) 562-8842 **WASHINGTON** Bothell **Bows 'N Calicos** (425) 487-3223 Clarkston **Bric-A-Brac Mall** (509) 758-7772 **A Touch of Dutch** www.atouchofdutch.com Issaquah **The Battenberg Lace Shop** (425) 391-0888 Kenmore **Chalet Cadeau** (425) 489-0509 La Conner **Homespun Market Inc.** 4441 Marysville **Third Street Interiors** (360) 658-1633 Richland **Treasure Chest** (509) 946-7007 Sammamish **From the Heart** (425) 836-9224 Sumner **Corner Gift Box** 3159 Vancouver **Touch of Country** (360) 892-8220 Woodinvile **From the Heart** (425) 483-5275 **WYOMING** Casper **Country Charm** (307) 265-4438

RS PICTURED: Sunday-Windsor, **Monday**-Heirloom, **Tuesday**-Rooster, **Wednesday**-Floral Trellis, **Thursday**-Wildwood, **Friday**-Teatime, **Every day**-Greenbrier.

Heritage Lace Est 1983 THE LOOK & FEEL OF HOME

The look and feel of home.

Enjoy the blessings of the season in

Precious Moment



"Holy Night Chapel," 7.5" high, includes a FREE collectible figurine of *Precious Moments* carolers!

It's Christmas Eve, and a sense of wonder and hope awakens in the ***Precious Moments*** *Christmas Village.* The toy shop is filled with goodies, the post office is overflowing with gifts. Decorated for the annual Christmas Pageant, the school looks festive. And the chapel, its heart-motif windows shining, stands ready for worshippers to return thanks for God's greatest gift of all.

Cherish the joyful glow of Christmas all year

Artist Samuel J. Butcher's beloved **Precious Moments** messengers of loving, caring, and sharing remind us of the love that shines throughout the holiday. Each sculpture is created by hand to enhance the tiniest detail. The illuminated buildings, the hand-cast figurines, and the many seasonal adornments—like festive wreaths and sparkling snow—make each element of the village an heirloom-quality work of art to make part of holiday tradition.

Begin with "Holy Night Chapel" and free carolers figurine!

Soon, Charter Subscribers can look forward to lighted sculptures sent about every other month. second issue, the "Merry Memories School," comes the figurine of the "Away in a Manger" Nat children—FREE!

Your timing is important!

This is a limited-time offer and strong demand is exp from countless **Precious Moments** collectors, so pleas promptly. You need send no money now, just mai coupon to Hawthorne Village, the only source in the w for this important collection.

collectiblestoday.com Home of Hawthorne Village and All Things Collectible

©2001 PRECIOUS MOMENTS, Inc. Precious Moments is a registered trademark of PMI Licensee ENES
ENESCO is a registered U.S. trademark. All rights reserved. ©2001 Hawthorne Village 79



A Hawthorne Village Exclusive

- *st-ever illuminated collectible village om Hawthorne Village inspired by ecious Moments originals from Samuel Butcher
- stinctive **Precious Moments** hues are ingly applied by hand
- ree collectible figurines and charming figurine—a $75 Value—yours FREE
- tails are individually hand-crafted in eping with the high artistic standards of thentic **Precious Moments** collectibles
- th hand-numbered Certificate of thenticity and 365-Day Guarantee

FREE FIGURINES AND ACCESSORIES—$75 VALUE!

Limited-time Offer—Please Respond Promptly!

Yes! Please enter my charter subscription for the illuminated ***Precious Moments Christmas Village*** collection, starting with "Holy Night Chapel." I will SEND NO MONEY NOW. I will be billed the first of three easy payments of $16.65* for my first village sculpture and **FREE** carolers figurine before they are shipped. Subsequent sculptures and figurines will be sent about every other month.

Mrs. Mr. Ms.
Name (PLEASE PRINT CLEARLY)

Address Apt. No.

City State Zip

Signature

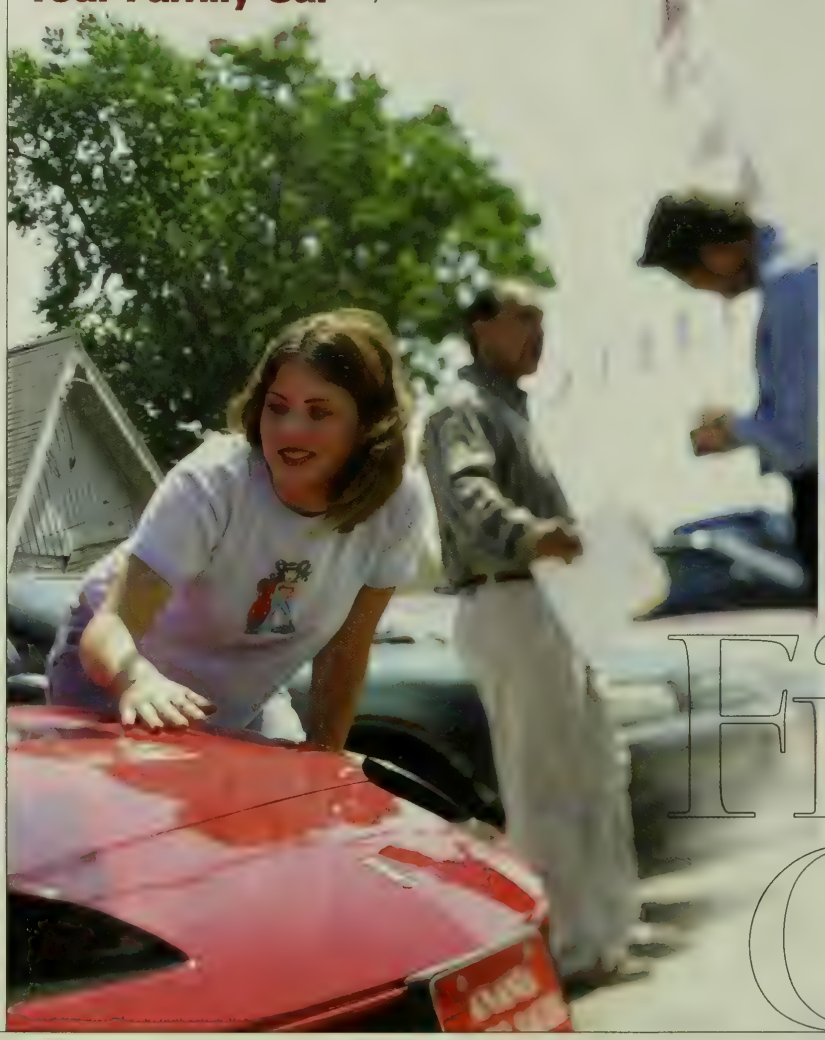
*Plus $6.99 postage and handling
Illinois residents add state sales tax. Pending credit approval

HAWTHORNE VILLAGE®

49032-E81201

Hawthorne Village, 9210 N. Maryland St., Niles, IL 60714-1322

Timing is critical—don't miss out!



A Teen's First Car

Helping your daughter or son buy a first car is a rite of parenthood. But it's likely things have changed since you bought your first vehicle. Here's what to look for.

They say true love is blind, and certainly few loves are as exciting as a high-schooler's crush on her first car. That's where you come in. Your darling teenager might be swept off her feet, but she's depending on you to find the rust, check the mileage, and spot the oil leak. After all, it's a very first car, and it's up to you to help her—or him—make a safe, reliable, and financially responsible choice. What are you gonna steer 'em toward?

Thirty years ago, a brand-new car was vastly superior to a used vehicle in terms of overall reliability. However, cars of the last decade are built so much better and last so much longer that buying new mostly pays for depreciation and that new car smell—the most expensive perfume in the world. For less than $7,500, or half the cost of an entry-level new car, you can have a 7- to 8-year-old used vehicle in excellent condition that still offers years of reliable service and includes many standard safety features, such as dual air bags and antilock brakes.

The Internet is a wonderful tool for the used-car buyer. At car-pricing Web sites, you can read expert reviews on older vehicles, then type in a make, model, year, and mileage to receive a professional estimate of a particular car's worth. Kelly Blue Book (www.kbb.com), for example, breaks prices down by method of sale (dealer retail or private party) and car condition (poor, fair, good, or excellent)—invaluable information when it comes to bargaining with a used-car sales representative.

After you've zeroed in on a candidate, take it to an independent mechanic. For about $100, many mechanics will check out a car's major systems, give you a list of work that the car needs, and estimate how much these repairs

continued on page 120

Rubber ducks

are just as important as china vases.

Jeanine Johnson LIBERTY MUTUAL SENIOR SERVICE REPRESENTATIVE

BUSINESS AUTO HOME LIFE



"You can't put a dollar sign on sentimental value. That's why my job as a Liberty Mutual Service Representative is about more than selling insurance – it's about providing customers with vital tips and other information on how to protect their homes. Each day, fires, break-ins and other dangers affect thousands of people across the country. And while I can offer coverage for these kinds of losses, it's nice to know I'm giving my customers something more – the power of prevention. Because the thought of never having to replace a family heirloom is nice, too."

INSURANCE *in* ACTION *Invest in dead-bolt locks with 1-inch throws and plant thorny bushes under all windows, to deter would-be thieves. For a quote on home insurance, call 1-800-4-LIBERTY.*

Liberty Mutual

VISIT WWW.LIBERTYMUTUALINSURANCE.COM

Liberty Mutual is an equal housing insurer.

 continued from page 118

are likely to cost. It's relatively inexpensive lemon insurance, and provides you the leverage you may need to get a better deal.

With these general guidelines in mind, here are choices for "first buy" cars at a couple of different price points.

For under $7,500, you can get a 6- to 9-year-old compact, 4-door, 4-cylinder car in very good condition that's fun to drive, easy to park, economical to run, and, in many cases, complete with air bags. These are the blue-chip investments of the used-car world and are unlikely to let you down. Reliable stalwarts include the Honda Civic, Toyota Corolla, Subaru Impreza, Ford Escort, Mercury Tracer, and Geo Prizm.

For under $3,500, the ultimate bargain-hunter can find 10-year-old examples of some of the best-made, best-equipped, most popular cars on the road. The Honda Accord, Toyota Camry, and Nissan Maxima, for instance, have each appeared on *Consumer Reports* "best buy" lists for years. You'll get room for five, a peppy engine, a good-sized trunk, and such amenities as power windows, locks, and sunroof. These cars should also have enough heft to provide some safety advantage over smaller cars in a crash. However, while still in good condition, these vehicles probably exceed 100,000 miles on the odometer, can't hide their more-than-a-decade of wear, and won't have the latest safety features.

First-ever car buyers usually adopt one of two philosophies. The first, "Small Is Beautiful," holds that cars for teenagers should be small, easy to park and drive, simple, reliable, and should get good gas mileage. Devotees of this idea typically scout for cars that made Japanese brands a synonym for economy and reliability, and includes 10- to 12-year-old Toyota Tercels, Honda Civics, Nissan Sentras, and Mazda 323s. These are economical, easy-to-drive cars that are surprisingly reliable, given their advanced age. They're neither fast enough to inspire hot-rodding, nor large enough to be used as party cruisers. On the minus side, they're old enough to be showing wear, and, when needed, replacement parts can be more expensive than those for domestic cars. These vehicles lack technology (in the form of air bags and antilock brakes) and mass, so they can be more risky in a crash.

The "Bigger Is Better" train of thought says mass rules, and that what inexperienced drivers most need is a huge expanse of steel to protect them when they "inevitably" collide with another object. Its proponents equip their children with a big, archetypal American car, such as an older Ford Crown Victoria or a Chevy Caprice. A little more than a grand will still buy one of these two-ton behemoths—and in good condition too. These cars have high crash-survivability ratings, beating many newer-but-smaller cars. They've been made for so long, most of the bugs have been worked out. Parts are plentiful and relatively inexpensive. The station wagon versions can hold more than some SUVs, a benefit appreciated by college students with a dorm room's worth of stuff to haul.

If your child is paying for the car, help him or her calculate ownership and running costs, and point them to sources of information on cars, prices, and insurance. For young drivers, especially young males, insuring a car can be more expensive than buying one. Discounts for driver's education graduates and good grades can help reduce rates. For cars with a value of less than around $3,000, experts often recommend forgoing comprehensive and collision coverage, saying it's cheaper in the long run to repair or replace such a car in the event of a loss than it is to pay the premiums for such coverage.

If you're paying for the car, let kids know your priorities and your budget. Make it clear that you reserve the right to veto a purchase that you think is unsafe or unwise. Then, make it a learning experience: Turn them loose on the information sources and let them come to you with a suggestion. A motivated customer just might turn up some attractive options, even if they're head-over-heels in love.

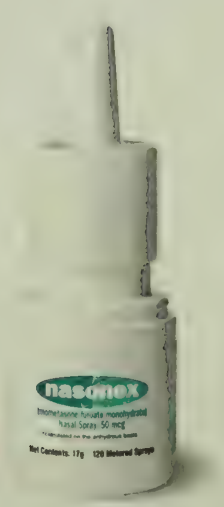
THE COOL FACTOR

If your 16-year-old has his heart set on an MG with a chassis so rusty it looks like Swiss cheese or a long-abused Trans Am that can still burn rubber for blocks, you might have to consider the coolness factor. Here are a couple of suggestions that won't keep you up pacing the floor at night with worry:

- For under $5,000, try an 8-year-old Mazda Miata. They're fun, reliable, and zippy without being dangerously overpowered.
- For under $2,500, consider a 12-year-old Toyota Celica Supra. It even looks fast standing still, and the comfort of its bucket seats is the stuff of industry legend. Supra's 6-cylinder engines give spirited performance, but are not so powerful that your offspring will need a NASCAR license to drive.

You can check out prices, financing, insurance, and car reviews at these Web sites:
www.cars.com
www.edmunds.com
www.autobytel.com

Aaah-chooo!



Aaah-~~chooo~~!

Once-a-day NASONEX® provides relief from the itchy, runny nose and sneezing due to nasal allergies. (Ahhhhhh.) Maximum benefit is usually achieved within 1 to 2 weeks. And, it's the only prescription nasal allergy spray with moisturizing glycerin. Ask your doctor about NASONEX®.

Side effects were generally mild and included headache, viral infection, sore throat, nosebleeds, and coughing. Take NASONEX® regularly as recommended by your doctor. Please see additional important information on adjacent page or call 1-800-727-0464. Available by prescription only.

nasonex®
(mometasone furoate monohydrate)
Nasal Spray, 50 mcg

Fewer sneezes. Fewer worries.

Schering®
Copyright © 2002,
Schering Corporation,
Kenilworth, NJ 07033
All rights reserved

www.nasonex.com

NX1152 11/01

NASONEX®
(mometasone furoate monohydrate)
Nasal Spray, 50 mcg*
FOR INTRANASAL USE ONLY

*calculated on the anhydrous basis

BRIEF SUMMARY (For full Prescribing Information, see package insert.)
INDICATIONS AND USAGE NASONEX Nasal Spray, 50 mcg is indicated for the treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis, in adults and pediatric patients 3 years of age and older. NASONEX Nasal Spray, 50 mcg is indicated for the prophylaxis of the nasal symptoms of seasonal allergic rhinitis in adult and adolescent patients 12 years and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 3 years of age have not been established.
CONTRAINDICATIONS Hypersensitivity to any of the ingredients of this preparation contraindicates its use.
WARNINGS The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms.

If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.
PRECAUTIONS General: Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted, if needed.

Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract, or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex.

Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extreme rare instances of wheezing have been reported.

Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks duration and one uncontrolled study of 12 months duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts.

When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (once daily) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage by using it more than once a day in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully.

Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum.

Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In a 2-year carcinogenicity study of Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase of tumors at inhalation doses up to 67 mcg/kg (approximately 3 and 2 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis). In a 19-month carcinogenicity study of Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 4 and 3 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis).

At cytotoxic doses, mometasone furoate produced an increase in chromosome aberrations *in vitro* in Chinese hamster ovary-cell cultures in the nonactivation phase, but not in the presence of rat liver S9 fraction. Mometasone furoate was not mutagenic in the mouse-lymphoma assay and the *Salmonella/E. coli*/mammalian microsome mutation assay, a Chinese hamster lung cell (CHL) chromosomal-aberrations assay, an *in vivo* mouse bone-marrow erythrocyte-micronucleus assay, a rat bone-marrow clastogenicity assay, and the mouse male germ-cell clastogenicity assay. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes.

In reproductive studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). However, mometasone furoate caused prolonged gestation, prolonged and difficult labor, reduced offspring survival, and reduced maternal body weight gain at a dose of 15 mcg/kg.

Pregnancy: *Teratogenic Effects: Pregnancy Category C:* Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 mcg/kg and above (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Offspring survival was reduced in the 180-mcg/kg group (approximately 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). No such effects were observed at 20 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rabbits, mometasone furoate caused flexed front paws at a topical dermal dose of 150 mcg/kg (approximately 14 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a topical dermal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1200 mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), microphthalmia, umbilical hernias, and delayed ossification were observed in rat pups.

In these developmental studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and/or delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg).

In an oral developmental study in rabbits, at 700 mcg/kg, (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), increased incidences of resorptions and malformations, including cleft palate and/or head malformations (hydrocephaly or domed head) were observed. Pregnancy failure was observed in most rabbits at 2800 mcg/kg (approximately 270 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored.

Nursing Mothers: It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX Nasal Spray, 50 mcg is administered to nursing women.

Pediatric Use: Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receiving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective noncorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose.

Seven hundred and twenty (720) patients 3 to 11 years of age were tr... with mometasone furoate nasal spray, 50 mcg (100 mcg total daily do... controlled clinical trials. Safety and effectiveness in children less than 3 ... of age have not been established.

A clinical study has been conducted for one year in pediatric patients ... 3 to 9 years) to assess the effect of NASONEX Nasal Spray, 50 mcg (100 ... total daily dose) on growth velocity. No statistically significant effect on g... velocity was observed for NASONEX Nasal Spray, 50 mcg compar... placebo. No evidence of clinically relevant HPA axis suppression was obs... following a 30-minute Cosyntropin infusion.

The potential of NASONEX Nasal Spray, 50 mcg to cause growth sup... sion in susceptible patients or when given at higher doses cannot be rule...

Geriatric Use: A total of 203 patients above 64 years of age (age range ... 85 years) have been treated with NASONEX Nasal Spray, 50 mcg for ... 3 months. The adverse reactions reported in this population were sim... type and incidence to those reported by younger patients.

ADVERSE REACTIONS In controlled US and International clinical stud... total of 3210 adult and adolescent patients ages 12 years and older rec... treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 to 800 mc... The majority of patients (n = 2103) were treated with 200 mcg/day. I... trolled US and International studies, a total of 990 pediatric patients (age... 11 years) received treatment with NASONEX Nasal Spray, 50 mcg, at do... 25 to 200 mcg/day. The majority of pediatric patients (720) were treate... 100 mcg/day. A total of 513 adult, adolescent, and pediatric patients have... treated for 1 year or longer. The overall incidence of adverse events for pa... treated with NASONEX Nasal Spray, 50 mcg was comparable to pa... treated with the vehicle placebo. Also, adverse events did not differ signifi... based on age, sex, or race. Three percent or less of patients in clinical tria... continued treatment because of adverse events; this rate was similar t... vehicle and active comparators.

All adverse events (regardless of relationship to treatment) reported ... or more of adult and adolescent patients ages 12 years and older who re... NASONEX Nasal Spray, 50 mcg, 200 mcg/day and by pediatric patients a... to 11 years who received NASONEX Nasal Spray, 50 mcg, 100 mcg/day i... ical trials vs placebo and that were more common with NASONEX Nasal ... 50 mcg than placebo, are displayed in the table below.

ADVERSE EVENTS FROM CONTROLLED CLINICAL TRIALS IN SEASONAL ALLERGIC AND PERENNIAL ALLERGIC RHINITIS (PERCENT OF PATIENTS REPORTING)

	Adult and Adolescent Patients 12 years and older		Pediatric Patie... Ages 3 to 11 ye...	
	NASONEX 200 mcg (N = 2103)	VEHICLE PLACEBO (N = 1671)	NASONEX 100 mcg (N = 374)	VEH... PLAC... (N = ...
Headache	26	22	17	1...
Viral Infection	14	11	8	...
Pharyngitis	12	10	10	1...
Epistaxis/Blood-Tinged Mucus	11	6	8	...
Coughing	7	6	13	1...
Upper Respiratory Tract Infection	6	2	5	...
Dysmenorrhea	5	3	1	...
Musculoskeletal Pain	5	3	1	...
Sinusitis	5	3	4	...
Vomiting	1	1	5	...

Other adverse events which occurred in less than 5% but greater t... equal to 2% of mometasone furoate adult and adolescent patients... 12 years and older) treated with 200-mcg doses (regardless of relation... treatment), and more frequently than in the placebo group included: arth... asthma, bronchitis, chest pain, conjunctivitis, diarrhea, dyspepsia, earac... like symptoms, myalgia, nausea, and rhinitis.

Other adverse events which occurred in less than 5% but greater t... equal to 2% of mometasone furoate pediatric patients ages 3 to 11 ... treated with 100-mcg doses vs placebo (regardless of relationship to ... ment) and more frequently than in the placebo group included: diarrhea... irritation, otitis media, and wheezing.

Rare cases of nasal ulcers and nasal and oral candidiasis were also re... in patients treated with NASONEX Nasal Spray, 50 mcg, primarily in p... treated for longer than 4 weeks.

In postmarketing surveillance of this product, cases of nasal burning a... tation, anaphylaxis and angioedema, and rare cases of nasal septal perf... have been reported.

OVERDOSAGE There are no data available on the effects of acute or c... overdosage with NASONEX Nasal Spray, 50 mcg. Because of low sy... bioavailability, and an absence of acute drug-related systemic findings ... cal studies, overdose is unlikely to require any therapy other than obser... Intranasal administration of 1600 mcg (8 times the recommended d... NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy human ... teers, was well tolerated with no increased incidence of adverse events. ... intranasal doses up to 4000 mcg have been studied in human volunteers ... no adverse effects reported. Single oral doses up to 8000 mcg have bee... ed in human volunteers with no adverse effects reported. Chronic overd... with any corticosteroid may result in signs or symptoms of hypercor... (see **PRECAUTIONS**). Acute overdosage with this dosage form is u... since one bottle of NASONEX Nasal Spray, 50 mcg contains approx... 8500 mcg of mometasone furoate.

Schering Corporation
Kenilworth, NJ 07033 USA

Copyright © 1997, 1998, 1999, Schering Corporation
All rights reserved

Re...
2010988...

Even
the
lid
is
good
for
you.



Save Lids to Save Lives™

For every pink lid you mail back by December 31, 2002, Yoplait will make a 10-cent donation to the Susan G. Komen Breast Cancer Foundation, up to $750,000. Combined with Yoplait's guaranteed donation of $750,000, we can raise $1.5 million. Yoplait and you – partners in the fight against breast cancer. This September and October, look for Yoplait pink lids at a store near you. www.YoplaitUSA.com.

© 2002 General Mills, Inc.

Maximizing Media Walls

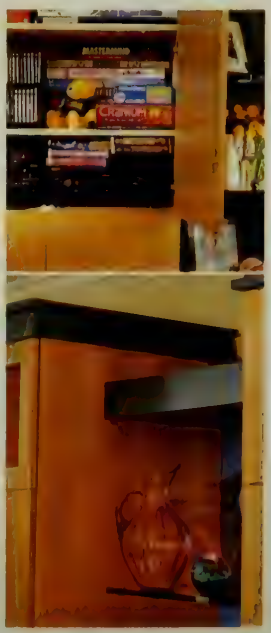
Building a successful media wall is a lot like assembling a three-dimensional puzzle. Here's how to fit all the pieces together at your house.

From a simple stereo system to a pass-the-popcorn home theater, a well-planned media wall starts not with the equipment but with your family—the viewers and listeners. To get the most out of the center of entertainment in your home, consider these guidelines.

Screen size. Though it may be tempting to squeeze in the biggest television screen available, when it comes to video sizzle, bigger isn't always better. The distance from seating to the screen matters most. Professional installers recommend a seating distance that's 2 to 2½ times the width of the screen. This means that if a screen measures 27 inches wide, seating should be 54 to 68 inches away. To comfortably view a 120-inch-wide screen requires a room large enough to locate the seats at least 20 feet away.

Acoustics. Hard surfaces bounce sound in harsh ways. Conversely, a room that's too "soft" makes the sound dead and dull. Strive to maintain a balance between hard and soft finishes and fabrics, with a little more weight on the soft side. Also, according to audio/video experts, a movie soundtrack sounds richer and more realistic in a rectangular room than a square space.

continued on page 127



Designed for a family with four active children, this media wall (*above*) houses equipment in four columns, with shelving between for family photos. The wider center cabinets hold audio components and the children's games (*upper left*), plus the television. The thinner columns on the sides conceal pullout storage for more accessories. Speakers top off all four of the columns, which stop just shor of the ceiling. Downlights illuminat objects on glass shelves (*lower left*) between the columns



GMC Envoy

GM and Upromise shift your child's college savings into

OVERDRIVE

IEVROLET PONTIAC BUICK GM CADILLAC GMC OLDSMOBILE

gm.com

Saving for a college education starts when you join Upromise. Buy or lease an eligible new GM vehicle and GM will contribute $150 to your Upromise college savings account. And, as a Upromise member, you can get money back for college from hundreds of other participating companies. Join for free today at ***upromise.com/gm1*** *or call* ***1-800-UPROMISE*** *and open the door to a child's education tomorrow.*



ise Saving for College. It's Elementary.

BORDERS McDonald's EXXON GLAD STAPLES Mobil Waldenbooks

ave a valid e-mail address in order to join. Terms and conditions apply for each company's contributions. Visit upromise.com for details.

Introducing a tiny credit card in a protective case.

Neat trick, huh?



Introducing **Discover 2GO.**℠ Flip it out of its protective case to use it. Comes with a money clip, a k chain and the same account number as your regular Discover® Card. And every time you use it, you get Cashback Bonus® award. Along with a lot of envious stares and questions. **Discover 2GO.**℠ To get yo Card please call 1-800-DISCOVER or visit Discovercard.com

It pays to DISCOVER®

Up to 1% based on annual level & type of purchases for Discover Platinum, Classic & Private Issue Cardmembers who participate in the Cashback Bonus program, redeemable in $20 increments. Restrictions apply, see terms for details. © 2002 Discover Bank Member FDIC www.discovercard.com

Media Walls

continued from page 124

Lighting. With video-friendly lighting, less is usually more. A dim environment makes the screen all that much brighter, and minimizes distractions. You can accomplish this setting by using dimmers. Better yet, add remote-control modules that let you adjust lighting from your seat. And plan window treatments that minimize glare. Sunlight, or even moonlight, can bleach out even the highest definition picture. Here again, remote-controlled blinds or draperies can set the stage at showtime.

Speakers. You'll need at least five speakers to create full surround-sound audio. Together, the speakers provide a sense of movement and sound localization that links what you're hearing with what you're seeing. Locate one speaker on each side of the TV screen, two behind the seating, and one on top of the TV. The two stationed at the sides of the screen should sit about level with your ears (when you're seated) and about 3 feet from the side walls. Place the center speaker, which carries the movie's dialogue, in the center between the front speakers.

Finally, mount the two rear speakers on the wall behind the seating, 6 to 8 feet above the floor. Action-movie buffs will also want a subwoofer, which can be placed almost anywhere. This component amplifies the bass of a movie soundtrack so big booms seem all the more dramatic.



Media cabinet basics. Whether you're buying cabinets, having them built, or building them yourself, here are tips on making your media components feel at home.

- Plan on the TV being at a height that allows for a line of sight just below the center of the screen.
- Include sturdy shelves that adjust so you can upgrade equipment later.
- Leave space at the rear of your cabinets for wiring and ventilation.
- Provide lots of tailored storage for an expanding collection of CDs, DVDs, and videotapes. ⌂

Buying information, page 259



If you prefer a media wall that doesn't take over the room, consider hiding it behind doors when the gear isn't in use. That's what the owners of the stair-stepped center (*right* and *above*) did. A grid pattern of doors conceals a large-screen TV, audio/video components, and storage for system software. The tiered media center also displays pottery the owners gathered during their travels.

Genuine 24% Lead Crystal

Angel of Glory

Hand-crafted and hand-painted with gold accents



Shown slightly smaller than approximate size of 7¼ in. high x 5¼ in. wide



Dramatically beautiful from any angle

Welcome a glorious messenger of peace

Arrayed in a softly flowing gown and a mantle of golden stars, she wears a triumphant leafy crown. With a serene countenance, she watches over our glorious flag, attended by a pair of white doves, symbols of peace. Her radiant wings are splendidly powerful yet delicately formed, magically reflecting light through their intricate feathered patterns. This miracle of beauty and inspiration is "Angel of Glory"—a stunning limited-edition sculptural angel with genuine lead crystal wings and base graced with the heartfelt words "God Bless America." She is hand-crafted, meticulously hand-painted and decorated with 22-karat-gold accents. "Angel of Glory" comes with a 365-day money-back guarantee and is issued in a hand-numbered, strictly limited edition. Strong demand is expected, so act now to acquire this inspiring edition at the $39.95 issue price. Send no money; just return the coupon.

THE BRADFORD EXCHAN
9345 Milwaukee Avenue Niles, IL 6071
THE Heart OF COLLECTING

YES. Please enter my order for "Angel o
I understand I need SEND NO MONEY NOW I will be bille
when my collectible is shipped
Limit one edition per order Please Respond P

Mr. Mrs. Ms. _____
Name (Please Print Clearly)
Address _____
City _____
State _____ Zip
Signature _____
17751-

*Plus a total of $5.99 postage and handling. Illinois residents add tax. Pending credit approval. Limited edition presentation restricte casting days. Prices higher in Canada. Allow 4-6 weeks for delive

collectiblestoday.com
Home of The Bradford Exchange and All Things Collectible

©2002 BGE 17751-BD

Forever In Our Hearts



Shown smaller than actual size of 6¼ x 8½ inches

"In Their Glory"

tless lights illuminate New York's storied ne, reflecting the bright memories of a d city. In the midst of a fireworks display rating the blessings of freedom, the World Center rises as a landmark of great- —a symbol of our proud nation, one that orever stand tall in our hearts and minds. rafted on a fine-porcelain collector's plate ed in genuine platinum, "In Their Glory" s with a 365-day money-back guarantee issued in a hand-numbered, limited edition. his powerful retrospective portrait s the resilience and pride of a city and a n. Please act now to acquire it at the 5 issue price. You need send no money ust complete and mail the coupon today.

collectiblestoday.com
Home of The Bradford Exchange and All Things Collectible

Benefitting the Uniformed Firefighters Association Widows' and Children's Fund

A portion of the proceeds generated from the sale of each plate in the limited edition of "In Their Glory" will benefit the Uniformed Firefighters Association Widows' and Children's Fund.

©2002 BGE 07801-BD

THE BRADFORD EXCHANGE
9345 Milwaukee Avenue Niles, IL 60714-1393
THE Heart OF COLLECTING

YES. Please enter my order for "In Their Glory." I understand I need SEND NO MONEY NOW. I will be billed $29.95* when my collectible is shipped.
Limit: one per order. Please Respond Promptly

Mr. Mrs. Ms. _____
Name (Please Print Clearly)
Address _____
City _____
State _____ Zip _____
Signature _____
07801-E81291

*Plus a total of $4.99 postage and handling. Illinois residents add state sales tax. Pending credit approval. Limited-edition presentation restricted to 95 firing days. Stand not included. Prices higher in Canada. Allow 4-6 weeks for delivery.

by Craig Summers Black

Linda Cochran (*below*) is renowned for weaving forthright combos that often affect a tropical look. The large chartreuse leaves of *Catalpa bignonioides* Aureum hold the spotlight between silver-blue melianthus foliage and Wyoming canna (*left*).

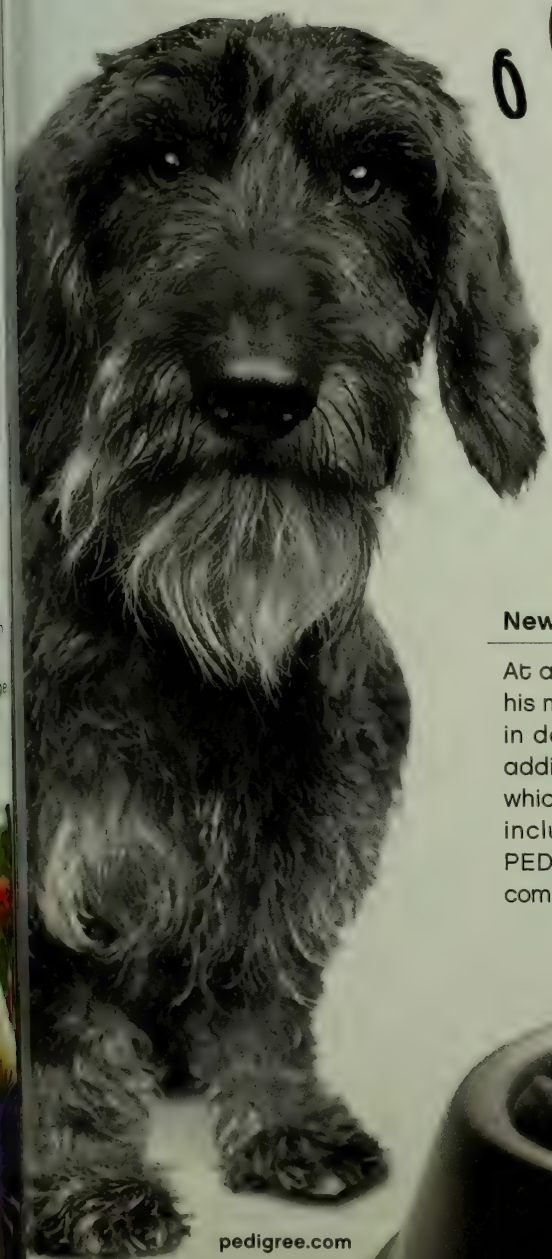
Mix and Match

Linda Cochran's mastery of plant combinations can be distilled down to two landscaping dictums: Focus on foliage, and don't get fussy. "I want the garden to look almost like a painting," she says. "I like to see vistas. You have to be able to distinguish things at a distance. So little combinations that you have to peer down at—to see the color in the middle of the flower matching this little color over here—don't do it for me." Use big plants, she says, big leaves, big masses. Be bold.

continued on page 132



'ou know when your
neal is missing something.
;o does your old friend.





What's missing?
New PEDIGREE LITTLE CHAMPIONS® Healthy Maturity.

At a time when your senior dog may be less excited about his meals, our FLAVOR-LOCK™ pouch is the answer. It seals in delicious ingredients like chicken, lamb and gravy. So adding it to his dry food will have him cleaning the bowl, which ensures that he'll get a nutritionally complete meal, including essential nutrients for healthy joints. Try PEDIGREE LITTLE CHAMPIONS® Healthy Maturity. 100% complete on its own or mixed with dry. It's what's been missing.

The home-cooked taste dogs love.™



pedigree.com

©2002 Kal Kan Foods, Inc. PEDIGREE LITTLE CHAMPIONS is a registered trademark.

Mix and Match

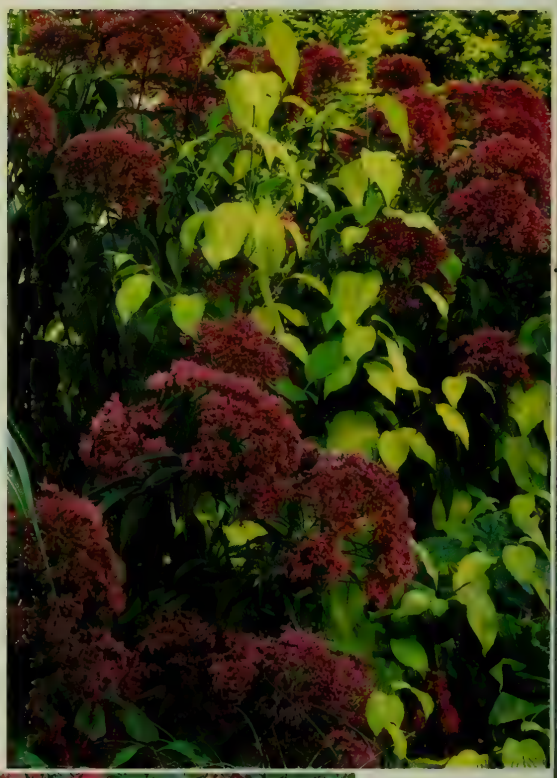
continued from page 130

When looking at a garden, you should be able to see each plant distinctly, especially the character of their foliage, Linda says. "Lots of people do more intermingled plantings, in the cottagey way, but that's not for me. I like to see the structure of the plant," she says. "I take one plant that has a really good, striking form and then design around it, such as my banana tree. I try to make everything I add make the banana look good."

Linda is a retired lawyer, and brings that courtroom intensity to gardening full-time these days. Her exuberant garden, which she calls Froggy Bottom, is on Bainbridge Island off the coast of Seattle. But savvy gardeners throughout the Pacific Northwest—and beyond—have heard of Linda's manipulated tropical setting and her bold break with the traditional suburban landscape of rows of this and drifts of that.

"The main feature I work with, in terms of contrast and texture, is foliage," she says. "I want the foliage of each plant to be differentiated from the plants next to it."

continued on page 134





The frothy pink heads and dark leaves of Gateway eupatorium (*above*) are balanced by a bright yellow dogwood bush, *Cornus stolonifera* Sunshine. "I use a lot of gold foliage, and I like to repeat colors throughout the garden," Linda says.

Big, fat canna leaves stand behind bougainvillea up front (*left*). "My goal here was to be very tropical and flamboyant. I like bright, hot colors—not pastels. Jewel tones."

Perfect for race cars, downhill skiers and kids learning to fly.





KODAK MAX Versatility Plus film gives you clear, sharp pictures in all conditions, even fast action. So even if his childhood flies by, at least it won't all be a blur.

MAX Versatility Plus

Share Moments. Share Life.™

© 2002 Pepperidge Farm, Inc.



To all the other
butter cookies out there:

Checkmate.



Pepperidge Farm

Never Have An Ordinary Day.®

Mix and Match

continued from page 132

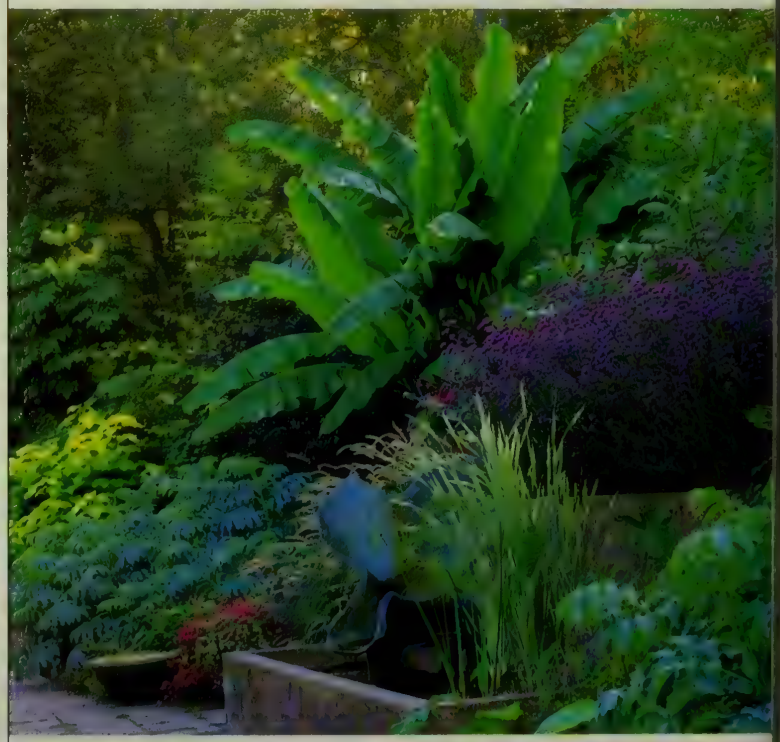


The signature plant in Linda's garden is the golden catalpa tree, *Catalpa bignonioides* Aurea, whose nearly tropical nature seems to warm up Puget Sound by at least 20 degrees. The tree's bright, shapely leaves are so striking that over the years Linda has toned down its setting, calming the combos and editing out plant partners to let the catalpa and its attendant overlarge leaves play to their best advantage.

"When I first started, I had a lot of variegated plants surrounding it. But after time I thought it would look better if I could just make the catalpa shine against the blue wall, so I simplified it to make everything else green," she says. "When I look at photographs from the early days of my garden, I can see that I've simplified my original plantings considerably."

Linda cuts the catalpa back hard every year "to keep it from getting enormous," but also to promote new growth, which is its most radiant.

continued on page 136



(*Top*) "The spiky *Persicaria amplexicaulis* Inverleith contributes bright green foliage with a highly textured leaf. This rests on the shockingly bright carex Bowles' Golden, which also helps by sandwiching the somber reds." (*Above*) "I wanted this area to look very tropical, and it does now that the banana is big. The leaf texture differences are still most important here, starting with the banana, but color is also important, as seen in the golden catalpa."


If you're going to have a cookie,
have a cookie.
PEPPERIDGE FARM
Never Have An Ordinary Day.™
CHOCOLATE
CHUNK

Mix and Match

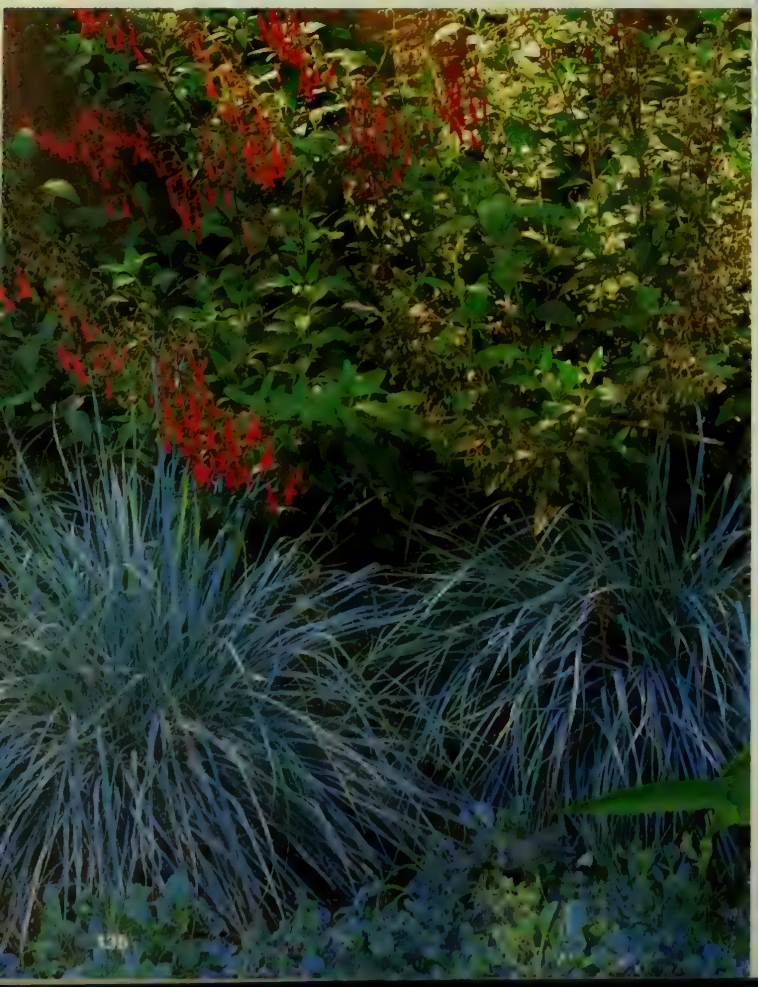
continued from page 134

Despite Linda's focus on showcasing each plant and its singular characteristics, she has come to realize that a garden composition can be too busy. You don't want plants fighting each other. So sometimes you have to play referee.

"For instance, across the patio I now have a long bed of verbena Homestead Purple that was originally planted out with many different things. Gradually over a period of about three years, that bed became just one plant, as it is now, a giant mass of purple," she says. "I've found over time that I have more and more repetition in the garden. Repetition makes the garden seem more like one place, instead of a whole bunch of disconnected, different spots."

Change is inevitable in the garden, and even as Linda's landscape earns more and more recognition for its flamboyant nature, it seems as if its look will be subtly shifting. "I feel that I've got the jungle look down and learned how to grow and use those plants. I'm now trying to get more winter interest," she says. To that end she plans to introduce mass plantings of woodland flowers—*thousands* of them. "My goal is to have my garden look good the whole year," she says. "And to have it look exotic."





Dealing with dry shade (*above*) is a toughie. "Rhododendrons are good in a situation like this, and *bureavii* is one of the best. The other plant, *Hakonechloa macra* Aureola, is just great in such situations too."

Elymus, mertensia, and phygelius display shades of blue (*left*). "The idea of this combination is to present the same hue, but vary the foliage."

Discover new plants for your garden at www.bhg.com/plantfinder



When you've had it up to here with Acid Reflux Disease

u want healing that lasts. 'ou want knowledge that helps.

t just the burps—or the burn—that bother you. It's the risk of serious problems down the road.

ake no mistake—frequent and persistent heartburn two or more a week, despite treatment and diet changes, could be eflux disease.

id can help. With medication—and information.

Prevacid works three ways:

- beats the burn for up to 24 hours.
- helps heal the damage caused by acid reflux disease. Jp to 95% of patients with erosive esophagitis taking revacid had healed by their 8th week of treatment.)
- est of all, staying on Prevacid can stop the damage om coming back.

ual results may vary.

our doctor can tell if Prevacid is right for you. But our free tion kit is yours for the asking—it's all about *Managing Acid Reflux e and Its Long-Term Risks.* Just call 1-800-564-3673 toll-free.

ption Prevacid has a low occurrence of side effects, such as a, abdominal pain, and nausea. Symptom relief does not rule out stomach conditions. To learn more, talk to your doctor and see ortant information on the next page.



Call 1-800-564-3673

or go to www.prevacid.com for your free kit

- Your handbook on *Managing Acid Reflux Disease and Its Long-Term Risks.*
- Your own Risk Alert Profiler.
- Your guide to getting the most out of your next doctor visit.
- 7-day free trial certificate to use if your doctor prescribes Prevacid.

PREVACID® LANSOPRAZOLE 15 mg and 30 mg

Pharmaceuticals, Inc. 2002-030-03152 04/02

Brief Summary of Prescribing Information
(Nos. 1541, 3046, 7309, 7311)
03-5133-R17-Brf.-Rev. September, 2001

PREVACID®
(lansoprazole)
Delayed-Release Capsules

PREVACID®
(lansoprazole)
For Delayed-Release Oral Suspension

Rx only

PREVACID Delayed-Release Capsules and PREVACID for Delayed-Release Oral Suspension are indicated for

1 Short-Term Treatment of Active Duodenal Ulcer
2 *H pylori* Eradication to Reduce the Risk of Duodenal Ulcer Recurrence
– Triple Therapy PREVACID/amoxicillin/clarithromycin
– Dual Therapy PREVACID/amoxicillin
3 Maintenance of Healed Duodenal Ulcers
4 Short-Term Treatment of Active Benign Gastric Ulcer
5 Healing of NSAID-Associated Gastric Ulcer
6 Risk Reduction of NSAID-Associated Gastric Ulcer
7 Gastroesophageal Reflux Disease (GERD)
– Short-Term Treatment of Symptomatic GERD
– Short-Term Treatment of Erosive Esophagitis
8 Maintenance of Healing of Erosive Esophagitis
9 Pathological Hypersecretory Conditions Including Zollinger-Ellison Syndrome

CONTRAINDICATIONS

PREVACID Delayed-Release Capsules and PREVACID for Delayed-Release Oral Suspension are contraindicated in patients with known hypersensitivity to any component of the formulations

Amoxicillin is contraindicated in patients with a known hypersensitivity to any penicillin (Please refer to full prescribing information for amoxicillin before prescribing)

Clarithromycin is contraindicated in patients with a known hypersensitivity to any macrolide antibiotic and in patients receiving terfenadine therapy who have preexisting cardiac abnormalities or electrolyte disturbances (Please refer to full prescribing information for clarithromycin before prescribing)

WARNINGS

CLARITHROMYCIN SHOULD NOT BE USED IN PREGNANT WOMEN EXCEPT IN CLINICAL CIRCUMSTANCES WHERE NO ALTERNATIVE THERAPY IS APPROPRIATE IF PREGNANCY OCCURS WHILE TAKING CLARITHROMYCIN, THE PATIENT SHOULD BE APPRISED OF THE POTENTIAL HAZARD TO THE FETUS (SEE **WARNINGS** IN PRESCRIBING INFORMATION FOR CLARITHROMYCIN)

Pseudomembranous colitis has been reported with nearly all antibacterial agents, including clarithromycin and amoxicillin, and may range in severity from mild to life threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis"

After the diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis

Serious and occasionally fatal hypersensitivity (anaphylactic) reactions have been reported in patients on penicillin therapy These reactions are more apt to occur in individuals with a history of penicillin hypersensitivity and/or a history of sensitivity to multiple allergens

There have been well-documented reports of individuals with a history of penicillin hypersensitivity reactions who have experienced severe hypersensitivity reactions when treated with a cephalosporin Before initiating therapy with any penicillin, careful inquiry should be made concerning previous hypersensitivity reactions to penicillins, cephalosporins, and other allergens If an allergic reaction occurs, amoxicillin should be discontinued and the appropriate therapy instituted

SERIOUS ANAPHYLACTIC REACTIONS REQUIRE IMMEDIATE EMERGENCY TREATMENT WITH EPINEPHRINE OXYGEN, INTRAVENOUS STEROIDS, AND AIRWAY MANAGEMENT, INCLUDING INTUBATION, SHOULD ALSO BE ADMINISTERED AS INDICATED

PRECAUTIONS

General

Symptomatic response to therapy with lansoprazole does not preclude the presence of gastric malignancy

Information for Patients

PREVACID Delayed-Release Capsules and PREVACID for Delayed-Release Oral Suspension should be taken before eating

Alternative Administration Options

PREVACID Delayed-Release Capsules

For patients who have difficulty swallowing capsules PREVACID Delayed-Release Capsules can be opened and the intact granules contained within can be sprinkled on one tablespoon of either applesauce ENSURE® pudding cottage cheese, yogurt or strained pears and swallowed immediately The granules should not be chewed or crushed Alternatively PREVACID Delayed-Release Capsules may be emptied into a small volume of either orange juice or tomato juice (60 mL – approximately 2 ounces) mixed briefly and swallowed immediately To insure complete delivery of the dose, the glass should be rinsed with two or more volumes of juice and the contents swallowed immediately The granules have also been shown *in vitro* to remain intact when exposed to apple cranberry grape, orange pineapple prune tomato and V-8® vegetable juice and stored for up to 30 minutes

PREVACID for Delayed-Release Oral Suspension

In addition, for patients who have difficulty swallowing capsules PREVACID for Delayed-Release Oral Suspension is available in strengths of 15 mg and 30 mg Directions for use Empty packet contents into a container containing 2 tablespoons of **WATER** DO NOT USE OTHER LIQUIDS OR FOODS Stir well, and drink immediately DO NOT CRUSH OR CHEW THE GRANULES If any material remains after drinking, add more water stir and drink immediately

Drug Interactions

Lansoprazole is metabolized through the cytochrome P_{450} system specifically through the CYP3A and CYP2C19 isozymes. Studies have shown that lansoprazole does not have clinically significant interactions with other drugs metabolized by the cytochrome P_{450} system such as warfarin, antipyrine indomethacin ibuprofen, phenytoin propranolol prednisone diazepam clarithromycin, or terfenadine in healthy subjects. These compounds are metabolized through various cytochrome P_{450} isozymes including CYP1A2 CYP2C9 CYP2C19 CYP2D6 and CYP3A When lansoprazole was administered concomitantly with theophylline (CYP1A2 CYP3A) a minor increase (10%) in the clearance of theophylline was seen Because of the small magnitude and the direction of the effect on theophylline clearance this interaction is unlikely to be of clinical concern Nonetheless individual patients may require additional titration of their theophylline dosage when lansoprazole is started or stopped to ensure clinically effective blood levels

Lansoprazole has also been shown to have no clinically significant interaction with amoxicillin

In a single dose crossover study examining lansoprazole 30 mg and omeprazole 20 mg each administered alone and concomitantly with sucralfate 1 gram absorption of the proton pump inhibitors was delayed and their bioavailability was reduced by 17% and 16% respectively when administered concomitantly with sucralfate Therefore proton pump inhibitors should be taken at least 30 minutes prior to sucralfate In clinical trials, antacids were administered concomitantly with PREVACID Delayed Release Capsules this did not interfere with its effect

Lansoprazole causes a profound and long-lasting inhibition of gastric acid secretion Therefore it is theoretically possible that lansoprazole may interfere with the absorption of drugs where gastric pH is an important determinant of bioavailability (e g ketoconazole ampicillin esters, iron salts, digoxin)

Carcinogenesis, Mutagenesis, Impairment of Fertility

In two 24-month carcinogenicity studies Sprague-Dawley rats were treated orally with doses of 5 to 150 mg/kg/day about 1 to 40 times the exposure on a body surface (mg/m²) basis of a 50-kg person of average height (1 46 m² body surface area) given the recommended human dose of 30 mg/day (22 2 mg/m²) Lansoprazole produced dose-related gastric enterochromaffin-like (ECL) cell hyperplasia and ECL cell carcinoids in both male and female rats It also increased the incidence of intestinal metaplasia of the gastric epithelium in both sexes In male rats lansoprazole produced a dose-related increase of testicular interstitial cell adenomas The incidence of these adenomas in rats receiving doses of 15 to 150 mg/kg/day (4 to 40 times the recommended human dose based on body surface area) exceeded the low background incidence (range = 1 4 to 10%) for this strain of rat Testicular interstitial cell adenoma also occurred in 1 of 30 rats treated with 50 mg/kg/day (13 times the recommended human dose based on body surface area) in a 1-year toxicity study.

In a 24-month carcinogenicity study CD-1 mice were treated orally with doses of 15 to 600 mg/kg/day 2 to 80 times the recommended human dose based on body surface area Lansoprazole produced a dose-related increased incidence of gastric ECL cell hyperplasia It also produced an increased incidence of liver tumors (hepatocellular adenoma plus carcinoma) The tumor incidences in male mice treated with 300 and 600 mg/kg/day (40 to 80 times the recommended human dose based on body surface area) and female mice treated with 150 to 600 mg/kg/day (20 to 80 times the recommended human dose based on body surface area) exceeded the ranges of background incidences in historical controls for this strain of mice. Lansoprazole treatment produced adenoma of rete testis in male mice receiving 75 to 600 mg/kg/day (10 to 80 times the recommended human dose based on body surface area)

Lansoprazole was not genotoxic in the Ames test the *ex vivo* rat hepatocyte unscheduled DNA synthesis (UDS) test, the *in vivo* mouse micronucleus test or the rat bone marrow cell chromosomal aberration test. It was positive in *in vitro* human lymphocyte chromosomal aberration assays.

Lansoprazole at oral doses up to 150 mg/kg/day (40 times the recommended human dose based on body surface area) was found to have no effect on fertility and reproductive performance of male and female rats

Pregnancy: Teratogenic Effects.

Pregnancy Category B

Lansoprazole

Teratology studies have been performed in pregnant rats at oral doses up to 150 mg/kg/day (40 times the recommended human dose based on body surface area) and pregnant rabbits at oral doses up to 30 mg/kg/day (16 times the recommended human dose based on body surface area) and have revealed no evidence of impaired fertility or harm to the fetus due to lansoprazole

There are however no adequate or well-controlled studies in pregnant women Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed

Pregnancy Category C

Clarithromycin

See **WARNINGS** (above) and full prescribing information for clarithromycin before using in pregnant women

Nursing Mothers

Lansoprazole or its metabolites are excreted in the milk of rats It is not known whether lansoprazole is excreted in human milk Because many drugs are excreted in human milk because of the potential for serious adverse reactions in nursing infants from lansoprazole, and because of the potential for tumorigenicity shown for lansoprazole in rat carcinogenicity studies a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother

Pediatric Use

Safety and effectiveness in pediatric patients have not been established

Use in Women

Over 4,000 women were treated with lansoprazole Ulcer healing rates in females were similar to those in males The incidence rates of adverse events were also similar to those seen in males

Use in Geriatric Patients

Ulcer healing rates in elderly patients are similar to those in a younger age group The incidence rates of adverse events and laboratory test abnormalities are also similar to those seen in younger patients For elderly patients dosage and administration of lansoprazole need not be altered for a particular indication

ADVERSE REACTIONS

Clinical

Worldwide over 10,000 patients have been treated with lansoprazole in Phase 2-3 clinical trials involving various dosages and durations of treatment The adverse reaction profiles for PREVACID Delayed-Release Capsules and PREVACID for Delayed-Release Oral Suspension are similar In general lansoprazole treatment has been well-tolerated in both short-term and long-term trials

The following adverse events were reported by the treating physician to have a possible or probable relationship to drug in 1% or more of PREVACID-treated patients and occurred at a greater rate in PREVACID-treated patients than placebo-treated patients

Incidence of Possibly or Probably Treatment-Related Adverse Events in Short-Term, Placebo-Controlled Studies

Body System/Adverse Event	PREVACID (N = 2768) %	Placebo (N = 1023) %
Body as a Whole		
Abdominal Pain	2 1	1 2
Digestive System		
Constipation	1 0	0 4
Diarrhea	3 8	2 3
Nausea	1 3	1 2

Headache was also seen at greater than 1% incidence but was more common on placebo The incidence of diarrhea was similar between patients who received placebo and patients who received lansoprazole 15 mg and 30 mg but higher in the patients who received lansoprazole 60 mg (2 9%, 1 4%, 4 2% and 7 4%, respectively)

The most commonly reported possibly or probably treatment related adverse event during maintenance therapy was diarrhea

In the risk reduction study of PREVACID for NSAID-associated gastric ulcers the incidence of diarrhea for patients treated with PREVACID was 5% misoprostol 22% and placebo 3%

Additional adverse experiences occurring in <1% of patients or subjects in domestic trials are shown below Refer to **Postmarketing** for adverse reactions occurring since the drug was marketed

Body as a Whole abdomen enlarged allergic reaction asthenia back pain candidiasis carcinoma chest pain (not otherwise specified) chills edema fever flu syndrome halitosis infection (not otherwise specified) malaise neck pain neck rigidity pain pelvic pain *Cardiovascular System* angina arrhythmia bradycardia cerebrovascular accident/cerebral infarction, hypertension/ hypotension, migraine, myocardial infarction, palpitations, shock circulatory failure) syncope tachycardia vasodilation *Digestive System* – abnormal dreams anorexia bezoar cardiospasm cholelithiasis, colitis, dry mouth dyspepsia, dysphagia enteritis, eructation, esophageal stenosis esophageal ulcer esophagitis fecal discoloration flatulence gastric nodules/fundic gland polyps gastritis gastroenteritis, gastrointestinal hemorrhage gastrointestinal disorder, gastrointestinal hemorrhage, glossitis, gum hemorrhage, hepatitis increased appetite increased salivation melena mouth ulceration nausea and vomiting nausea and vomiting and diarrhea, oral moniliasis, rectal disorder rectal hemorrhage stomatitis tenesmus thirst, tongue disorder, ulcerative colitis ulcerative stomatitis. *Endocrine System* – diabetes mellitus, goiter, hypothyroidism *Hemic and Lymphatic System* – anemia, hemolysis lymphadenopathy *Metabolic and Nutritional Disorders* – gout, dehydration hyperglycemia/hypoglycemia peripheral edema weight gain/loss *Musculoskeletal System* – arthralgia, arthritis bone disorder, joint disorder leg cramps musculoskeletal pain, myasthenia, synovitis. *Nervous System* – abnormal dreams, agitation, amnesia anxiety, confusion convulsion depersonalization depression, diplopia dizziness, emotional lability, hallucinations, hemiplegia, hostility aggravated, hyperkinesia, hypertonia, hypesthesia insomnia libido decreased/ increased, nervousness neurosis, paresthesia sleep disorder somnolence thinking abnormality, tremor, vertigo *Respiratory System* – asthma, bronchitis cough increased dyspnea epistaxis hemoptysis hiccup, laryngeal neoplasm, pneumonia pleural disorder, pneumonia respiratory disorder upper respiratory inflammation/infection rhinitis, sinusitis, stridor *Skin and Appendages* – acne alopecia, contact dermatitis, dry skin fixed eruption, hair disorder maculopapular rash, nail disorder pruritus rash skin carcinoma, skin disorder, sweating, urticaria; *Special Senses* – abnormal vision, blurred vision, conjunctivitis, deafness, dry eyes ear disorder, eye pain otitis media, parosmia photophobia, retinal degeneration taste loss taste perversion tinnitus, visual field defect. *Urogenital System* – abnormal menses breast enlargement breast pain breast tenderness, dysmenorrhea, female genital moniliasis, gynecomastia, impotence kidney calculus, kidney pain, leukorrhea, menorrhagia, micturition disorder penis disorder, polyuria testis disorder urethral pain, urinary frequency, urinary incontinence, urinary urgency, urination impaired, vaginitis

Postmarketing

On-going Safety Surveillance Additional adverse experiences have been reported since lansoprazole has been marketed The majority of these cases are foreign-source and a relationship to lansoprazole has not been established Because these events are reported voluntarily from a population of unknown size, estimates of frequency cannot be made These events are listed below by COSTART body system

Body as a Whole – anaphylactoid-like reaction *Digestive System* – hepatotoxicity including; *Hemic and Lymphatic System* – agranulocytosis, aplastic anemia, hemolytic anemia, leukopenia, neutropenia, pancytopenia, thrombocytopenia and thrombotic thrombocytopenic purpura. *Special Senses* – speech disorder *Urogenital System* – urinary retention

Combination Therapy with Amoxicillin and Clarithromycin

In clinical trials using combination therapy with PREVACID plus amoxicillin and clarithromycin and PREVACID plus amoxicillin, no adverse reactions peculiar to these three combinations were observed Adverse reactions that have occurred have been limited to those that had been previously reported with PREVACID, amoxicillin, or clarithromycin

Triple Therapy: PREVACID/amoxicillin/clarithromycin

The most frequently reported adverse events for patients receiving triple therapy for 14 days were diarrhea (7%), headache (6%), and taste perversion (5%) There were no statistically significant differences in the frequency of reported adverse events between the 10- and 14-day triple therapy regimens. No treatment-emergent adverse events were observed at significantly higher rates with 10-day therapy than with any dual therapy regimen

Dual Therapy: PREVACID/amoxicillin

The most frequently reported adverse events for patients receiving PREVACID t i d plus amoxicillin t i d dual therapy were diarrhea (8%) and headache (7%). No treatment-emergent adverse events were observed at significantly higher rates with PREVACID t i d plus amoxicillin t i d dual therapy than with PREVACID

For more information on adverse reactions with amoxicillin and clarithromycin refer to their package inserts. **ADVERSE REACTIONS** section

Laboratory Values

The following changes in laboratory parameters for lansoprazole were reported as adverse events.

Abnormal liver function tests, increased SGOT (AST) increased SGPT (ALT) increased creatinine, increased alkaline phosphatase, increased globulins, decreased GGTP, increased/decreased/abnormal WBC, abnormal AG ratio, abnormal RBC, anemia, eosinophilia hyperuricemia, increased/decreased electrolytes, increased/decreased cholesterol increased glucocorticoids, increased/decreased/abnormal platelets, and increased gastrin levels Urine abnormalities such as albuminuria, glycosuria, and hematuria were also reported Additional laboratory abnormalities were reported.

In the placebo controlled studies, when SGOT (AST) and SGPT (ALT) were elevated, 0 4% (4/978) placebo patients and 0 4% (11/2677) lansoprazole patients had elevations greater than three times the upper limit of normal range at the final visit None of these lansoprazole patients reported jaundice at any time during the

In clinical trials using combination therapy with PREVACID plus amoxicillin and clarithromycin, and PREVACID plus amoxicillin no increased laboratory abnormalities peculiar to these drug combinations were observed

For more information on laboratory value changes with amoxicillin or clarithromycin refer to their package inserts. **ADVERSE REACTIONS** section

OVERDOSAGE

Oral doses up to 5000 mg/kg in rats (approximately 1300 times the recommended dose based on body surface area) and mice (about 675 7 times the recommended dose based on body surface area) did not produce deaths or any clinical signs.

Lansoprazole is not removed from the circulation by hemodialysis In one report of overdose the patient consumed 600 mg of lansoprazole with no adverse reac

Manufactured for

TAP Pharmaceuticals Inc
Lake Forest, IL 60045 U.S.A
by Takeda Chemical Industries Limited
Osaka Japan 541

ENSURE® is a registered trademark of Abbott Laboratories

V-8® is a registered trademark of the Campbell Soup Company

Ref 03 5133-R17-Rev September 2001

© 1995 2001 TAP Pharmaceutical Products Inc

For more detailed information see full prescribing information or contact TAP Services at 1 800-478-9526

MR030 0040
PRINTED

PREVACID®
LANSOPRAZOLE *15 mg and 30 mg*

f You Are a Present or Past Owner or Operator of a Commercial, Governmental or Residential Building In the United States or Canada in Which Asbestos-Containing Products Are or Were Present, You May Have a Property Damage Claim Against the Following Entities (The "Debtors") in Bankruptcy Proceedings:

Federal-Mogul Corporation
T&N Limited
J.W. Roberts Limited
TAF International Limited

NOTE: The above Debtors are four of 157 affiliated Debtors in the Federal-Mogul bankruptcy proceedings. While these four Debtors are the only companies affiliated with Federal-Mogul that have been sued in asbestos property damage litigation, you may assert a claim against any one of the 157 affiliated companies. Please consult the Federal-Mogul Claims Website, the Federal-Mogul Claims Helpline, or the Claims Agent listed below to obtain a complete list of the Debtors.

Your Property Damage Claim Must Be Filed by March 3, 2003 at 4:00 P.M.

LEASE TAKE NOTICE that the United States Bankruptcy ourt for the District of Delaware (the "Court") has established arch 3, 2003 at 4:00 p.m., Eastern time (the "Bar Date"), the last date and time by which claims may be filed in the ebtors' chapter 11 cases on account of damage caused asbestos to property located in the United States and anada (the "North American PD Claims"). North American PD aims include claims from losses or damages to property property interests for which any of the Debtors may be ole arising out of such things as the cost of removal, testing d maintenance, or the diminution in value resulting from y products or material containing asbestos. **All entities, cluding governmental units, that wish to assert any orth American PD Claims against the Debtors are quired to file proofs of claim on or before 4:00 p.m., stern Time, on March 3, 2003.**

ROCEDURE FOR FILING PROOFS OF CLAIM

ou wish to assert a North American PD Claim, you are quired to use the Debtors' proof of claim form for North erican PD Claims. **These forms can be downloaded m the Federal-Mogul Claims Website, or obtained by iling the Federal-Mogul Claims Helpline listed below.**

ADDITIONAL INFORMATION

Additional information about the claims process and the Bar Date may be obtained from the Federal-Mogul Claims Website, the Federal-Mogul Claims Helpline, or the Claims Agent listed below. Information about asbestos-containing products manufactured or sold by the Debtors, the known geographic regions where the asbestos-containing products were applied and the dates of such applications, and the names of the Debtors' sub-licensees who may have sold or applied the asbestos-containing products may also be obtained from the website.

CONSEQUENCES OF FAILURE TO FILE PROOF OF CLAIM

Any entity that fails to file a proof of claim by March 3, 2003, shall be forever barred, estopped, and enjoined from asserting any North American PD Claim against the Debtors; or voting upon, or receiving any distributions under any plan or plans of reorganization in these chapter 11 cases in respect of such claims.

You may wish to consult an attorney regarding this matter.

This is a summary notice only.

For complete information, including all relevant forms, notices and instructions, please consult:

Federal-Mogul Claims Website
www.fmoclaims.com

Federal-Mogul Claims Helpline
1-888-212-5571

Claims Agent for Federal-Mogul
The Garden City Group, Inc.
P.O. Box 8872
Melville, NY 11747-8872



Hawaiian hibiscus
(Hibiscus rosa-sinensis)

editor's choice

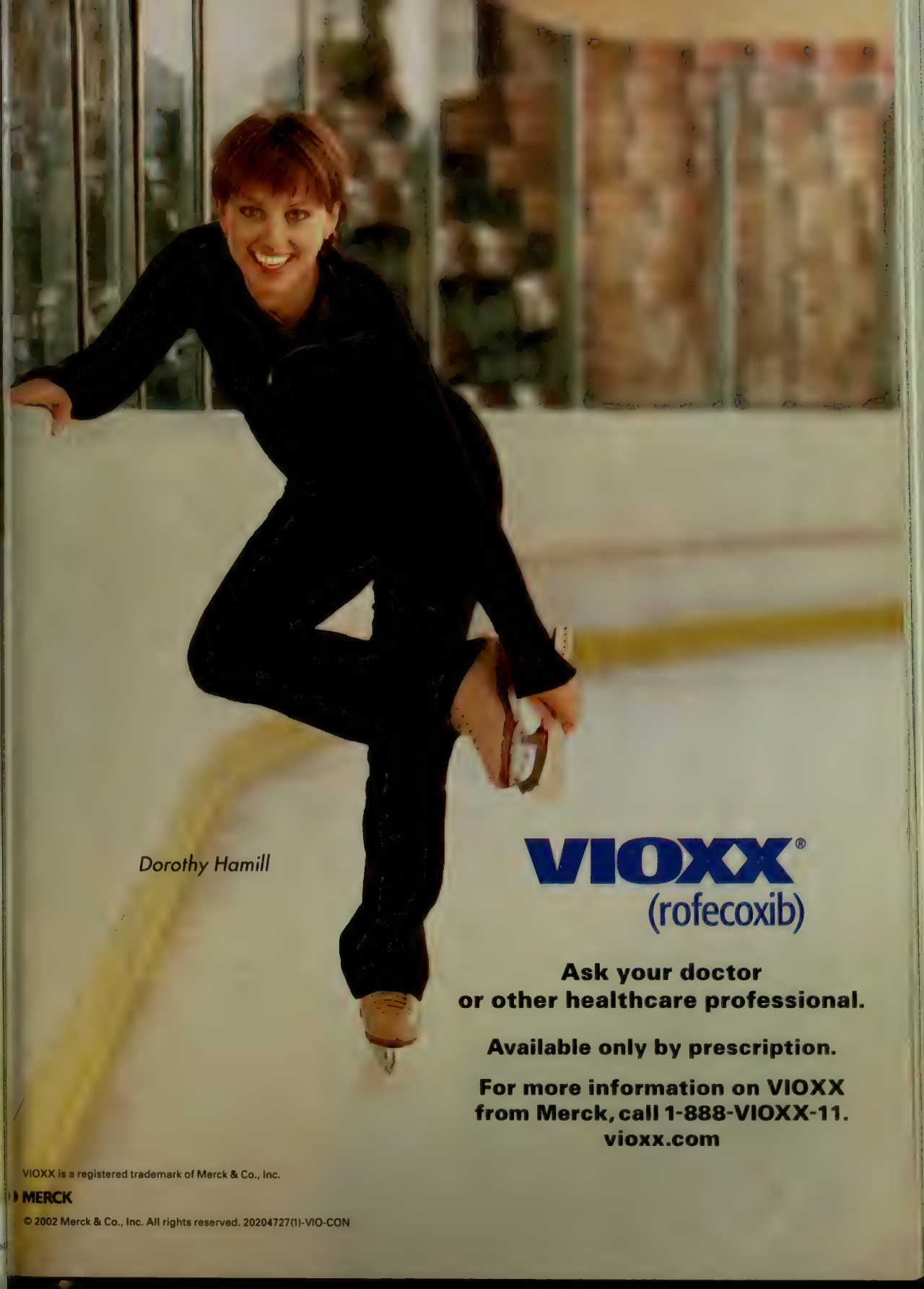
A Floral Wedding Band

The tropical hibiscus is one of the easiest bloomers and perhaps the most stunning of indoor plants. We like the red kind best because its huge lipstick blossoms and green-sheen leaves stand up stunningly to indoor pot culture and ... well, just because. But any color looks dandy (there are yellows, creams, pinks, and exotic mixtures), and the flowers are dazzling, one and all. One other nifty thing about the hibiscus: Hawaiian tradition has it that a hibiscus worn behind the left ear means you are married—or thereabouts—and a blossom worn behind the right ear means something quite the opposite. Wear one of these, and your legions of admirers will no longer break their necks angling to get a furtive glance at your ring finger. Indoors, a hibiscus—like most people—likes it warm and light. Keep the soil moist, but cut back on watering in winter. As the season progresses and nighttime temps outdoors again surpass 65°, you can send your hibiscus to summer camp. No, not to Waikiki, but outside your front door. Then everyone can see this tropical temptation.

- **Light:** A bright window.
- **Hardiness:** To 45°, but likes it above 65°.
- **Growth habit:** A rounded bush, usually 3 to 5 feet tall.
- **Bloom time:** Almost all year.

by Craig Summers Black

continued on page 142



Dorothy Hamill

VIOXX®
(rofecoxib)

Ask your doctor or other healthcare professional.

Available only by prescription.

For more information on VIOXX from Merck, call 1-888-VIOXX-11.
vioxx.com

VIOXX is a registered trademark of Merck & Co., Inc.

MERCK

© 2002 Merck & Co., Inc. All rights reserved. 20204727(1)-VIO-CON

continued from page 140

perfect pairs

On the Road Again

Plant explorer Dan Hinkley is the Lowell Thomas of the garden world. Dan is always tromping off to foreign mountain peaks and jungle depths in search of the next must-have perennial for your garden and mine. Between Dan's extensive plant collecting and his heavy speaking schedule, he and partner Robert Jones run a prestigious mail-order nursery, Heronswood, from an island off Seattle. Dan also has planted quite an extensive exhibition garden (shown here) on the grounds, displaying yet another facet of his talents—master plantsman.

Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346. 360/297-4172. Catalog $5.

continued on page 144



A flowering *Euphorbia nicaeensis* wraps itself around Jerusalem sage, or *Phlomis italica*, for a study in cool blues and chartreuse (*above*).





(*Left*) *Panicum virgatum* Rotstrahlbusch, an ornamental switch grass, flows around Flame nasturtium (*Tropaeolum speciosum*) and the ornamental onion stars of Persia (*Allium christophii*).

Mountain fleece (*Persicaria amplexicaulis* Taurus) nestles up against the purple-hued Matrona sedum, a hardy succulent (*above*).

long, healthy life together.

That's a matter we take to heart.



GUARANTEED 100% QUALITY

Sundown

Natural To Your Good Health

vest in your heart. Live life to the fullest. Trust
ndown to enhance your heart health with quality
tritional supplements like Co Q-10, Fish Oil and
rlic. Sundown is also a great source of information
n choosing the vitamins, minerals and herbs that
ll benefit you the most. Find out how to live heart
althy at www.sundownnutrition.com



continued from page 142

test garden tip

A Wall for Your Water

On a way-too-hot summer day, nothing feels better than a long, cool drink of water. Your garden feels the same way you do. To keep the water where it's most needed for as long as possible, you would do well to mound up a doughnut of soil around newly planted or tender plants. The resulting catch basin will put the water where it's needed most and collect and retain that moisture even under the burning sun. This tip also works well during times of drought or when water use is being curtailed. For best results, cover the doughnut and the basin with mulch, which slows evaporation and also suppresses weeds.



Water collects around a newly planted tree in the *Better Homes and Gardens*® Test Garden. With the planting hole "hilled up," the ground saturates more readily.

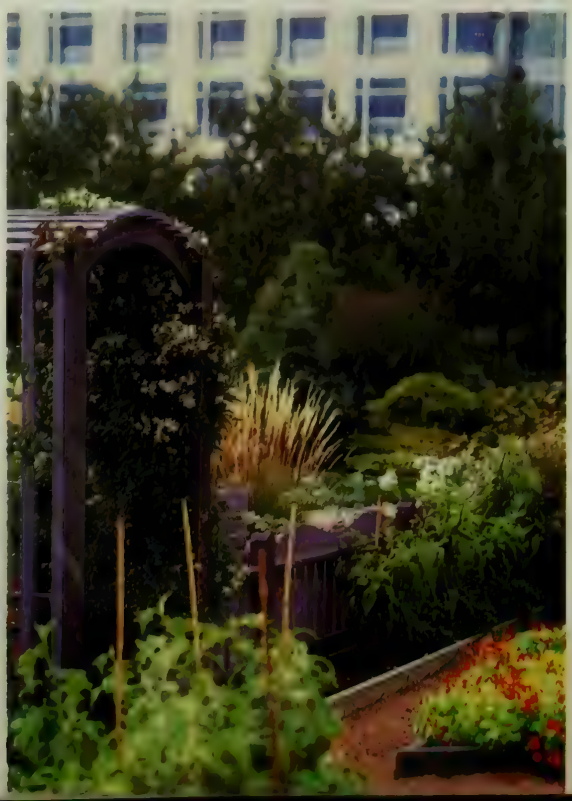
update

Garden Help From the Kitchen

Science confirms garden lore once again: Vinegar does indeed kill weeds. So, if you are looking for an inexpensive, environmentally safe herbicide, look no further than your kitchen cupboard. Scientists from the Agricultural Research Service, part of the U.S. Department of Agriculture, have found that spraying newly emerging weeds with a coating of household vinegar will kill them. Older, more established weeds require a stronger vinegar, the kind found in feed stores. Unfortunately, vinegar kills the plants only above the ground, unlike systemic herbicides such as Roundup, which kills roots as well. Do not, however, pour or spray vinegar on your soil because garden lore, at this point unconfirmed, says vinegar ruins soil.

Buying information, page 2

The *BH&G*® Test Garden (*right*) is a half-acre oasis in downtown Des Moines, Iowa. While primarily a photographic studio for the magazine, it is open to visitors from noon to 2 p.m. Fridays, May through October. For more information, call 515/284-3994.





We see a house repairing a person.

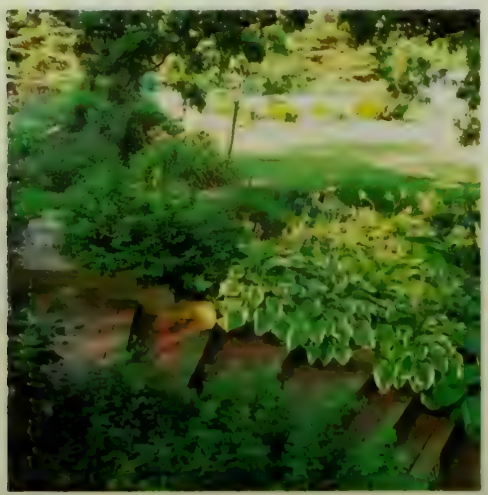
And it's a scene being repeated all across America. This year, almost a quarter million volunteers will warmth, safety and dignity back into the lives of elderly, disabled and low-income homeowners. arn how you can help us help others, call **1-800-4-REHAB-9**. Or visit **www.RebuildingTogether.org**.

Rebuilding Together



stepping out

Without a path, too often it seems you are always here when you want to be there. As Lorraine and Jim Denning extended the outdoor living spaces in their St. Charles, Illinois, garden, they found that their hilly yard needed walkways to reach the flat spots. And, of course, they framed this sturdy footing with perennials, a great number of them hostas. "In the dark part of the garden, hostas show up really well," says Lorraine. "They look perky." And so their plant passion grew. "We had so much fun planting that we thought, 'Why mow all this grass?' " As the turf receded and the gardens grew, no longer did they need to climb every mountain. Now the whole Denning clan, (which includes five children and 12 grandchildren) can gather and clamber over the entire yard. "It's so relaxing," says Jim. Lorraine agrees: "After the hustle and bustle of work, it's nice to take something at the pace you want." Their garden filled in so lushly, with so much color, that they were invited to be part of a garden tour. They found out, says Lorraine, "a garden looks even prettier when you see it through someone else's eyes."



Stone and paver stairs lead to a brick patio and cedar deck in the Dennings' backyard (*above*).

Brick and timber steps behind the house start in a perennial garden topside and travel down through a hosta garden (*left*).

TEXT CRAIG SUMMERS BLACK PHOTOGRAPHS JANET MESIC MACKIE REGIONAL CONTRIBUTOR SHIRLEY REMES

Important Information About NICOTROL® Inhaler.
Please Read Carefully.
Patient information about NICOTROL Inhaler (nicotine inhalation system) 10 mg per cartridge (4 mg delivered). Please read this information before you start using NICOTROL Inhaler. Also, read the Patient Information Leaflet each time you renew your prescription, just in case anything has changed. This information is not intended to take the place of discussions between you and your doctor. You and your doctor should discuss NICOTROL Inhaler as part of your plan to stop smoking. Your doctor has prescribed NICOTROL Inhaler for your use only. Do not let anyone use your NICOTROL Inhaler.
What is NICOTROL Inhaler?
NICOTROL Inhaler is indicated as an aid to smoking cessation. It helps you quit smoking by reducing your urge to smoke. Success in quitting with nicotine replacement therapy (such as NICOTROL Inhaler) usually involves behavior change. People who use NICOTROL Inhaler with a comprehensive behavioral smoking cessation program are more successful in quitting smoking. This program can include support groups, counseling or specific behavior change techniques as well as NICOTROL Pathways to Change® self-help materials. Call 1-800-699-5765 if you did not get your free Pathways to Change® handbook from your doctor.
Who should use NICOTROL Inhaler?
Patients with these conditions should consult their doctor before using this product: • heart problems (recent heart attack, irregular heartbeat, severe or worsening heart pain) • stomach ulcers • high blood pressure • diabetes requiring insulin • wheezing or asthma • overactive thyroid • allergies to drugs • kidney or liver disease • accelerated hypertension.
How does NICOTROL Inhaler work?
As you inhale or puff through the mouthpiece, nicotine turns into a vapor and is absorbed into your mouth and throat.
How should I use NICOTROL Inhaler?
Use NICOTROL Inhaler longer and more often at first to help control cigarette cravings. Less nicotine per puff is released when you use the Inhaler versus a cigarette. Try different schedules to help control cravings. Puffing on the Inhaler for 5 minutes at a time will give you enough nicotine for 4 uses. Nicotine in cartridges is used up after about 20 minutes of active puffing. In a few days you'll find what works best and know when nicotine in the cartridges is used up. Your doctor may adjust the number of Inhaler cartridges during the first few weeks. As your body adjusts to not smoking, your doctor will either tell you to stop using the Inhaler or slowly reduce the dose. Do not use more than 16 cartridges each day unless directed to do so by your doctor.
When should I stop smoking?
Stop smoking as soon as you start using NICOTROL Inhaler.
How long should I use NICOTROL Inhaler?
Do not use NICOTROL Inhaler longer than 6 months.
Can I smoke while using NICOTROL Inhaler?
Do not smoke or use any other tobacco products, or other products containing nicotine, at any time while using NICOTROL Inhaler.
What else do I need to discuss with my doctor?
Tell your doctor about any medicines you are taking – the dosages may need to be changed. Check with your doctor before taking any new medicine while using NICOTROL Inhaler.
Are there special concerns for women?
Do not use if you are pregnant (or think you may be pregnant) or nursing unless your doctor tells you to do so. Nicotine in any form can cause harm to your unborn baby. Only you and your doctor can decide if the benefits of using NICOTROL Inhaler to stop smoking outweigh the risk of using this medicine.
What are the possible side effects of NICOTROL Inhaler?
Like all prescription drugs, NICOTROL Inhaler may cause side effects. Many people experience mild irritation of the mouth or throat (40% active vs. 18% placebo), and cough (32% active vs. 12% placebo) when they first use NICOTROL Inhaler. Stomach upset may occur (18% active vs. 9% placebo). In clinical studies, the frequency of cough, mouth or throat irritation declined with continued use of NICOTROL Inhaler.
Is there a chance I could become addicted to NICOTROL Inhaler?
Nicotine from any source can be toxic and addictive. Dependence might occur from transference of tobacco-related nicotine dependence to NICOTROL Inhaler.
Can a nicotine overdose occur with NICOTROL Inhaler?
Nicotine overdose can occur. If symptoms of overdose occur, call a doctor or Poison Control Center immediately. Overdose symptoms include: bad headaches, dizziness, upset stomach, drooling, vomiting, diarrhea, cold sweat, blurred vision, hearing difficulties, mental confusion, weakness and fainting.
How should I store NICOTROL Inhaler?
When not in use always store mouthpiece and cartridges in plastic case, out of reach of children and pets. Store cartridges at room temperature, not to exceed 77°F. If you keep cartridges in the car, be careful, interiors heat up quickly. Protect from light. Clean mouthpiece regularly with soap and water. Keep NICOTROL Inhaler out of reach of children and pets. NICOTROL Inhaler is a child-resistant product. Please read carefully the instructions regarding how to open, close and lock. NICOTROL Inhaler can cause serious illness in children and pets – even in very small amounts. If a child chews on or swallows NICOTROL Inhaler cartridges, call a doctor or Poison Control Center. After a cartridge is used, throw away out of reach of children and pets. Even used cartridges contain enough nicotine to seriously harm children and pets. The Patient Information Leaflet provides a summary of information about NICOTROL Inhaler. If you have any questions or concerns about either NICOTROL Inhaler or smoking cessation, talk to your doctor. In addition, talk to your pharmacist or other healthcare provider. Pharmacia Peapack, NJ 07977 © 2002 Pharmacia Corporation. Pathways to Change® is a trademark of Johnson & Johnson-Healthcare Systems Inc. and used under license by Pharmacia. NICOTROL® Inhaler is a registered trademark of Pharmacia.



Helps you beat cigarette cravings one at a time.

You're more likely to succeed with Nicotrol Inhaler.

When you're trying to quit smoking, you're fighting a battle all day, every day. That's why there's Nicotrol Inhaler—a prescription product that must be used as part of a comprehensive behavior modification program. It helps you beat cigarette cravings one at a time by providing just enough nicotine to reduce nicotine cravings. And every craving you beat is something to celebrate.

Use more when your cravings are tough, less when your cravings are less. Clinical studies have shown that people were more likely to succeed with Nicotrol Inhaler versus an inhaler without medicine. To learn more, ask your doctor, call **1-800-INHALER** or visit **www.nicotrol.com.**



Before using Nicotrol Inhaler, you must stop smoking. Therapy is not to exceed 6 months. Do not use with other products containing nicotine. The most common side effects are mild throat or mouth irritation, cough and upset stomach.

Nicotrol Inhaler may not be for everyone. If you are pregnant or nursing, or have asthma, you are encouraged to first try other methods to quit smoking, like educational or behavior modification programs. It's important to tell your doctor if you have heart or lung disease, or are taking other prescription medicine.

Nicotrol® Inhaler

(nicotine inhalation system)

Please see important information on the next page.

© 2002 Pharmacia Corporation



How long will you wait to start planning for long-term care?

Begin today so you're covered tomorrow. Conseco has a wide range of long-term care insurance solutions that can help. Call 1-877-CONSECO or visit CONSECO.COM.

CONSECO

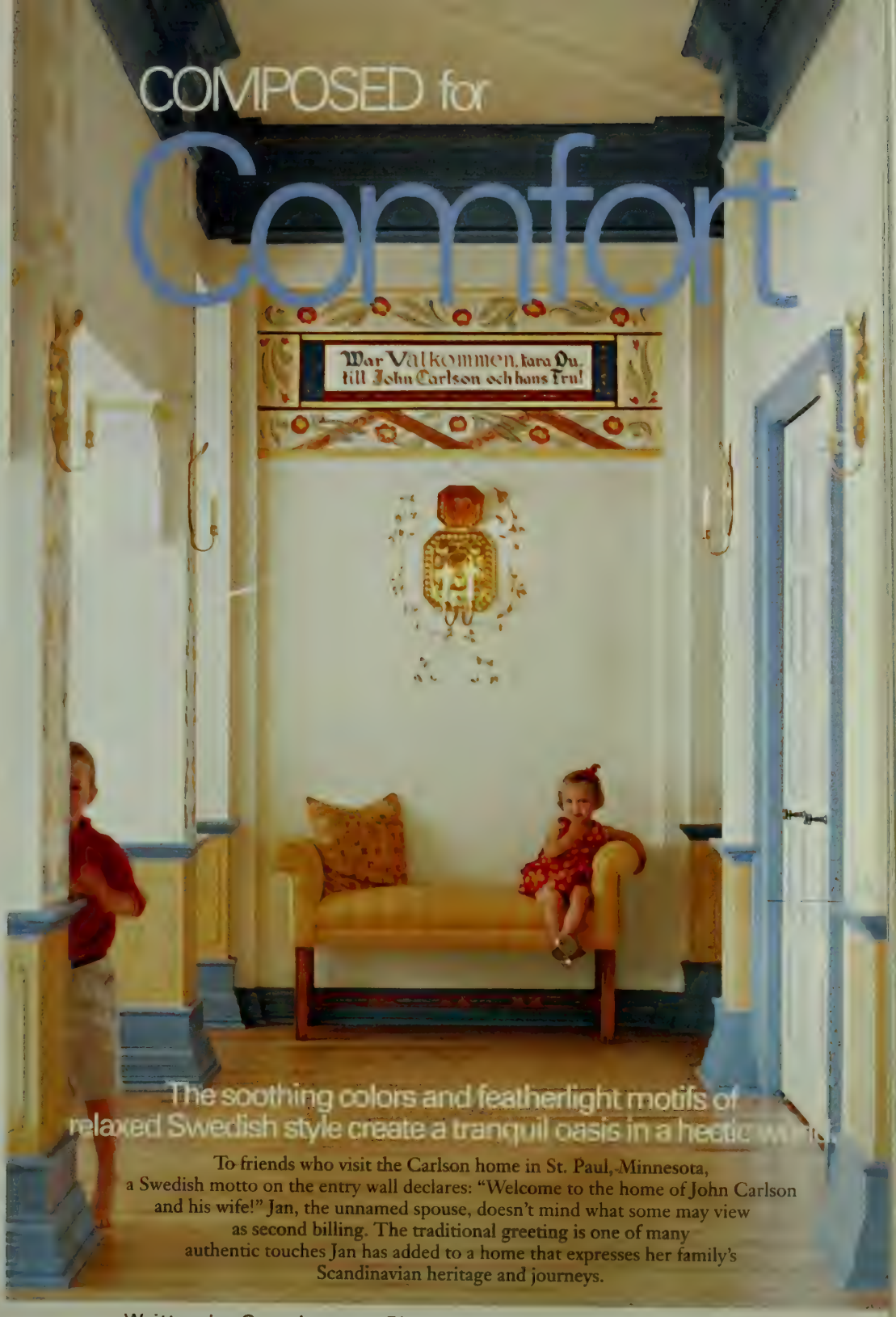
Step u

INSURANCE INVESTMENTS LENDING

NASCAR Conseco, the Official Financial Services Provider of NASCAR®

©2001, Conseco Services, L.L.C. NASCAR® is a registered trademark for the National Association for Stock Car Auto Racing, Inc.

COMPOSED for Comfort



The soothing colors and featherlight motifs of relaxed Swedish style create a tranquil oasis in a hectic world.

To friends who visit the Carlson home in St. Paul, Minnesota, a Swedish motto on the entry wall declares: "Welcome to the home of John Carlson and his wife!" Jan, the unnamed spouse, doesn't mind what some may view as second billing. The traditional greeting is one of many authentic touches Jan has added to a home that expresses her family's Scandinavian heritage and journeys.

Written by Greg Larson ▪ Photographed by John Reed Forsman
Produced by Catherine Kramer and Bonnie Broten









Jan and John Carlson's home is the result of many journeys. One of them began when John's grandfather emigrated to the United States from Sweden at age 15 with a small chest of belongings. Another was taken by Jan's great uncle, whose first job in the U.S. paid him a wooden bench, instead of the cash he was expecting. That bench resides in the Carlsons' hearth room—the home's heart, according to Jan.

John, a church pastor, and Jan, an estate planner and financial consultant, both have relatives in Sweden, and many of their home's details come from the couple's numerous Atlantic crossings. With her sister's help, Jan has scouted all over Sweden to gather fabric samples, chunks of roofing material, linens, tiles, and paints that would become the palette for the home. Jan was inspired to do this task after the first time she explored her family's roots. She says, "When I got to Sweden, I felt like I'd come home."

Just as in Sweden, a stately fireplace promises winter warmth in Jan and John Carlson's Minnesota living room (*left*). Note that the fire is lifted off the floor so it is at eye level to those who will gather around it.









Although some of the furniture is imported, the Carlsons simply re-covered many of the pieces they already owned, such as the wing chairs in the great-room (see *pages 150–151*).

The dining chairs (*right*) are Gustavian, which is a blend of Swedish country and French rococo.

Embossed-clay motifs, which appear on some pillars (*top, far left*), were ordered from a catalog.

The library (*top, near left*) is located on a stairwell landing.

The geranium-pattern railing (*bottom, far left*) that overlooks the great-room is a distinctly Swedish yellow.

Småland, Sweden, is home to the Orrefors and Kosta Boda glassworks, where much of the Carlsons' crystal (*bottom, near left*) comes from.





"Swedish design can be stark," Jan says, "so we decided early on to err on the side of comfort." Throughout the house, imported wool rugs dyed in traditional Swedish colors warm up the blond hardwood floors. Hearty cotton furniture fabrics, also from Sweden, make for cozy seating, and the mix of plaids, stripes, and solids hints at the famous Swedish reserve without being too formal. The numerous painted mottoes on the walls are literal invitations to be comfortable.

The master bedroom suite, with its unusual coffered ceiling, row of windows, and yellow paint, is a celebration of morning sun. On one side, French doors lead to a screen porch. On the other is a walk-in closet, bath, and laundry area. "Maybe the best decision I made in this house was to put the laundry in the bedroom," Jan says. It was a strategy for making the task more convenient.

Because both of the Carlsons like to read—John is a writer as well as a minister—they made sure to choose nightstands with plenty of tabletop and drawer space. The table at the foot of the bed is an antique. Swedes are not shy about painting their furniture, and Jan has remained faithful to the tradition with this piece.

Matching built-in wardrobes and dressers, which guard either side of the entrance's sliding paneled doors, complete the simple symmetry of the bedroom.

The colors Jan chose for the suite make the most of the light. The pale yellow, which was color-matched from Swedish paints and is seen throughout the house, is a perfect example. "One of the painters warned me that I was going to get tired of all the yellow in here," Jan says. "But I wake up every morning and smile."

The master suite is given a grand entrance with a pair of pocket doors (*above, left*). Surfaces above the door and on a panel door across the hall are opportunities for lively paint treatments. Attention to detail continues with trim topping off the backsplash in the bathroom (*left*). Instead of an elaborate headboard, the master bed (*right*) is treated to light and height with a bank of windows and the gracefully adorned coffered ceiling.





At the start of the project, Jan was a bit nervous about color. She knew what she wanted, but did she have the confidence to carry it through on a whole-house scale? The kitchen answered the question. The success of the room's sunrise walls and sunset cabinets gave her boldness.

"Going with the red cabinets was a very difficult decision for me. It's so much easier to just do white. As usual, John was the one to say what I needed to hear. 'It's just paint,' he said. 'Go for it.' " John confirms that his role in the project was to be "the encourager," which may be a good thing. "Completely color blind," he confides, pointing to his eyes.

The cabinets are not quite "just paint"—the color was baked in by Amish craftsmen, who also built and installed the cabinets. Jan did choose white for most of the tiles because it provides a clean, practical food-prep surface.



John (*far left*) enjoys breakfast conversation with his grandson Anders, 4, in the sunny eat-in area of the kitchen. The country-style ladder-back chairs are in keeping with the home's simple aesthetic. Son Joel and grandchildren Anders and Sophie, 2, assist Jan (*right*) with Swedish meatballs. Jan's cupboards (*top*) always store a stock of food items purchased in Sweden. She put shirred sheer curtains behind the glass panels to add softness and keep the cupboards from looking cluttered.



Warmth from a fireplace is an indispensable ingredient—in Sweden and in the Carlson's St. Paul, Minnesota, hearth room.

Most days for the Carlsons begin and end in the hearth room. "The first thing I'll do in the morning is go in and turn on the fire," Jan says. "In the evenings, John and I will make tea, and sit and talk."

This is an apt place for such quiet gatherings, with the room's two painted mottoes honoring the couple's nearly 40-year marriage. One announces their wedding date, and the other offers an old Swedish invitation to love—"Stroll with me for the rest of my life."

The room's location between the kitchen and master bedroom gives it a naturally intimate, relaxed setting, and the furnishings, including a sofa and family heirloom bench, encourage conversation born of shared experiences. The room is finished off with framed photographs of John and Jan's Swedish ancestors.

The fireplace in the great-room is the public hearth, around which the Carlsons love to gather guests, but this fireplace is their private hearth, around which they gather strength for the day.

Buying information, page 259

Fashion your dreams using our online Decorating Center, www.bhg.com/bhgdecorate

Lessons in Swedish Style

The Carlson house bears the strong imprint of Swedish artist Carl Larsson (1853–1919) and his wife Karin, a textile designer. Most art authorities consider them the creators of what people now think of as Swedish style. At the turn of the 20th century, they were combining furniture, objects, and colors in a revolutionary way.

"The Larssons brought the light to Swedish style," Jan says. And the light in the Carlson's home is perhaps its most arresting feature—and the substance of its Swedish style. The open floor plan and high ceilings are airy, and subtly striped sheer draperies seldom cover more than the lower half of the windows.

The design of the house emulates real Swedish country houses. "On one of my trips to Sweden, I must have taken photos of at least 75 houses. I think the people there thought I was crazy," Jan says.

Other photos told her what the tiles around the hearth-room fireplace should look like. And they gave her ideas for the 15-inch-tall crown moldings in the living room.

Jan asked decorative painters Sandra Russell and Bridgett Gallagher to come up from Wisconsin because they had experience painting a Scandinavian house. They also studied Jan's books on Swedish style before painting motifs throughout the house.

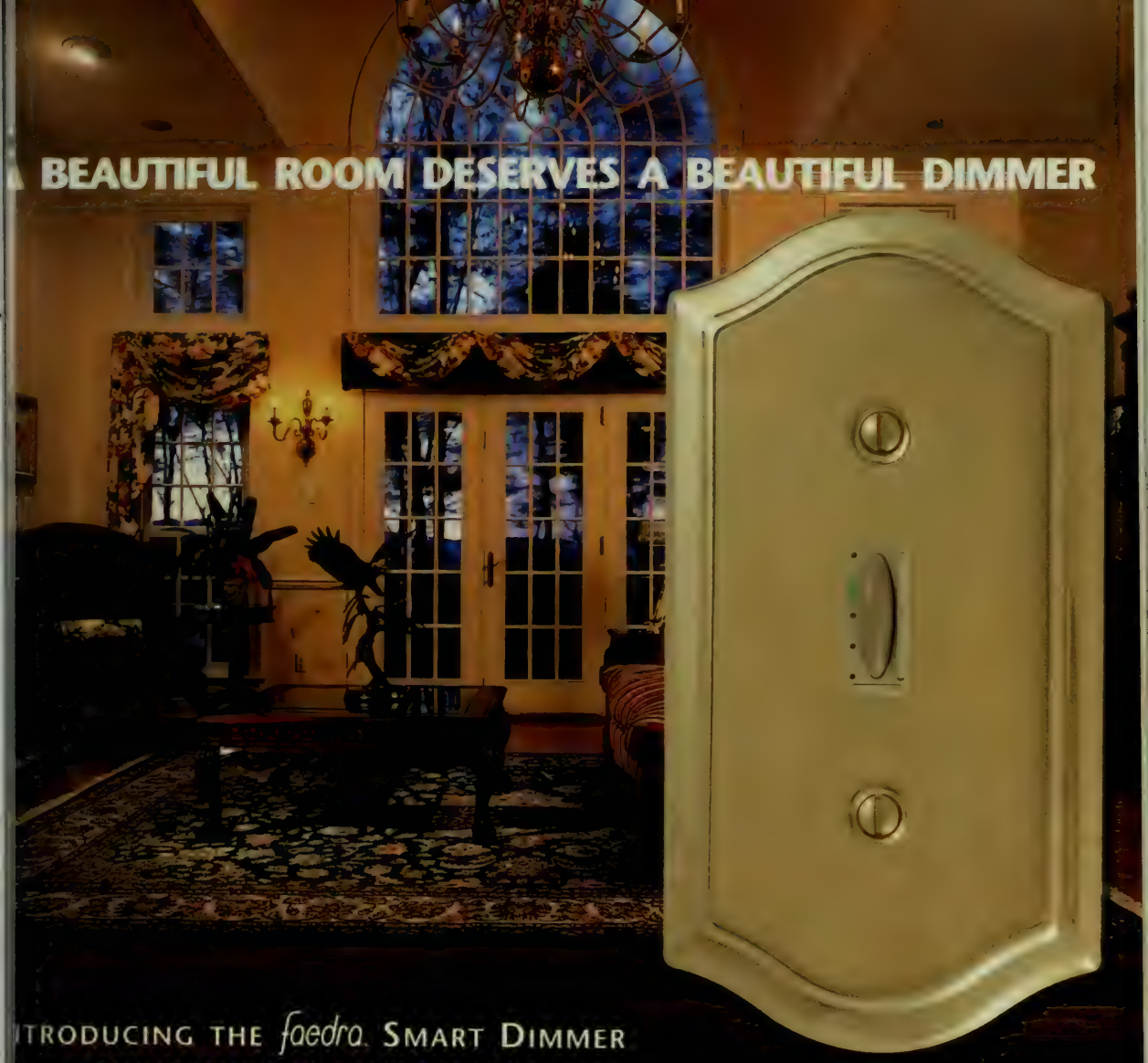








A BEAUTIFUL ROOM DESERVES A BEAUTIFUL DIMMER



Shown actual size

TRODUCING THE *faedra* SMART DIMMER FOR STANDARD WALLPLATES

Replaces standard single toggle switches
Use in:
– TV Room – Bathroom – Dining Room
– Kitchen – Bedroom – Any Room
Dim from single or multiple locations
Turn lights on/off at the touch of a button
60 second fade-to-off lights your way
(go to bed or go to another room)

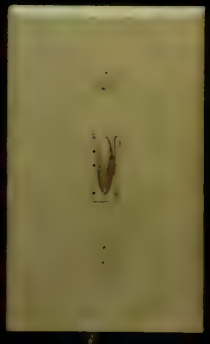
dra dimmers are available at lighting showrooms, home
provement centers and other fine electrical establishments.
it www.lutron.com/faedra or call 1-877-2LUTRON, Ext. 613

Available in

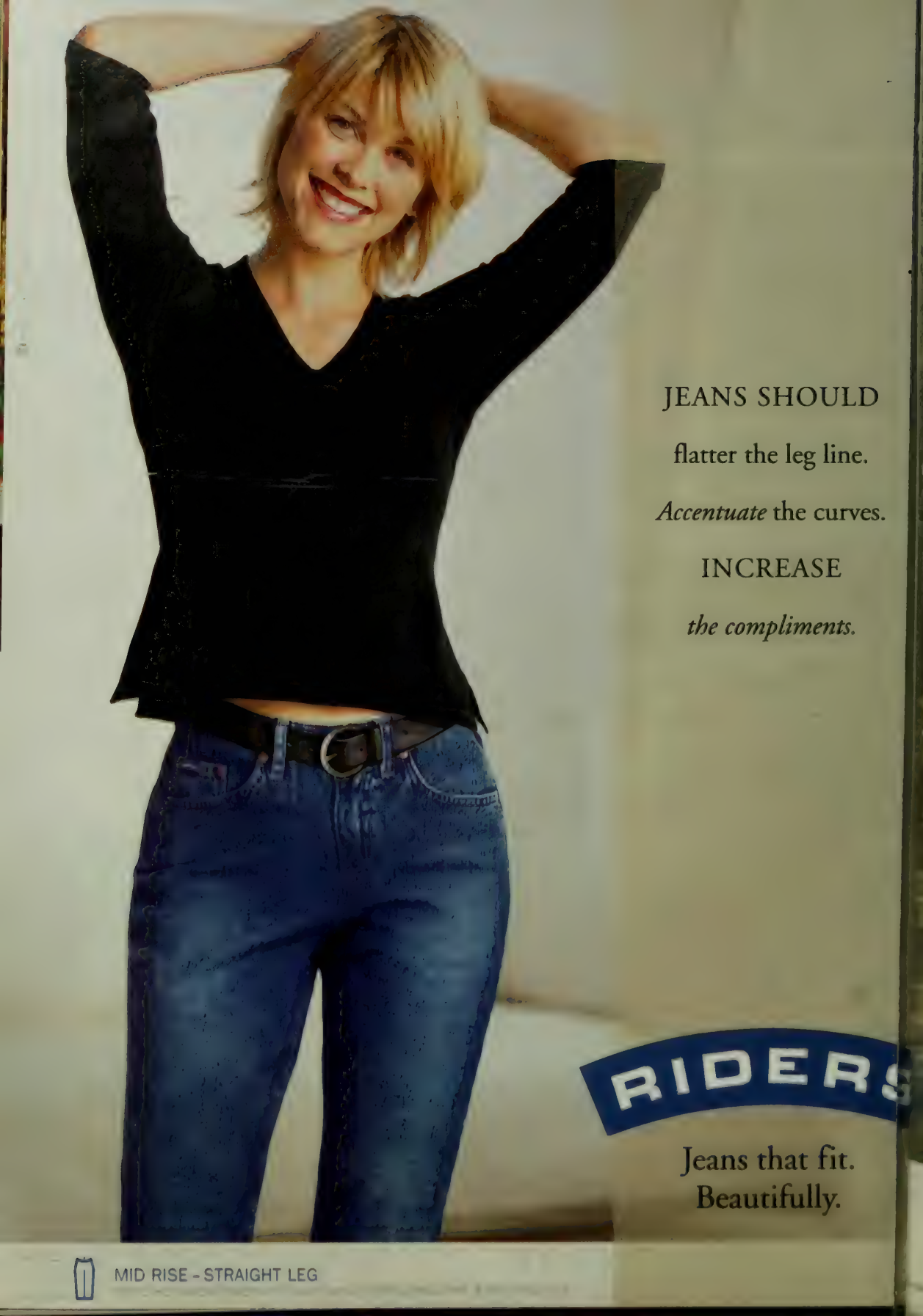
White



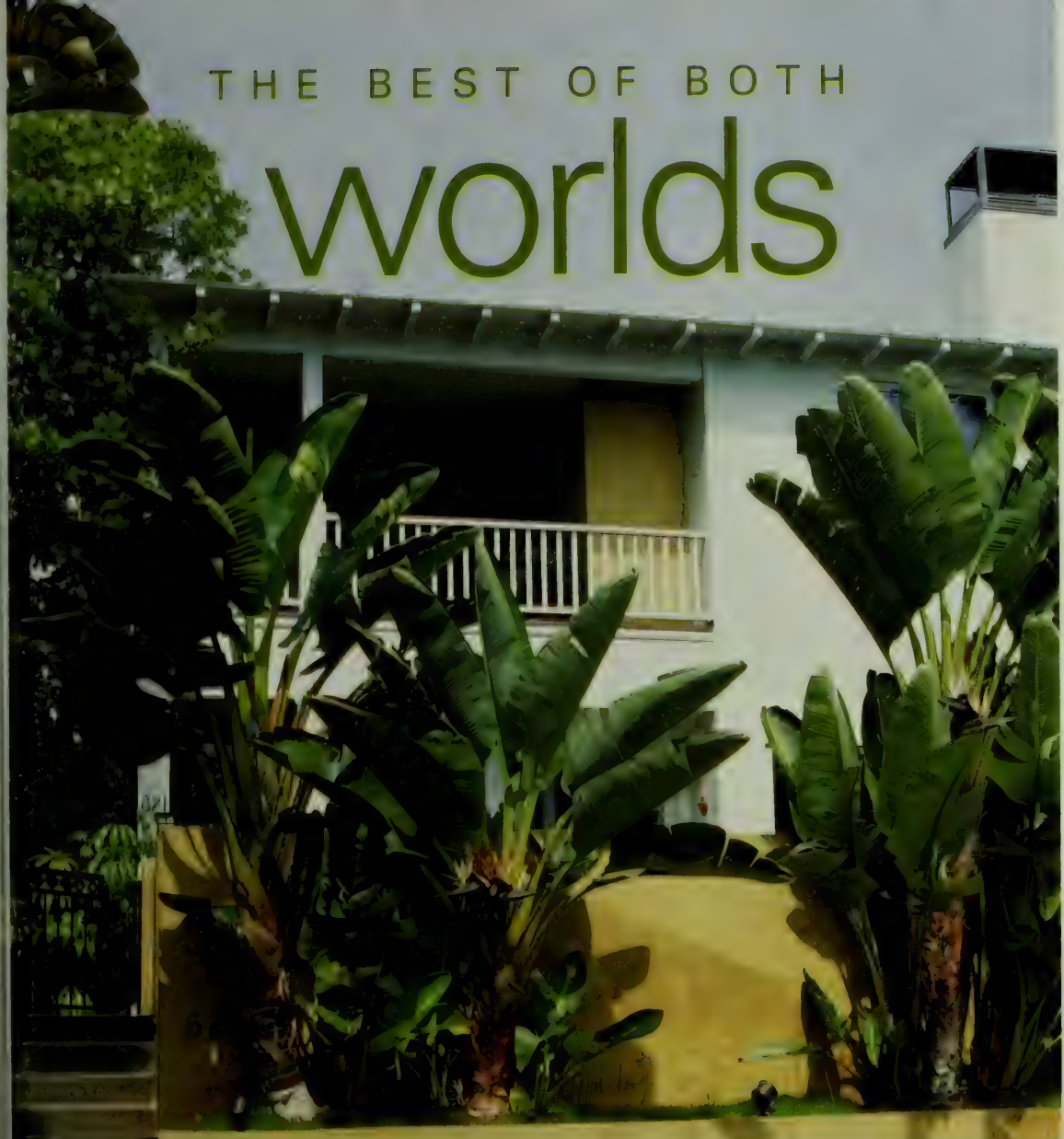
Ivory



LUTRON®
Innovations in Lighting Control


JEANS SHOULD
flatter the leg line.
Accentuate the curves.
INCREASE
the compliments.
RIDERS
Jeans that fit.
Beautifully.
MID RISE - STRAIGHT LEG

THE BEST OF BOTH worlds



He grew up in Fiji, loving palm trees and ocean breezes. She was raised in Germany, embraced by deep forests and family tradition. But at home in California, their two worlds beautifully collide.

Written by Sharon Overton Photographed by Mark Lohman Produced by Laura Hull







Ursula Beatt writes letters at the desk she had as a child. Her son sleeps in a bed that belonged to his great-grandmother. Ursula has bottles of wine that are older than she is.

Living in the same house for 16 years? That's nothing.

Like many families across the country, Ursula and Brian Beatt preferred to stay put and add on to their older home rather than tear down or move out. That makes them somewhat unusual in the Los Angeles area, where bulldozers are almost as common as moving vans. But not in their suburban neighborhood of Manhattan Beach, where parents still walk their kids to school, neighbors wave on their way to work, and people value the past.

"It would have been easy just to sell and buy somewhere else. But we've always been happy in this spot," Ursula says. "Why would we want to leave?"

Though the Beatts nearly doubled the size of their cottage to 3,500 square feet, they preserved its breezy character. Working with the pitch of the original living room beams (*right*), they made the new master suite floor a few feet higher than the other upstairs rooms. Shelves carved into the new staircase hold a collection of antique German toy cars (*above*).


Our home is an interesting combination of our lives:
tropical, European, and contemporary.
—Ursula Beatt





The Beatts' strong sense of place is rooted in their very different upbringings. Ursula grew up in a small town near Stuttgart, where her family has lived for generations. Brian, whose father was in the British Foreign Service, spent his childhood in exotic island postings. He remembers spearfishing with the island kids; she, picking flowers in the forest with her grandmother. "Brian hadn't worn shoes until he was about 10 years old," Ursula says.

They both wanted to combine elements of their pasts in the 1940s brick beach house, which Brian bought as a bachelor pad and they now share with sons Colin, 10, and Bailey, 8. The couple remodeled it once, adding 800 square feet after Colin was born. But they'd scrimped to save money, and the results showed. This time they wanted to do it right.

Though clean-lined and modern, the remodeled kitchen (*above*) is also warm and intimate, thanks to honed brown marble countertops and brandy-hued wood floors. The dining table and chairs (*left*) are "early marriage." On the wall hang photos taken when Brian's parents "lived in the colonial style of tea parties and cocktails," Ursula says.



They hired an architect who devised a plan that addressed their mutual desires. "The basic concept of the home came from my experiences," says Brian, who was raised in tropical houses with large airy rooms, high ceilings, and wide open windows for ventilation. "But the overall look"—contemporary furniture warmed up with antiques and tropical accents—"is one hundred percent Ursula."

The Beatts moved out for almost a year during the remodel. They returned to a house that's familiar (the footprint didn't change; the house just grew one story taller) and at the same time very different.

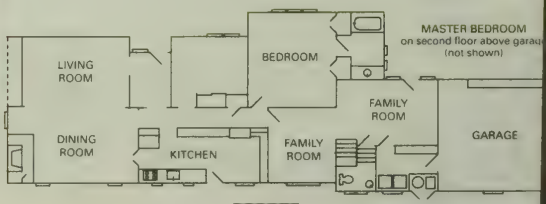
The living room (*right*) is largely unchanged from the original house, with one major exception: The fireplace brick, once red, was painted white for a more unified look. The Beatts requested plenty of space to hang artwork by Brian's mother, who was a prolific painter. One of her paintings hangs over a wooden desk, which Ursula used as a child (*above*).

DO IT ONCE, DO IT RIGHT

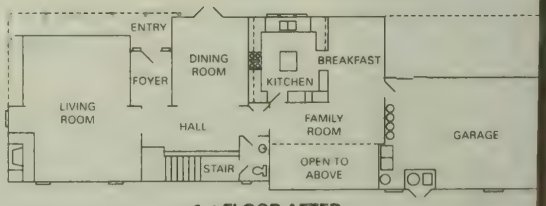
The first time the Beatts remodeled, "We literally had a friend who said, 'I can draw you up some plans,' " Ursula says. They hired the contractor with the lowest bid. "The quality wasn't there," she says.

Cutting corners is a common mistake for remodelers. Another is not understanding the full ramifications of the project until they've reached the demolition phase, says architect Grant Kirkpatrick, whose firm, Kirkpatrick Associates, designed the Beatts' second remodel and whose clients also include Tom Hanks and Eagles rocker Glenn Frey. "By this time, the house is almost completely gone and they wonder, 'Why didn't we just tear it down and start over?' "

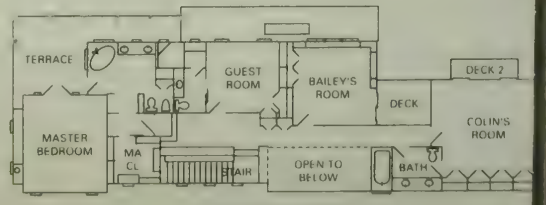
Dollar for dollar, a total remodel is less cost-effective than building new, Kirkpatrick says. But it may be worth it, if you can preserve the home's original character. In the Beatts' case, the footprint of the house didn't change, though the added a second floor and reconfigured the interiors. Kirkpatrick also painted brick white to match the original exterior. "It gives the home a nostalgia we didn't want to lose."



BEFORE



1st FLOOR AFTER



2nd FLOOR AFTER



I wasn't interested in a showcase house—something cool and slick. I wanted there to be warmth to the materials and a feeling of coziness.

—Ursula Beatt


BAILEY

In Europe you build a house and it's there for 100 years. It's probably the house that you were raised in and that you raise your children in.

—Brian Beatt





/hat had been the children's rooms is now the kitchen and ıkfast nook. The family room was transformed into a t-filled space that connects to a second floor balcony. rly every room opens onto a courtyard, outdoor balcony, ısh view of banana palms and tropical foliage. Dark wood, :e walls, light upholstery, and bamboo blinds add to the ıd feeling.

ne of the goals for the remodel was to create layers that ire different moods as you move through the house, says itect Grant Kirkpatrick. "You might be coming through ce that's clearly intimate and controlled, and immediately e upon another space that's far more open and, perhaps, ıected to the outdoors."

e got proof of the plan's success recently when he was ed back for a dinner party. "Ursula set up a different course in every room. We started with appetizers in the living room. There was a second course in the kitchen. Then we had dinner in the dining room and later, cocktails on the balcony.... It was an incredible affair."

For Ursula, the nicest compliment is that friends who previously wouldn't venture past the L.A. city limits now "gravitate to our house. There isn't an inch of this house that doesn't get used all the time," she says. "We'll say, 'It's tea time. Where should we have tea?' And we'll look where the sun is nice and that's where we have it."

Most of the furniture in Bailey's room (*left* and *above, center*) belonged to his great-grandmother. It was painted red and passed down to Ursula when she was a girl. Colin's room (*above, right*) was a master suite over the garage in the first remodel. Bunk beds and a slouchy chair make it comfortable for sleepovers.

The master bedroom's wicker bed bamboo blinds, and lap-siding ceiling (*left*) recall the British colonial homes o Brian's youth. The musical instruments were made by Ursula's great-grand father. In the bathroom (*below*), a soak ing tub commands a bird's-eye view o lush foliage. Beige travertine marble warms the floors.

Ultimately, Ursula and Brian wanted a house in which familiar sights and sounds would comfort and inspire them. On a sunny afternoon, Ursula stands at the sink, assembling ingredients for a salad. On the window ledge is an old kitchen scale that belonged to her grandmother. Just beyond the window, palm trees rustle in the breeze.

"Antiques are like a person who has really lived. If they could speak, they'd tell stories," she says, taking a seat in a small wooden chair that has traveled all the way from Germany. Living with these things, "is like having my family here with me. It's an attachment to a country that's 6,000 miles away."

Buying information, page 259



I'm not going to sleep. I'm not going to sleep. I'm not goin...



MARTEX®

For body and soul

Sheets and towels are only the beginning.

1.800.458.3000
www.martex.com

A room screaming for personality.

Faux plaster texture like the

expert in the orange apron showed me.



Potential is a wonderful thing.







que in *Fox Hollow*. Hallway in *Khaki Shadow*. Back

by Shawn Gilliam

Photographed by
Brad Simmons



living large

ANY ADDITION WILL BOOST A HOME'S SQUARE FOOTAGE. BUT THE BEST ONES GO FURTHER: THEY INTRODUCE STYLE AND FUNCTION WHILE BLENDING IN WITH WHAT'S ALREADY THERE.







Symmetry and formality were right at home in 1926, when starched collars were a wardrobe standard and when this Chicago-area Colonial was built. The home's classic details and straightforward floor plan have weathered the trends of time, but its overall function was too rigid for today's casual-Fridays mode of living. So Susan Tennenbaum and husband Stewart Schoder hired architect Fred Wilson to add family-friendly spaces to the back of their home.

Walls of windows and French doors combine with wide interior passageways to carry sight lines from one side of the house to the other, and from the front door to the backyard. But because rooms measure no more than 180 square feet, they maintain a sense of intimacy. "Everyone in the family can be connected, yet still have some privacy if they want to," Wilson says.

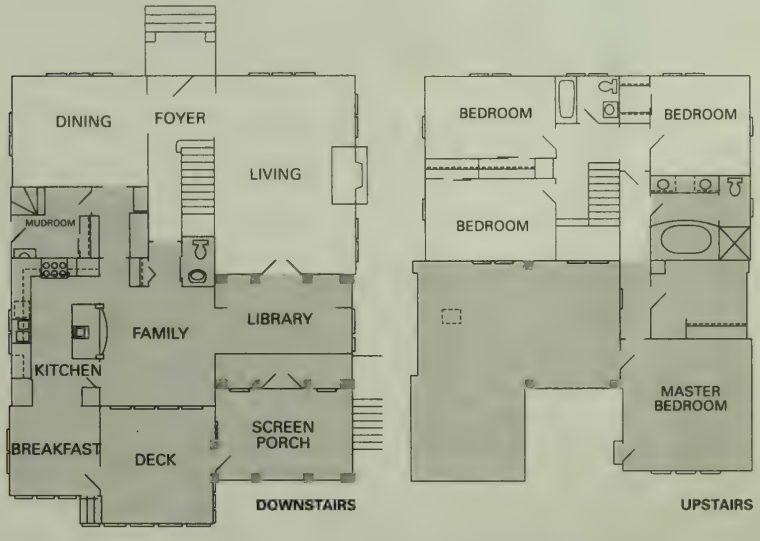
The library (*left*) bridges the old structure and the new. It's in the center of the action, affording views toward the screen porch, family room, kitchen, and living room. Yet, French doors and floor-to-ceiling bookshelves embrace the room and section it off from adjacent spaces. Likewise, the breakfast room (see *page 173*) connects to the kitchen via a tall arched opening. But the room's three-gable cathedral ceiling and warm yellow walls give it an architectural feeling of its own. The room maintains an intimacy, as well, thanks to a footprint comfortably scaled to hold a rustic French table.

Before the library space was remodeled, it was part of a 1980s family room remodeling. The space now features windows and French doors opening to a new screen porch. "The screens are big and don't have mullions to obstruct the view," says homeowner Susan Tennenbaum.





The remodeling affected the rear of the house (*above*). The left side was bumped out for the kitchen's breakfast area. The screen porch, library (*left*), and master suite occupy the area on the right. The shaded areas on the plans (*below*) indicate reworked or added space.



Architectural details tie the remodeled space to the original home. Stucco and cedar-shake siding wrap the entire exterior, as do divided light (true and simulated) windows. And although transom windows are new to the home, they're consistent with its era and style.

On the inside, the library's crisply painted trim contrasts with taupe wall paint, creating a scheme harmonious with the soft hues used in other rooms. The head casing that separates the transoms from the French doors runs at the same 7-foot height around the entire space, blending with the built-in bookshelves. Even a contemporary feature—the computer niche—fits into the bookcase design. Its black granite ledge is supported by a steel angle embedded into the wall, freeing up leg space below.





The home's newly remodeled rooms boast large windows and wide passageways. The family room, which bridges the space between the kitchen and library, changed little during the remodeling because it already featured an open design and was sized to the family's needs. "I didn't want the addition to be too big because I didn't want it to take up much of the yard," Susan says. "I had no problem with the size of the original family room. It works well for us." Because traffic patterns cut right into the room, its furnishings consist only of a sofa, bench, and TV armoire. "It's really an extension of the kitchen," Susan says. "The kids are either hanging out at the computer in the library or they are here in the family room."

The kitchen's modest size and open design mean that Susan, Stewart, and their two children can easily visit with each other before and after mealtimes, most of which they enjoy in the adjacent breakfast room (*page 173*). Pairs of sinks and ovens allow Susan and Stewart to efficiently prepare meals. Despite such modern amenities, the kitchen's pine/stainless steel/black granite materials complement the home's traditional style. A pair of glass pendants illuminates the snack-bar island without blocking views through the kitchen window—which, along with a skylight, keeps the workspace bright.

The library (*above*) opens to the family room and kitchen (*right*), where golden retriever Zephyr takes a break. Such architectural features as oak floors, custom moldings, and arches traverse the three spaces. "We used that elliptical arch in different configurations, so it pulled a true element of the original house into the addition," says architect Fred Wilson. "It worked at different levels: where the wide arch goes into the kitchen and where the narrow arch leads into the library."

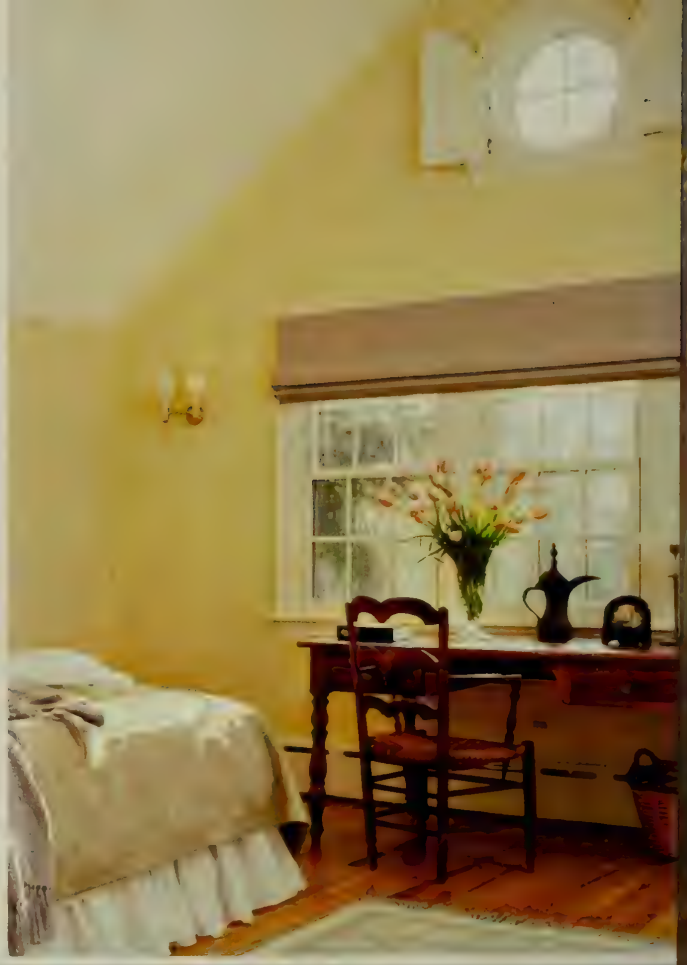
JCH FURNITURE IN THE KITCHEN, SO IT'S OPEN AND LIGHT. THE

—SUSAN TENNENBAUM



Not all of the remodeled spaces are built for family togetherness. The old kitchen, for instance, was transformed into a mudroom. "A mudroom was the number-one item on our wish list," Susan says. "In the old house, the back door opened onto a carpeted family room, which was a mess." The new space features an easy-care slate floor and a place to stash coats and shoes.

Upstairs, the master bedroom is designed much like the breakfast room—complete with a cathedral ceiling and a circular window. Wilson designed window shutters that can be shut with a pole. "It's difficult to put a window treatment on a round window, and I wanted a way to shut the light out," Susan says. The bath, on the other hand, is nearly always bathed in light thanks to a skylight above the tub.









The mudroom's shoe cubbies (*below left*) are built across from a side door that enters the space from the driveway. Stairs then step up to a landing (*bottom left*) that connects to the kitchen. The upstairs master bedroom (*right*) and bath (*below right*) feature similar paint colors and finish materials as first-floor spaces.

Buying information, page 259



E INSPIRATION BEHIND THE QUIETEST OME COMFORT SYSTEM YOU CAN BUY.

LENNOX signature COLLECTION

Shhh. Hear that? With the Dave Lennox Signature Collection you wouldn't. That's because we've developed the quietest home comfort system℠ you can buy. So now you can enjoy the comfort of your home with less noise. The Dave Lennox Signature Collection. Quiet by design.

We Encourage Professionalism

NATE

Through Technician Certification by NATE

arn more about our heating, cooling, air quality and
ace products, visit lennox.com or call 1-800-9-LENNOX.
ica Online Keyword: Lennox

A better place℠ LENNOX HOME COMFORT SYSTEMS

Good Housekeeping Seal

Lennox Industries Inc. Lennox Dealers include independently owned and operated businesses.
o six months' no interest on any Dave Lennox Signature product.
the G60V gas furnace with the HSX15 air conditioner.


9%
GOOD TASTE


100%
GOOD TASTE
Post
SHREDDED WHEAT
MADE FROM 100% WHOLE GRAIN WHEAT. IT'S THE
GOOD-TASTING WAY TO HELP DRIVE AWAY YOUR HUNGER.
POST SPOON SIZE SHREDDED WHEAT. 100% GOOD.
Post
BREAKFAST MADE RIGHT

strategies for BIG FLAVOR

Spirited cooking starts with a don't-be-shy-with-flavor attitude. One sensational tactic will add robust taste and simple sophistication to dinnertime and will let you personalize a recipe to suit your taste. Here are eight big ideas and quick-read notes on terms and techniques to help you go smoothly from start to finish.



drizzle with oil

Steamed Salmon and Swiss Chard Stack

There's a plethora of flavored olive oils in grocery stores now. Meyer lemon-flavored olive oil finesses this steamer basket layering of salmon, Swiss chard, lemons, and phyllo.

Use **flavored olive oils** to enhance the base flavor of recipes that call for olive oil. Finish with a drizzle before serving. For example, try garlic olive oil in pasta sauces or salad dressings, or try sesame or walnut olive oil for stir-fries. Many fruit-flavored olive oils are also available. (Meyer lemon olive oil from O Olive Oil, www.ooliveoil.com.)

Recipe begins on page 192

Written by Stephen Exel Photographed by Kritsada/Krantz Studios





pass the salt

Brined Skillet-Roasted Brussels Sprouts
Intensely flavored kosher and sea salts bring out the best in cooked vegetables. Use kosher salt for cooking; it doesn't break down as quickly as iodized salt. Most sea salts are best when sprinkled on foods right before serving. Brining Brussels sprouts by soaking them in salted water, then oven-roasting and tossing them with sea salt gives the earthy sprouts an aromatic hint of the ocean.

Brining is generally used as a preservative for meat and fowl; here it's used as a flavor enhancer. Add garlic cloves or mustard seeds to the brining solution if you like.

reach for herbs

Big Green Salad; Two Pepper Dressing
We love using whole fresh herbs, stems and all, as an elemental recipe ingredient, instead of just the obligatory chopped-up sprinkle. So we recharged the dinner salad with sprigs of mint and cilantro, and tossed it with a sweet-hot pepper dressing. Sliced daikon adds crunch to this crisp, cool dinner partner.

Some **fresh herbs** that can be used whole are young thyme, parsley, basil, and dill. Avoid whole herbs with woody or rigid stems, such as oregano, sage, rosemary, tarragon, or marjoram.

Recipes begin on page 194





add the butter

Buttery Sage and Acorn Squash Tart
The bottom line: Nothing matches the depth of flavor you get from real butter. Thank creamy butter for the velvety texture, sheen, and flaky pastry of this harvest-time tart; brown butter gets drizzled over the top before serving. The tart's generous amount of sage, black pepper, and walnuts give this first course a lively kick.

When it comes to butter, **butterfat content** is what to look for; the higher the butterfat, the smoother and richer the flavor. European-style butters and aged American butters can have as much as 84 percent butterfat.

Brown butter is one of those things that sounds fancy and difficult to make, but really isn't. It's simply melting butter in a skillet and cooking it until it turns golden brown, resulting in a delightful toasted flavor.

take the cure

Bacon-Crusted Tri-Tip Roast with Shallots and Figs
Cured meats have long been used to bring deep sweet-and-smoky intensity to foods. We took a spin on the classic, restaurant-style wrapped filet by crusting a roast with two cured meats—bacon and prosciutto. Roasted shallots and figs concentrate the dish with a raisin jam lusciousness. A simple reduction of the pan juices for a sauce takes full advantage of every last bit of the blended flavors.

Curing is an age-old method of preserving meats for long-term storage. Today, use such cured meats as ham, prosciutto, bacon, and pancetta for the hints of salt, nuts, and spice that curing imparts.

The **tri-tip roast** is known by different names across the country, including "bottom sirloin" and "triangle roast." Its boomerang shape lends itself well to company meals: the small ends will be more well done while the center will be medium to medium-rare, so everyone is satisfied.

Recipes begin on page 196







grab a jar

Mediterranean Parsnips
Stirring condiments into cooked vegetables, pastas, rice, and grains is one of the oldest great ideas in the book. So here's some good advice: Go for something unusual and don't stop until you're satisfied with the taste. Jarred Kalamata olives and capers added to sweet, cooked parsnips result in a whole new taste profile.

When **purchasing jarred condiments**, explore grocery shelves for variations on a theme. Look for stuffed olives, relishes, pickled garlic, or flavored mustards. While testing the parsnips recipe, we substituted the capers and olives (*above*) with a jar of sweet caramelized onions and had fabulous results. (Caramelized Onions from Urban Farms Food Company; 888/375-5910 or www.urbanfarmsfoods.com.)

splash with wine

Spaghetti and Porcini Meatballs; Cabernet-Tomato Sauce
Wine added to a sauce just before serving gives it a vigor that jumps off the plate. Introduce the flavor beforehand with a dash of wine during cooking. The rich aroma and wild berry flavor of cabernet sauvignon in the meatballs and tomato sauce beckon you to dive right into this twist on tradition.

When you're **cooking with wine**, match wines to dishes the same way you would for dining: subtle, herbaceous whites for lighter fare; bolder, spicier reds for heartier. Save your best bottles for the table, though; inexpensive wines are perfectly suitable for stirring in.

Porcini mushrooms have a short season; September and October are peak. Use 4 ounces fresh porcini for 1 ounce of dried, or enjoy their woodsy flavor and meaty texture in dried form year-round. (Dried porcini from Melissa's; 800/588-0151 or www.melissas.com.)

Recipes begin on page 200



spice it up

The Mount Everest of Spice Cakes

Tossing one more spice into the recipe mix piles up flavor. Trust your best judgment on how much to add. We took our *Better Homes and Gardens®* favorite spice cake recipe from the newly released 12th edition *New Cook Book* and topped it with a mile-high meringue laced with ginger. It's a showstopper dessert that will earn an avalanche of compliments.

It's true: **Dried spices** should be used within six months of purchasing or they lose potency, so use 'em or lose 'em. Purchase spices in smaller size containers if you reach for them less often. Some spices, such as ginger, cinnamon, and nutmeg, are available whole; use a small-toothed grater to grab their powerful flavor.

Meringue can be tricky, so we've offered two preparation methods with our recipe. Scorch the top of the meringue with a simple-to-use chef's blowtorch.

Recipe begins on page 202



OUR CAFÉ EUROPA IS TRAVEL-EXPERT SAMANTHA BROWN'S ONLY CARRY-ON BAG.

With over thirty exquisite tastes,
there's a Millstone coffee that's definitely you.

TASTE WHAT'S OUT THERE.™

MILLSTONE

P&G www.millstone.com

Make it easy. Make it fun.

Make it



Twenty minutes is all it takes to give your family a tasty, fun meal. Make it a Manwich® night tonight!

PRODUCT
ConAgra Foo

Big Flavor

continued from page 190

Steamed Salmon and Swiss Chard Stack

Before you start cooking, make sure your skillet is large enough to hold the bamboo steamer.

Prep: 30 minutes **Bake:** 12 minutes
Cook: 8 minutes

- 5 sheets frozen phyllo dough (18x14-inch rectangles), thawed
- 4 Tbsp. Meyer lemon olive oil, other lemon-infused olive oil, or other flavored oils, such as garlic- or rosemary-infused olive oil
- ½ tsp. kosher salt
- 2 Tbsp. snipped fresh parsley
- 1 lb. fresh or frozen skinless salmon fillets, ½- to ¾-inch thick
- Freshly ground pepper
- 2 medium lemons or Meyer lemons, very thinly sliced and seeds removed
- 4 cups torn Swiss chard or spinach leaves (packed)
- ¼ cup very thinly sliced red onion slivers

1. Preheat oven to 350° F. To make phyllo squares, unroll dough sheets. Carefully transfer one sheet to a large cutting board. (Keep remaining phyllo covered with plastic wrap to prevent it from becoming brittle.) Set aside 1 tablespoon of the Meyer lemon oil. Brush phyllo sheet with some of the remaining 3 tablespoons oil. Top with a second phyllo sheet; brush with oil. Sprinkle with half of the salt and parsley. Repeat layers. Place remaining phyllo sheet on top of phyllo stack. Brush with oil. Trim edges to make a 16x12-inch rectangle (discard trimmings). Cut phyllo stack



BAMBOO STEAMER

Use this **Bamboo Steamer** for ou Steamed Salmon and Swiss Char Stack (recipe, *left*). From Joyce Chen this two-tier steamer with lid is mad from 100 percent natural bamboo. costs $33.95, which includes shipping handling, and applicable sales tax.

TO ORDER with your MasterCard Visa, American Express, or Discove card, call 800/881-4066. Or, visit ou Internet site at www.bhgcatalog.com to order.

continued on page 19

For the first time ever...

The first porcelain ornament collection inspired by the timeless art of Berta Hummel

"A Berta Hummel Christmas"







ove ornaments are shown larger than actual size
2¾ inches standing.

ur first set includes "Little Gift
apper," Heavenly Trio" and "Making
okies" shown above. Following sets
shown below, and are shipped once
h previous set is paid.

INSPIRED BY THE ART OF
BERTA HUMMEL
Goebel

Berta Hummel and Hummel® are registered trademarks of W. Goebel Porzellanfabrik, GmbH & Co. KG, Germany
© Goebel 1998



• An extraordinary value for genuine Berta Hummel porcelain ornaments

$9.95* each
plus shipping

Each ornament comes with a Certificate of Authenticity—your assurance of superior quality and heirloom value

365-day money back guarantee (including postage)

In a postcard-pretty village, Sister M.I. Hummel—known in her youth as Berta—drew sketches of darling children blessed with a special quality of joy and love. These heartwarming sketches are beautifully expressed in these timeless holiday ornaments, *A Berta Hummel Christmas.*

Each figure in the collection is impeccably sculpted by Goebel artisans in the revered Hummel tradition. Hand-sculpted and hand-painted, they meet all the exacting specifications that are the hallmarks of a genuine Hummel.

Start collecting for Christmas. You need send no money now, but please mail your reservation promptly.

43603-CC2A

"A Berta Hummel Christmas"

The First Berta Hummel Porcelain Ornament Collection

PLEASE RESPOND PROMPTLY

YES, please reserve *A Berta Hummel Christmas* ornament collection. I understand I will be billed $29.85* when my first 3-ornament set is shipped. Subsequent sets will be automatically shipped once the previous set is paid.

• SEND NO MONEY NOW • 365-DAY, MONEY-BACK GUARANTEE
• 1 EASY PAYMENT OF $29.85* PER THREE-ORNAMENT SET

X _____
Signature Date

_____ (____) _____
Name (please print clearly) Home Telephone

_____
Address Apt. No.

_____
City State Zip

*Plus $4.94 shipping and handling per set. Illinois residents add state sales tax. Please allow 10 to 12 weeks for delivery. Pending credit approval. Price higher in Canada.

43603-D81203

StudioHummel™ From Ashton-Drake
9200 North Maryland Ave., Niles, Illinois 60714-1397

Big Flavor

continued from page 192



Lightly crumble the final phyllo layer on top of the Steamed Salmon and Swiss Chard Stack for a casual presentation.

lengthwise into thirds. Cut each third into four squares, making twelve 4x4-inch squares total. Place phyllo stacks on a 15x10-inch ungreased baking sheet. Bake stacks for 12 to 14 minutes until golden. Cool on baking sheet. Set aside.

2. Thaw salmon, if frozen. Rinse salmon; pat dry with paper towels. Cut salmon into 8 pieces; set aside. Fill a 12-inch skillet with water to a depth of 1 inch. Bring water to boiling. Reduce heat so water simmers.

3. Place salmon pieces in the bottom of a double-tiered bamboo steamer or steamer basket. Sprinkle with pepper; top with one of the sliced lemons. Layer the remaining sliced lemon and Swiss chard leaves in top basket of bamboo steamer or on top of salmon in steamer basket. Place over simmering water. Cover bamboo steamer or skillet. Steam for 8 to 12 minutes or until salmon flakes easily with a fork.

4. To serve, place one stack of phyllo on each of four individual serving plates. Divide half the salmon, chard, and lemon among phyllo stacks. Top each with another phyllo stack and remaining salmon, chard, and lemon. Crumble remaining phyllo stacks over individual servings. Drizzle with the remaining 1 tablespoon oil. Sprinkle with onion. Makes 4 servings.

Nutrition facts per serving: 401 cal., 25 g total fat (4 g sat. fat), 70 mg chol., 489 mg sodium, 20 g carbo., 4 g fiber, and 27 g pro. Daily Values: 30% vit. A, 92% vit. C, 7% calcium, and 14% iron.

Brined Skillet-Roasted Brussels Sprouts

An old trick for tender Brussels sprouts is to cut a small "X" in the stem end of each sprout. This helps them absorb heat and moisture during cooking.

Prep: 20 minutes **Roast:** 25 minutes
Stand: 1 hour

- 1½ lb. Brussels sprouts
- 8 cups cold water
- ½ cup kosher salt
- ¼ cup olive oil
- 1 tsp. mustard seed
- ¼ tsp. sea salt
- ¼ tsp. cracked black pepper

1. Trim stems and remove any wilted outer leaves from Brussels sprouts; wash. Halve any large Brussels sprouts; set aside. In a very large mixing bowl or deep container stir together the cold water and the kosher salt until salt is completely dissolved. Add Brussels sprouts to salt mixture, making sure the sprouts are completely submerged (weigh sprouts down with a plate if necessary to keep them submerged). Let stand for 1 hour.

2. Preheat oven to 350° F. Drain Brussels sprouts; do not rinse. In a large cast-iron skillet or roasting pan



Weighing down the Brussels sprouts with a plate will keep them completely submerged in the brining solution.

toss sprouts with olive oil to coat. Roast, uncovered, for 25 to 30 minutes or until tender, stirring once.

3. Meanwhile, in a skillet heat mustard seeds over medium heat for about 5 minutes or until seeds are lightly toasted, shaking skillet occasionally. Remove seeds from skillet; crush seeds slightly. Add crushed seeds, sea salt, and pepper to roasted sprouts, tossing well. Serve immediately. Makes 6 side-dish servings.

Nutrition facts per serving: 131 cal., 10 g total fat (1 g sat. fat), 0 mg chol., 415 mg sodium, 10 g carbo., 5 g fiber, and 4 g pro. Daily Values: 18% vit. A, 121% vit. C, 5% calcium, and 9% iron.

Big Green Salad; Two Pepper Dressing

You can make Two Pepper Dressing well in advance; just make sure to bring it back to room temperature when you start preparing the salad.

Start to finish: 30 minutes

- 1 recipe Two Pepper Dressing (see recipe, *below*)
- 4 cups torn butterhead lettuce (2 medium heads)
- 1 cup fresh mint sprigs
- 1 cup fresh watercress sprigs
- ¾ cup fresh cilantro sprigs
- 1 cup daikon, peeled and cut into 1-inch strips

1. Prepare Two Pepper Dressing; set aside. Rinse lettuce, mint, watercress, and cilantro in cold water; gently pat dry. In a bowl toss greens and daikon. Slowly add Two Pepper Dressing; toss to coat. Serve immediately. Makes 6 side-dish servings.

Two Pepper Dressing: In a screw-top jar combine ½ cup finely chopped green sweet pepper; ⅓ cup rice vinegar; 3 tablespoons salad oil; 1 fresh Anaheim or jalapeño chile pepper, seeded and finely chopped*; and 1 clove garlic, minced; ½ teaspoon sugar; ¼ teaspoon salt; and ¼ teaspoon black pepper. Cover; shake well. Refrigerate until ready to use.

continued on page 196


Pure Enthusiasm.
Cereal lovers unite! Now there's an organic cereal tasty enough to satisfy your head, your heart and your appetite.
So feed your passion and let the pure goodness of Cascadian Farm Honey Nut O's keep you believing.
Cascadian Farm
ORGANIC
Honey Nut O's
Since 1972
Cascadian Farm
ORGANIC
Honey Nut O's
Organic whole grain oat cereal touched with golden honey and almonds
Taste you can believe in.
Available in natural foods and select grocery stores. www.cascadianfarm.com

Big Flavor

continued from page 194

**Note:* Because chile peppers contain volatile oils that can burn your skin and eyes, wear plastic or rubber gloves when working with them. If you do touch the peppers, wash your hands well with soap and water.

Nutrition facts per serving: 86 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 112 mg sodium, 4 g carbo., 1 g fiber, and 1 g pro. Daily Values: 26% vit. A, 57% vit. C, 5% calcium, and 17% iron.

Buttery Sage and Acorn Squash Tart

You'll use butter in several stages of this recipe, so separate the necessary amounts beforehand.

Prep: 60 minutes **Bake:** 40 minutes
Cool: 20 minutes

- 1 recipe Butter-Pepper Pastry (see recipe, *right*)
- ¼ cup unsalted butter, softened
- 3 eggs
- 2 cups mashed, cooked acorn squash*
- ½ cup milk
- ¼ cup honey
- 1 Tbsp. snipped fresh sage
- ¼ tsp. salt
- ¼ cup plus 1 Tbsp. unsalted butter
- ¼ cup broken black walnuts or broken walnuts
- ½ tsp. pepper



The color of browned butter is the best indicator of its doneness. The butter on the left is not cooked enough; the right, too much. The center has the best color.



TART PAN SET

You'll need a 10-inch tart pan for the Buttery Sage and Acorn Squash Tart (recipe, *below*). Our handy **Set of Three Tart Pans** includes the 10-inch size as well as an 8-inch and an 11-inch pan. From Fox Run Craftsmen, each pan is approximately one inch deep and features a removable bottom. The set of three pans costs $24.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Visa, MasterCard, American Express, or Discover card, call 800/881-4066. Or, visit www.bhgcatalog.com to order on the Web.

1. Preheat oven to 450° F. Prepare Butter-Pepper Pastry. On a lightly floured surface roll the pastry to a 12-inch circle. Ease pastry into an ungreased 10-inch tart pan with a removable bottom. Press pastry into fluted sides of pan; trim edges. Generously prick the bottom of the pastry. Line pastry with a double thickness of foil. Place tart pan on a foil-lined baking sheet. Bake for 10 minutes. Remove foil from pastry; bake for 6 to 8 minutes more or until golden. Cool on wire rack. Decrease oven temperature to 350° F.

2. For filling, in a large bowl beat the ¼ cup softened butter with an electric mixer on medium-high speed for 30 seconds. Add eggs, one at a time, beating until combined. Stir in the squash, milk, honey, sage, and salt.

3. Spoon the filling into crust, gently smoothing top (tart will be very full). Place filled tart on the foil-lined baking sheet. Bake about 40 minutes or until set and a knife inserted near the center comes out clean. Remove from oven. Cool slightly on a wire rack, about 20 minutes. Remove sides of pan; place tart on serving platter.

4. Meanwhile, in a small saucepan heat the ¼ cup plus 1 tablespoon butter over low heat until melted; reserve one tablespoon when just melted, setting this tablespoon aside. Continue heating the remaining butter about 15 minutes until butter turns a delicate brown (see photo, *left*).

5. In a small bowl combine walnuts, the 1 tablespoon reserved melted butter, and ½ teaspoon pepper; toss to coat. Sprinkle walnut mixture over tart. Cut tart into wedges; spoon browned butter over each serving. Makes 10 to 12 appetizer servings.

Butter-Pepper Pastry: In a bowl combine 1 cup all-purpose flour, ½ teaspoon salt, and ½ teaspoon pepper. Using a pastry blender, cut in ⅓ cup cold unsalted butter until pieces are pea-size. Sprinkle 1 tablespoon cold water over part of the mixture; gently toss with a fork. Push the moistened dough to the side of the bowl. Repeat with 2 to 3 tablespoons more cold water, using 1 tablespoon water at a time, until all the dough is moistened. Form dough into a ball. If necessary, cover dough with plastic wrap and refrigerate 30 to 60 minutes or until dough is easy to handle.

**Note*: To make mashed, cooked squash, wash, halve, and remove seeds from 2 medium acorn squash (about 2 pounds). Place squash halves, cut sides down, in a large roasting pan. Bake, uncovered, in a 350° F oven for 50 to 55 minutes or until tender. Let stand until cool enough to handle. Scoop pulp out of shells and slightly mash (you should have about 2 cups).

Nutrition facts per serving: 285 cal., 21 g total fat (12 g sat. fat), 112 mg chol., 203 mg sodium, 21 g carbo., 2 g fiber, 5 g pro. Daily Values: 45% vit. A, 7% vit. C, 4% calcium, 6% iron.

continued on page 198

Lulu caught Jake admiring her luscious cream cheese wonton.

"Wait till you see what's in the freezer," she thought.



•INTRODUCING•
New Pagoda™ Wontons,
grolls and Potstickers. Lulu discovered Pagoda
in the freezer aisle. So can you.

Asian flair. Anywhere.™

© Schwan's Consumer Brands North America 2005. All Rights Reserved.



Where on the Web can you spot a yum?





McCormick

VISIT www.mccormick.com

Click on mccormick.com and find hundreds of expertly-tested recipes, tips and ideas. Prepare something delicious from mccormick.com and find a table full of oohs and ahhs.

The taste you trust

©2002 McCormick & Co., Inc.

Big Flavor

continued from page 196

Bacon-Crusted Tri-Tip Roast with Shallots and Figs

Carefully monitor the cooking time for this roast. Its unique triangular shape will produce ranges of doneness from well done on the ends to medium rare in the center.

Prep: 30 minutes **Roast:** 35 minutes **Stand:** 10 minutes

- 1 lb. fresh or dried Turkish, Mission, or Calimyrna figs, halved
- 4 oz. chopped bacon (about 4 slices)
- 4 oz. chopped prosciutto
- 1 Tbsp. Dijon-style mustard
- 2 cloves garlic, slivered
- 1½ to 2 lb. boneless beef tri-tip roast or beef sirloin roast
- 1 lb. shallots, skinned, ends trimmed
- 1½ cups dry red wine

1. If using dried figs, place figs in a bowl and cover with boiling water. Cover bowl with plastic wrap; let stand 30 minutes to 1 hour or until figs look plump. Drain figs. Preheat oven to 425° F. In a medium bowl combine bacon, prosciutto, mustard, and garlic; stir to combine. Place roast on a rack in a shallow roasting pan, fat side up. Divide bacon mixture in half. Pressing with your fingers, stick half of the bacon mixture onto top and sides of roast.

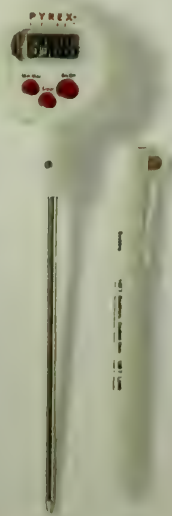
2. Halve any large shallots. In a large bowl gently toss together shallots, figs, and remaining bacon mixture. Scatter shallot and fig mixture around roast in roasting pan.

3. Roast for 35 to 45 minutes or until meat thermometer inserted in center of roast registers 140° F for medium-rare doneness and bacon crust is cooked until crisp.

4. Transfer roast, shallots, and figs to a serving platter. Cover with foil and let stand 10 minutes before carving (temperature of meat should rise 5° to 10°). Meanwhile, remove any drippings from pan; skim fat. Add the 1½ cups dry red wine to roasting pan. Stir in pan drippings. Bring to boiling over medium-high heat, scraping up any brown bits from bottom of the roasting pan. Simmer, uncovered, for 5 to 10 minutes or until the wine is reduced by half. Serve pan juices with roast. Makes 6 to 8 servings.

Nutrition facts per serving: 421 cal., 14 g total fat (5 g sat. fat), 75 mg chol., 734 mg sodium, 27 g carbo., 3 g fiber, 35 g pro. Daily Values: 18% vit. A, 12% vit. C, 7% calcium, 22% iron.

continued on page 200



INSTANT-READ THERMOMETER

For accuracy with our Bacon Crusted Tri-Tip Roast with Shallots and Figs (recipe, *above*), you'll need an instant-read thermometer. This **Digital Instant Read Thermometer** from Robinson Knife Company reads temperatures to one-tenth of a degree. The display includes both centigrade and Fahrenheit readings, and is especially good for checking thin foods, such as burgers or fish (the probe only needs to be placed ½ inch into the food). The case is water resistant, and a long-life battery is included. The price is $24.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Visa, MasterCard, American Express, or Discover card, call 800/881-4066. Or, visit www.bhgcatalog.com to order on the Web.

Ask yourself:

- ☐ Does the scent of sirloin send shivers of excitement down your spine?
- ☐ Does the warm glow of charcoal quicken your pulse?
- ☐ Do your guests crave something bold and delicious every time you grill?

McCormick®

The taste you trust



If you answered **"YES"**, grab some Grill Mates® and start grilling.

GET FIRED UP at the Grill Mates Summer Entertaining Guide. www.mccormick.com

Big Flavor

continued from page 198

Mediterranean Parsnips

The beauty of this recipe is both its simplicity and its diversity. Try cooked carrots or quartered baby red potatoes in place of the parsnips.

Prep: 25 minutes **Cook:** 7 minutes

- 3½ lb. parsnips
- 3 Tbsp. olive oil
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup pitted Kalamata olives, drained and coarsely chopped*
- ½ cup capers, drained (3.5-oz. jar)

1. Peel and slice the parsnips lengthwise into ¼-inch-thick slices.
2. In a large saucepan cook parsnips, covered, in a small amount of boiling lightly salted water for 7 to 9 minutes or until tender; drain.
3. Gently toss parsnips with olive oil, salt, and pepper; transfer to a serving dish. Top with olives and capers. Serve immediately. Makes 8 side-dish servings.

**Note*: For an alternative, prepare parsnips as above, omitting the olive oil. Toss parsnips with ¼ cup raspberry mustard, then drizzle with about 2 tablespoons of honey. Or, omit olives and capers and use 1 cup jarred caramelized onions.

Nutrition facts per serving: 234 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 535 mg sodium, 41 g carbo., 9 g fiber, and 3 g pro. Daily Values: 0% vit. A, 44% vit. C, 8% calcium, and 7% iron.

Spaghetti and Porcini Meatballs; Cabernet-Tomato Sauce

Porcini mushrooms and a bold cabernet make this dish sassy enough for company, but still hearty enough for family fare.

Prep: 45 minutes **Cook:** 38 minutes

- 1 recipe Porcini Meatballs (see recipe, *right*)
- 3 Tbsp. olive oil



Dried porcini mushrooms (*above, left*) plump up when reconstituted in hot wate Reserve the water to add a wonderfully rich porcini flavor to the spaghetti for Spaghet and Porcini Meatballs; Cabernet Tomato Sauce. Once you've drained the reconstitute mushrooms, strain the liquid through cheesecloth to remove any grit. Reduce the amoun of water necessary to cook the pasta and replace it with the mushroom-flavored broth.

- 4 cups chopped, peeled plum tomatoes (10 to 12 tomatoes)
- 1 cup plus 1 to 2 Tbsp. cabernet sauvignon or dry red wine
- ¼ cup finely chopped onion
- 2 Tbsp. snipped fresh parsley
- 2 Tbsp. snipped fresh thyme
- 1 tsp. sugar
- ¼ tsp. pepper

Hot cooked spaghetti or fettuccine

Salt and pepper

1. Prepare Porcini Meatballs. In a very large skillet heat olive oil over medium-high heat. Add meatballs. Brown meatballs about 8 minutes, turning occasionally; transfer to a plate. Drain fat from skillet.
2. Add the tomatoes, 1 cup of the cabernet or dry red wine, onion, parsley, thyme, sugar, pepper, and the reserved ½ cup mushrooms from meatball recipe to the hot skillet; stir well. Bring to boiling; reduce heat. Add meatballs. Simmer, uncovered, about 30 minutes or until desired consistency, gently stirring to keep meatballs moistened. Just before serving splash with 1 to 2 tablespoons cabernet. Serve the sauce and meatballs over the cooke spaghetti. Season to taste with sal and pepper. Makes 6 servings.

Porcini Meatballs: Rinse 2½ ounce dried porcini mushrooms well. In medium bowl combine dried mush rooms and enough boiling water t cover mushrooms. Let stand fo 30 minutes. Drain. Rinse mush rooms under running water. Drai well, squeezing out excess liquid. Se aside ½ cup of the mushrooms fo the sauce (see recipe, *left*). Finel chop remaining mushrooms.

In a large bowl combine th finely chopped mushrooms, ¾ cu onion, 2 cloves minced garlic 2 teaspoons snipped fresh thyme 1 beaten egg, ¼ cup fine dry brea crumbs, 1 tablespoon cabernet, an ½ teaspoon salt. Add ground bee and mix well. Shape mixture int 18 meatballs.

Nutrition facts per serving: 54 cal., 19 g total fat (5 g sat. fat), 83 m chol., 374 mg sodium, 64 g carbo. 5 g fiber, and 26 g pro. Daily Value 18% vit. A, 48% vit. C, 5% calcium and 26% iron.

continued on page 20

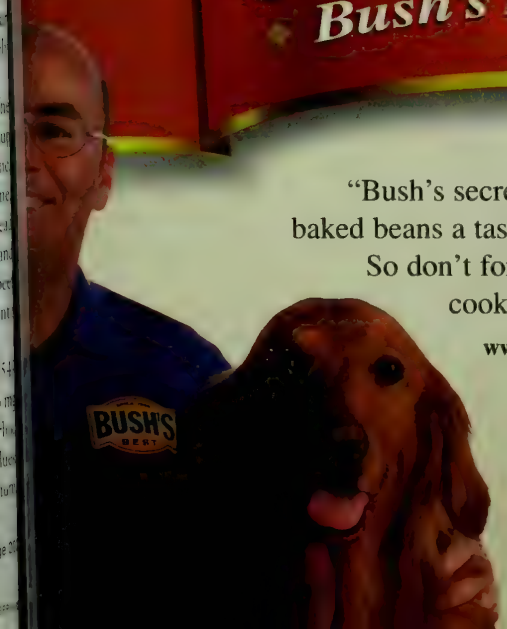
WITH BUSH'S BAKED BEANS.

WITHOUT.

Cookouts taste better with Bush's Baked Beans.

"Bush's secret family recipe gives our baked beans a taste that makes cookouts better. So don't forget them next time you cook out." – *Jay Bush*

www.bushbeans.com







Big Flavor

continued from page 200

The Mount Everest of Spice Cakes
To prepare the meringue, use pasteurized egg whites from pasteurized (not regular) eggs in the shell. If these are unavailable, use powdered dried egg whites as an alternative.

Prep: 45 minutes **Bake:** 30 minutes
Cool: 2 hours **Chill:** 2 hours

- 1¼ cups buttermilk
- 2 eggs
- ¼ cup butter
- 2 cups all-purpose flour
- 1½ tsp. baking powder
- 1½ tsp. baking soda
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cloves
- ¼ tsp. ground ginger
- ¼ cup shortening
- 1½ cups sugar
- ½ tsp. vanilla
- 6 pasteurized egg whites* from pasteurized eggs in shell
- ½ tsp. cream of tartar
- ½ tsp. ground ginger or ¼ tsp. ground nutmeg
- ¾ cup sugar
- 1 18-oz. jar apricot or peach preserves

1. Allow buttermilk, eggs, and butter to stand at room temperature for 30 minutes. Meanwhile, grease and lightly flour two 8x1½-inch round baking pans; set aside.

2. In a bowl combine flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and the ¼ teaspoon ginger; set aside.

3. Preheat oven to 350° F. In a bowl beat butter and shortening with an electric mixer on medium to high speed for 30 seconds. Add the 1½ cups sugar and vanilla, beating on medium speed until well combined, scraping sides of bowl occasionally.

4. Add eggs, one at a time, beating about 30 seconds after each addition. Add flour mixture and buttermilk alternately to beaten mixture, beating on low speed after each addition just until combined. Spread batter into the prepared pans.

5. Bake for 30 to 35 minutes or until a wooden toothpick inserted in center comes out clean. Cool cakes in pans on wire racks for 10 minutes. Carefully remove from pans. Cool thoroughly on racks.

6. Meanwhile, prepare the meringue. Allow egg whites to stand at room temperature for 30 minutes. In a large, nonaluminum mixing bowl combine egg whites, cream of tartar, and the ½ teaspoon ginger. Beat with an electric mixer on medium speed for about 5 minutes or just until soft peaks form. Gradually add the ¾ cup sugar, 1 tablespoon at a time, beating on high speed about 5 minutes more or until mixture forms soft, glossy peaks (tips curl) and sugar dissolves.

7. To assemble, using a serrated knife carefully split each cake layer horizontally in half. Place bottom layer of cake on serving plate. Spread with about ½ cup apricot preserves. Place second layer on top; spread with another ½ cup preserves. Top with third layer; spread with the remaining preserves. Top with fourth layer. Pile meringue on top of cake in tall peaks. Lightly brown meringue peaks with a small kitchen torch. Serve at once or cover and chill up to 4 hours. (Chilling cake firms the meringue and makes the cake easier to serve.) Makes 8 to 10 servings.

**Note:* To substitute powdered dried egg whites for pasteurized egg whites, stir together 3 tablespoons dried egg whites and ½ cup plus 1 tablespoon warm water until powder is completely dissolved (about 2 minutes). Combine egg whites with cream of tartar and the ½ teaspoon ginger. Beat with an electric mixer on medium speed for 2 to 3 minutes or until soft peaks form. Reduce sugar to ½ cup and gradually add, 1 tablespoon at a time, beating on high speed about 5 minutes more or until mixture forms soft, glossy peaks and sugar dissolves.

Or, stir ground ginger to taste into 2 cups sweetened whipped cream as an alternative to meringue. Top cake with whipped cream and chill.

Nutrition facts per serving: 651 cal., 14 g total fat (6 g sat. fat), 71 mg chol., 334 mg sodium, 123 g carbo., 2 g fiber, and 9 g pro. Daily Values: 7% vit. A, 10% vit. C, 12% calcium, and 11% iron.



NEW AND IMPROVED!
Here's the 12th edition of our classic ***Better Homes and Gardens*® New Cook Book**. This newly revised version of the red plaid favorite features 1,200 recipes—including 900 new ones—all reflecting current eating habits and lifestyles. Many recipes feature ethnic flavors, fresh ingredients, vegetarian appeal, and make-ahead directions. Each recipe was tested and perfected in the *Better Homes and Gardens* Test Kitchen and features nutrition analysis and diabetic exchanges. The lay-flat spiral ring binder format is divided into 21 chapters, each thoroughly indexed for easy reference. The book also includes revised and updated cooking charts; ingredient photos; emergency substitutions; equivalents; and reliable kitchen references with cooking terms, tips, and techniques. The cost is $36.95, which includes all shipping, handling, and applicable sales tax.

TO ORDER with your Visa, MasterCard, American Express, or Discover card, call 800/881-4066. Or, visit www.bhgcatalog.com to order on the Web.

GREAT MOMENTS IN LUNCHBOX HISTORY



Thermos® Bottle with Cup 1904

The Bendy Straw 1947

The Plastic Baggie 1957

Pringles Snack Stacks 2002



Introducing Pringles Snack Stacks,™ the latest innovation in the pursuit of improving lunch. The revolutionary design of the single-serve tub makes Pringles easier than ever to pack. Not since the invention of the sandwich have moms and kids shared such lunchtime delight. **Once you pop, the fun won't stop.®**

Pringles Snack Stacks



Maria's grandmother, Donna, a Ty team member since 1979, can't fly but her heart certainly soars whene she and Maria spend time together.

You'd give her wings to *fly* if you could.

You give her *quality* chicken that's *all natural* because you can.

Every Tyson chicken product begins with all natural chicken.
That means there are no additives, and it's minimally processed.
And that means a lot.

Tyson

It's what your *family* deserves.™



w w w . t y s o n . c o m

Red, white, and bold

Here's one more big-flavor strategy: Serve dinner with these robust chardonnays and cabernet sauvignons.

by Richard Swearinger



Robert Mondavi 2000 Coastal Private Selection Cabernet Sauvignon $11
Like a charming bachelor, this wine brings panache to the table, but keeps it light. Flavors of blackberries, plums, and a hint of pepper make a splash on your palette, then disappear so you can enjoy your food. www.robertmondavi.com.



Hawk Crest 2000 California Chardonnay $11
Light and lively, this bold white wine is an ideal partner for the Steamed Salmon and Swiss Chard Stack on *page 183.* The tangy, bright flavors coaxed from the grapes match the food's spicy, lemony allure. Toll free: 866/422-7523.



J. Lohr 2000 Seven Oaks Paso Robles Cabernet Sauvignon $15
Whether with our Spaghetti and Porcini Meatballs on *page 188* or your mom's famous beef stroganoff, this wine will win respect for the way its food-enhancing essences of black cherry and violet assert themselves. www.jlohr.com



Ravenswood 2000 Vintners Blend California Chardonnay $12
Everything wonderful about chardonnay has been captured by the winemaker in one bottle. The aroma of vanilla and honey with a touch of oak are combined with the flavors of peaches, apples and tropical fruit. 888/669-4679.



Black Opal 1999 Barossa Cabernet-Merlot $16
Think how chocolate takes over your mouth with deep dark flavors and texture; that's what happens with this Australian blend of cabernet and merlot grapes. Pair it with the Bacon-Crusted Sirloin-Tip Roast on *page 187.* 800/725-3993, ext. 4735.



Wente Vineyards 2000 Riva Ranch Reserve Monterey Chardonnay $17
A full-bodied white that packs a South Sea vacation's worth of pineapple and mango into a bottle but balances that with a clean, citrusy edge. It makes it ideal for the Buttery Sage and Acorn Squash Tart on *page 186.* www.wentevineyards.com.



MAMA ORTEGA



USED TO MAKE FOOD LIKE THIS

OVER 150 YEARS AGO.

MAYBE THAT'S WHY HER SON DIDN'T LEAVE HOME UNTIL HE WAS 42.

ORTEGA



We've been fire-roasting our peppers for over a century.



Mama Ortega's home, circa 1860. Where her son, Emilio, spent the best 42 years of his life.

The Ortega family name has stood for outstanding traditional Mexican food for over a century. Like our delicious Green Chile Quesadillas, made with fire-roasted green chiles. It's a great way to make dinner for your family a little more genuine. (Oh, and sorry if your kids don't leave home until they're in their 40s.)



Green Chile Quesadillas
(Quesadillas de Chiles Verdes)

2 cups (8 oz.) shredded cheddar cheese
1 can (4 oz.) Ortega® Diced Green Chiles
1/2 cup whole kernel corn
1/4 cup (about 2) sliced green onion
10 (6-inch) fajita-size flour tortillas
Ortega® Salsa
Chopped fresh cilantro (optional)

Combine cheese, chiles, corn and green onion in medium bowl. Spread 1/3 cup cheese mixture onto one half of each tortilla; fold tortilla in half.

Spray large skillet with nonstick cooking spray; place two quesadillas in skillet. Cook each side over medium-high heat until golden brown and cheese is melted. Repeat with remaining ingredients. Cut each tortilla in half. Serve with salsa and cilantro.

Yield: 10 servings.

We'd be honored if you'd visit Ortega.com for more recipes or to sign up to receive recipes by e-mail.



Salsa made with fresh chunky tomatoes



Made with 100% whole kernel corn



Fire-Roasted green chiles



America's #1 Taco Sauce

ADVERTISEMENT

Out Skate.
Out Bike.
OUT SPORT.
Take it to the max
with Disney Xtreme! Coolers™

Get the edge
with the
ultimate
fruit juice drink to fuel your fun.

Disney Xtreme! Coolers™ juice drinks have the extreme taste kids want and 25% less sugar than the average of leading kids' juice drinks. Made with Minute Maid juices so you know they contain other good stuff kids need.

So, suit up in your safety gear, grab your favorite Disney Xtreme! Coolers™ flavors, and get out there and have a blast!

Try Kickflip Berry™ at the skateboard ramp, All Out Apple™ during your bike ride, or Shreddin' Strawberry™ after catching air on your snowboard. Also available in [illegible] and Overhang Orange™.



For more product information, visit
www.disney.com/juice

© Disney [illegible] Elements © 2002 The Coca-Cola Company
"Disney Xtreme! Coolers," "Kickflip Berry," "Overhang Orange," "Shreddin' Strawberry," "Tropical Wavesaurus" and "All Out Apple" are trademarks of Disney Enterprises, Inc.
Minute Maid is a registered trademark of The Coca-Cola Company

the better cook | by Richard Swearinger



Harvest Lamb

There's much to be said for cooking a leg of lamb for a crowd—not the least of which is that vision of you deftly carving slice after juicy slice for an appreciative audience.

Cooking big roasts is not an everyday feat anymore. But with long, slow cooking, there's lots of time to check in on the process. That leisurely pace makes creating a garlicky, herb-crusted roast leg of lamb for a weekend crowd very doable.

The lamb gets its flavor from a rub of herbs and garlic that stays on overnight. Seal those ingredients in by wrapping the meat with plastic. To catch drips, store the roast in a large bowl.

A note about carving: It's easiest if you cut the meat from the bone in large pieces first. Start by cutting away the large, rounded side first. In the photo (*above*) it's the side at the back of the plate. The opposite side of the roast will also come off in a single piece, leaving two smaller pieces on either side of the bone to cut away. Once that's done, carve the meat into slices.

continued on page 21



The Poetry of Flowers

Costumed Sculptures

Figures are approx. 8½ inches high, hand-painted, fully costumed and come with a Certificate of Authenticity. Fabrics may vary slightly.

THE ASHTON-DRAKE GALLERIES
Bringing You Dolls of Irresistible Value

graceful, elegant and colorful as a Japanese garden in bloom!

ffordably priced at just per figure $29.99*

ed in an exquisite, silky kimono, each Japanese lady moves fully through her garden, almost becoming one with the s she admires there. This collection of costumed sculpcrafted in resin and hand-painted, is called *The Poetry of* rs. Each lady wears a fabric kimono and contrasting obi eaturing motifs of a flower that is beloved in Japan. ed fans and hair ornaments are beautifully detailed with t golden accents. Start your collection with the lovely "Amidst Chrysanthemums." Each dramatic, graceful cossculpture is just $29.99,* so be sure to subscribe today.



Coming next: "Irises at Sunset"

collectiblestoday.com
Home of The Ashton-Drake Galleries and All Things Collectible

The Poetry of Flowers Costumed Sculpture Collection

PLEASE RESPOND PROMPTLY

☐YES, please reserve *The Poetry of Flowers* costumed sculpture collection for me. I will be billed $29.99* when my first sculpture is shipped. Subsequent costumed sculptures will be automatically shipped at the same issue price once the previous sculpture is paid.

• SEND NO MONEY NOW • 365-DAY MONEY-BACK GUARANTEE

x _____
Signature Date

Name (please print clearly) ( ) Telephone

Address

City State Zip

*Total price of $34.97 per sculpture includes $4.98 shipping and handling. Sales tax additional on shipments to Illinois. Please allow 10 to 12 weeks for delivery, pending credit approval. Prices are higher in Canada.

43761-D81201

THE ASHTON-DRAKE GALLERIES
9200 North Maryland Ave., Niles, Illinois 60714-1397

New Jell-O Oreo No Bake Dessert

WOW!



Because it's a tasty new twist on an Oreo.

Because it can be made in 15 minutes.

jello.com

©2002 KF Holdings

Because it's magic.™

the better cook

continued from page 208

Harvest Leg of Lamb
Prep: 30 minutes **Roast:** 2 hours
Stand: 15 minutes

- 1 5- to 7-pound whole lamb leg roast (bone-in)
- 6 cloves garlic, cut into thin slices (about half a bulb)
- 2 to 3 Tbsp. lemon juice
- 3 Tbsp. snipped fresh parsley
- 2 Tbsp. olive oil or cooking oil
- 1 Tbsp. Italian seasoning or dried oregano, crushed
- 1 tsp. pepper

1. Trim fat from meat. With the tip of a knife, cut ½-inch-wide slits into roast at 1-inch intervals (approximately 36 holes) inserting a thin slice of garlic in each. Brush meat surface with lemon juice. Stir together parsley, oil, Italian seasoning or oregano, and pepper. Pat parsley mixture onto meat. Wrap tightly in plastic wrap; refrigerate overnight.

2. Place meat, fat side up, on a rack in a shallow roasting pan. Insert a meat thermometer into center of meat, without touching bone. Roast in a 325° F oven until thermometer registers 140° for medium rare (1¾ to 2¼ hours) or 155° for medium (2 to 2½ hours). Transfer meat to servin platter. Cover meat with foil and l stand for 15 minutes before carving (Meat temperature will rise 5° durin standing.) Makes 12 to 16 servings.

Nutrition facts per servin 187 cal., 8 g total fat (3 g sat. fat 79 mg chol., 68 mg sodium, 2 carbo., 0 g fiber, 25 g pro. Dail Values: 2% vit. A, 6% vit. C., 2% calcium, 15% iron.





Make the slits in the meat as you go; don't try t save time by making all the slits first—they clos up too quickly. It's fine if some of the garli cloves stick out slightly. To get the herbs even spread on meat, sprinkle them on first, then p them down so they don't fall off as easily.

Win Money and Prizes Prize Tested Recipes® (see page 213)

Your original recipe could be worth up to $400. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

Monthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

April 2003 Categories: Going with Grains: Tell us how you ntegrate these robust kitchen staples into your cooking. Create barley soups or polenta casseroles. Breads, pilafs, abboulehs, and salads also are all possibilities. We're game or any grain, including wheat berries, oats, grits, cornmeal, ulgur, rice, and quinoa.

Easter Desserts: Tempt the judges with your favorite holday creation. Is it a fresh-as-spring lemon torte? Or, perhaps coconut cake, a pie, or a pudding in a luscious sauce. We're ooking for a broad range of desserts—everything from cool nd refreshing mousse to warm and comforting baked ustard. Puffs, compotes, and soufflés are welcome.

his Month's Winners - Pages 213 and 214

400 Winners: Monique Boulet-O'Malley, Saratoga Springs, N.Y.; Lucy Straily, lanhattan, Kan. $200 Winners: Anastassia Skarlinski, Johns Island, S.C.; Kelly hornberry, La Porte, Ind. $50 Honor Roll Winners: Lucile G. Cline, Wichita, Kan.; Heidi Gingerich, Shaw Island, Wash.; Barbara Heile, Fortuna, Calif; Chelsea Heydt, Reading, Pa.; Kathy C. Hill, Siletz, Ore.; Charlotte Lanham, Duncanville, Texas; Amy McHone, Fort Collins, Colo.; Megan Murphy, Austin, Texas; Kristen Tulloch, Olympia, Wash.; Tamy White, Hartwell, Ga.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Going with Grains" or "Easter Desserts." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0304 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by September 23, 2002, and received by September 30, 2002. E-mail entries must be posted by 11:59 p.m., EDT, September 23, 2002. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.





THERE'S MORE THAN ONE WAY TO GET 100 GALLONS OF DRINKING WATER INTO YOUR HOM

PÜR
WATER FILTRATION SYSTEM

©2002 P

YOUR WATER SHOULD BE PÜR.

The problem with bottled water is the bottles. Get as much clean, healthy water as you need rig from your tap. PÜR faucet mount filters attach easily and turn off and on with a simple twi Nothing to lug home, nothing to store. Find out more at www.purwater.com

Prize Tested Recipes®

see page 211 for details



$400 winner Chocolate Carnutty Bars

Lucy Straily, Manhattan, Kan.,
in the Easy Cookies and Bars Category, September 2002

- Nonstick cooking spray
- 1 pkg. 2-layer-size white cake mix
- 1 cup quick-cooking rolled oats
- ½ cup peanut butter
- 1 egg
- 2 Tbsp. milk
- 1 8-oz. pkg. reduced-fat cream cheese (Neufchâtel)
- 1 12¼-oz. jar caramel ice-cream topping
- 1 11½-oz. pkg. milk chocolate pieces
- 1 cup cocktail peanuts

Preheat oven to 350° F. Coat a 13×9×2-inch pan with nonstick cooking spray. Set aside. For crumb mixture, in a large mixing bowl combine cake mix and oats. Using a pastry blender, cut in peanut butter until mixture resembles fine crumbs. Beat egg with milk; add to crumb mixture, stirring until well mixed. Reserve ¼ cup of the mixture. Press remaining mixture into bottom of the prepared pan.

For filling, beat cream cheese with a mixer until smooth. Add caramel topping and beat until mixed. Spread on top of crumb mixture. Sprinkle chocolate pieces on top, then add the peanuts to cover. Sprinkle evenly with reserved crumb mixture. Bake for 30 minutes. Let cool completely on a wire rack. Cut into 24 bars. Store, covered, in the refrigerator. Makes 24 bars.

Nutrition facts per bar: 311 cal., 14 g total fat (5 g sat. fat), 16 mg chol., 273 mg sodium, 41 g carbo., 1 g fiber, and 7 g pro. Daily Values: 2% vit. A, 0% vit. C, 6% calcium, and 4% iron.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

Prize Tested Recipes®

see page 211 for details



$400 winner Pepper Stromzoni

Monique Boulet-O'Malley, Saratoga Springs, N.Y.,
in the Hot and Sweet Peppers Ideas Category, September 2002

- 3 medium red, yellow, and/or green sweet peppers, chopped (3 cups)
- 1 Tbsp. minced garlic (6 cloves)
- 1 Tbsp. butter
- ¼ to ½ tsp. crushed red pepper
- ¾ cup shredded mozzarella cheese
- ½ cup ricotta cheese
- 2 Tbsp. snipped fresh basil
- 1 10-oz. pkg. refrigerated pizza dough
- 1 egg, slightly beaten

Preheat oven to 400° F. Line a large baking sheet with foil or parchment paper; grease foil and set aside. In a large skillet cook sweet peppers and garlic in hot butter over medium heat about 5 minutes or until tender, stirring occasionally. Stir in crushed red pepper, ½ teaspoon *salt*, and ¼ teaspoon *black pepper*; set aside to cool slightly.

In a medium bowl stir together mozzarella, ricotta, and basil. Stir pepper mixture into cheese mixture until well combined; set aside. On a lightly floured surface roll out pizza dough to a 16×10-inch rectangle. Cut into two 8×10-inch rectangles. Spoon half of the pepper mixture along one of the long sides of one dough rectangle, leaving a 1-inch border along the long side and a ½-inch border along the short sides. Spread pepper mixture to a width of about 3 inches. Fold one long side over pepper mixture. Seal seam and ends, tucking seam under the loaf. Carefully place on prepared baking sheet. Repeat with remaining dough and filling. With a sharp knife cut 4 diagonal slits in the top of each loaf. Brush loaves with egg. Bake for 15 to 18 minutes or until golden brown. Let stand 10 minutes. Slice each in half



Prize Tested Recipes®

see page 211 for details

$200 winner Mini Cherry Pepper Quiches

Kelly Thornberry, La Porte, Ind.,
in the Hot and Sweet Peppers Ideas Category, September 2002

- 24 fresh red mild cherry peppers (about 2 cups)
- 1 egg, slightly beaten
- ½ cup whipping cream
- ¼ cup finely chopped fresh mushrooms
- 1 green onion, finely chopped (2 Tbsp.)
- ½ tsp. Dijon-style mustard
- ¼ tsp. salt
- ⅛ tsp. pepper
- ⅓ cup shredded Swiss cheese

Preheat oven to 375° F. Cut off tops of peppers; use a small spoon to remove seeds. Place each pepper in a 1¾-inch muffin cup. Use a small crumpled piece of foil to keep peppers upright. In a small bowl stir together egg, cream, mushrooms, onion, mustard, salt, and pepper until combined. Spoon about 1½ teaspoons of the mixture into each pepper. Sprinkle tops with cheese. Bake for 15 minutes and filling is puffed and golden brown. Cool 5 minutes. Remove from pans and serve warm. Makes 24 appetizers.

Nutrition facts per appetizer: 30 cal., 3 g total fat (1 g sat. fat), 17 mg chol., 32 mg sodium, 1 g carbo., 0 g fiber, 1 g pro. Daily Values: 16% vit. A, 34% vit. C, 2% calcium, 1% iron.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.



Prize Tested Recipes®

see page 211 for details

$200 winner Banana Crunch Bars

Anastassia Skarlinski, Johns Island, S.C.,
in the Easy Cookies and Bars Category, September 2002

- 1¾ cups crushed chocolate wafers (about 36 wafers)
- ½ cup sugar
- ¼ cup unsweetened cocoa powder
- 1 tsp. vanilla
- ½ cup butter, melted
- 3 Tbsp. light-colored corn syrup
- 2 Tbsp. butter
- 2 medium bananas, sliced (1½ cups)
- 1 tsp. rum flavoring
- ½ cup semisweet chocolate pieces
- ½ cup peanut butter flavored pieces
- 1 tsp. shortening

Preheat oven to 350° F. In a medium bowl combine crushed wafers, sugar, cocoa powder, and vanilla. Stir in ½ cup melted butter. Press into bottom of a greased 8×8×2-inch baking pan. Bake for 10 minutes. Cool slightly on a wire rack, about 10 minutes.

In a small saucepan combine corn syrup and 2 tablespoons butter. Stir over medium heat until melted and bubbly. Remove from heat; stir in bananas and rum flavoring. Spoon banana mixture in an even layer over baked crust.

In a small saucepan combine the chocolate pieces, peanut butter flavored pieces, and shortening. Stir over low heat until melted. Drizzle over the banana mixture. Cover and chill until set. Let stand at room temperature 20 minutes before cutting into bars. Serve the same day. Makes 16 to 20 bars.

Nutrition facts per bar: 253 cal., 14 g total fat (8 g sat. fat), 22 mg chol., 204 mg sodium, 31 g carbo., 1 g fiber, and 3 g pro. Daily Values: 6% vit. A, 3% vit. C,


The stuff macaroni dreams are made of.
KRAFT
Macaroni & Cheese
DINNER
DELUXE
oods.com
DO IT UP DELUXE.









sensible skin care

top dermatologists share their secrets

Healthy, radiant skin is critical to the success of these four accomplished dermatologists. Their reputations depend on it.

Like you, they are on-the-go wives and mothers, with little time for complicated skin-care routines. Their quick and simple daily routines call for reasonably priced products—mostly the same over-the-counter creams and washes available to everyone. Consider this a house call, as the doctors tell how they approach personal care based on their various skin types and the climates in which they live. continued on page 218

by Karin Holmes

The great thing

about quitting with

Nicorette® is that

you not only use it on

a regular schedule to

help prevent cravings,

but every now

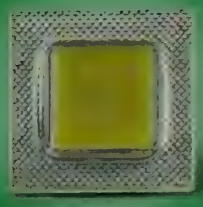
and then, when

a bad craving hits,

you can take

an extra piece

to help stay in control.

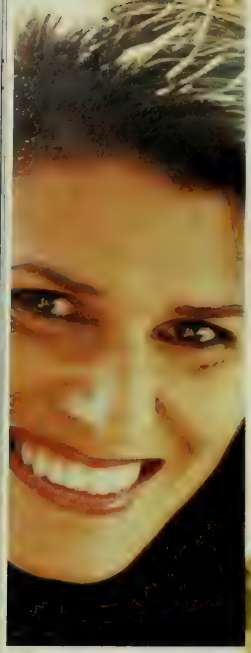


TWO ROADS DIVERGED.
AND I CHOSE AN EXTRA PIECE OF NICORETTE.



YOU CAN DO IT. NICORETTE CAN HELP.®

directed. Start with 1 piece every 1 to 2 hours, and follow dosing schedule. Do not exceed 24 pieces a day. Support program improves chances of success. Individual results may vary.
SmithKline makes an annual grant to the American Cancer Society for cancer research and education for the use of their seal. For more information please visit WWW.NICORETTE.COM



continued from page 216

Gabrielle M. Sabini, M.D.,
Atlanta, Georgia
age 35

A native of the Northeast, Dr. Gabrielle Sabini appreciates Atlanta's mild climate, which allows skin-care choices that might be unwise in regions that are more extreme.

Summers are hot and winters dry, but year-round use of sunscreen and lotions with alpha-hydroxy acids let ker skip a daily moisturizer. "Mostly you can stay focused on the goal of getting your skin tone where you want it, then using common-sense maintenance to keep it there," she says.

Skin care takes only three to five minutes of Dr. Sabini's daily routine, morning and night. She loves her face to feel clean, but skips the soap.



Making lunches and getting her four kids ready for school is Dr. Sabini's top priority every morning.

Dr. Sabini was born with combination skin—not too oily, and not too dry. However, her use of antiaging treatments steers her skin toward dryness. To keep from drying out, she varies her routine, using different products on different days, or nothing at all. She is less flexible with foundation makeup.

"I don't like it and won't wear it," she says. "I think the coverage is helpful for people with serious skin problems, but for most of us, it can accentuate the appearance of abnormalities, making even young women look older."

Glycolic acids in the products Dr. Sabini uses every day help slough off dead skin cells and reveal new skin, but every couple of months she uses an exfoliating mask or other special treatment to keep her skin looking tight and young.

Dr. Sabini Recommends:

Product	What it does
Glytone or Cetaphil cleanser	Glycolic acid cleans and hydrates skin
Tretinoin cream	Reduces fine facial wrinkles (prescription)
Vanicream SPF 15	Sunscreen that contains zinc oxide

routine

Morning (3–5 minutes)

- Rinses natural oils from face with warm water. "I don't use soap because it can be drying," she says. "And from the time I go to bed to the time I get up, my skin doesn't really get dirty."
- Applies either an alpha-hydroxy lotion or tretinoin (antiwrinkle) cream unless her skin feels too dry that day.
- Finishes with a moisturizing, broad-spectrum sunscreen: a light sunscreen with Parsol 1789 on most workdays; and, on weekends or before sports, a creamier, nonchemical zinc-oxide sunscreen, which she reapplies every few hours. She recommends Vanicream.

After work

- Dr. Sabini likes to go running a few nights a week, washing her face afterward with a glycolic acid cleanser, such as Glytone or Cetaphil, if her skin is feeling dry.

Bedtime (5 minutes)

- Washes her face with Glytone or Cetaphil, unless she went running that evening. "I finish exercising at 7 or 8 p.m., so I'm not going to wash my face again at 10 p.m."
- Applies prescription tretinoin cream. "This irritated my skin at first. But eventually, I got to the point where I can apply it once and, often, twice a day."

Extra help

- When her skin tone needs the extra help, she will occasionally use a facial mask at home or get a light chemical peel in the office—"especially in the summer months when I get pimples from wearing so much sunscreen or brown spots from the sun," she says. Chemical peels must be performed by a licensed dermatologist.

continued on page 220



IF YOU'RE FACING AGE
RELATED VISION LOSS
FOR THE FIRST TIME EVER
THERE'S HOPE

NEW Bausch & Lomb Ocuvite® PreserVision™ Vitamins
The only eye vitamin proven effective by the National Eye Institute*



The NEI* has released the findings of a 10-year eye study on the leading cause of vision loss in people over 55. The results: a unique formulation of high-potency antioxidant vitamins and zinc can help preserve the sight of people most at risk for age-related vision loss. That formulation is new Bausch & Lomb Ocuvite® PreserVision™. No other eye vitamin gives you this combination of high-potency antioxidants and zinc. So ask your eye doctor about new Ocuvite® PreserVision™. In the vitamin aisle of your drug, food store or mass merchandiser. For information about age-related macular degeneration and to receive valuable money saving offers call toll free 1-866-HOPE-AMD ext. 3.

www.bausch.com

BAUSCH & LOMB
See the wonder

*The NEI is a division of the National Institutes of Health.

© Bausch & Lomb Incorporated Bausch & Lomb, Ocuvite PreserVision is a trademark of Bausch & Lomb Incorporated



continued from page 218

Marianne M. O'Donoghue, M.D.
Chicago, Illinois
age 60

Chicago's weather may be extreme from season to season, but air-conditioning and indoor heat can bring the same results: tight, dry, flaking skin that itches.

Dr. Marianne O'Donoghue, a practicing dermatologist for more than 30 years, fights back with an uncommon solution. Three times a week she washes her hair and face—including her eyelids—with an over-the-counter pyrithione-zinc-based dandruff shampoo, such as Head & Shoulders, Matrix "Actrol," or Nizoral.

While raising her four grown children, Dr. O'Donoghue managed to build a long-standing practice in the Chicago suburbs and has held a number of professional leadership positions, including vice president of the American Academy of Dermatology. And she's kept fit playing tennis.

She uses Vaseline Petroleum Jelly as body lotion during cold months and keeps a jar on her desk at work. "I have it there because unless I show patients, they don't believe me and think I meant to say Intensive Care Lotion."

Dr. O'Donoghue Recommends:

Product	What it does
Aquaphor	Soothes dry or chapped skin
Dove or Oil of Olay bar soap	Gentle facial cleanser
Estée Lauder foundation	Base makeup with sunscreen
Head & Shoulders shampoo	Soothes itchy, dry scalp
Tretinoin cream (Retin-A)	Reduces wrinkles (prescription)

During her career, she has observed the many advances in skin-care treatments and what can happen when they are misused. But given her fair skin and tendency toward adult acne, Dr. O'Donoghue prefers to stick to the basics, beginning with a wash-down of face, arms, legs, hands, and feet using the same type of bar soap for all.

"I never went high-tech," she says. "For so long, I couldn't afford to."

She also avoids milky cleansers and lotion moisturizers, which she associates with breakouts.



Regular exercise playing tennis helps Dr. O'Donoghue look as young as she feels.

routine

Morning (5–10 minutes)

- Washes her face with Dove, Oil of Olay soap, or a Purpose bar if she's feeling more oily that day.
- Before an early game of tennis or a jog, she applies a light gel sunscreen to her face and a heavier, creamy sunscreen to all other exposed skin. Afterward, she showers and rewashes her face.
- Finishes with an Estée Lauder foundation makeup that includes sunscreen. This evens the appearance of her skin tone and adds another physical layer of protection against the sun's damaging rays.

After work

- On the nights before she steps out, Dr. O'Donoghue likes to rewash her face and reapply makeup. "It would be perfectly fine to touch up with powder, but cleaning my face makes me feel refreshed."

Bedtime (5 minutes)

- Washes with one of her soaps.
- Covers her neck, face (all the way up to her lower eyelids), and backs of her hands with a prescription-strength tretinoin cream—0.1 percent Retin-A MICRO.

"I've been using tretinoins for nine years, beginning with pea-sized amounts of much milder forms and building up a tolerance gradually, from three to seven days a week, never pushing it. Some weeks, maybe after the humidity has dropped suddenly, I cut back down to those three days."

Extra help

- When her skin feels overly dry in winter, she uses an ointment, such as Aquaphor or Vaseline Petroleum Jelly, after showering to seal in moisture—always avoiding her face.

continued on page 222

Finally, results even the judges can agree on.

Want a world-class smile?
Then make Crest Whitestrips part
of your routine. Jamie and David did.
Only thirty minutes twice a day.
And in just two weeks
you'll get a noticeably whiter smile.
Try Crest Whitestrips and judge for yourself.
The results are guaranteed.



Jamie before—and after. David before—and after.*



Reveal your whiter smile.

*Dramatization of typical 14-day results

continued from page 220



Dr. Mayoral heads home at night to five children, including two teenage girls, who, despite their mother's warnings, dedicated last summer to the pursuit of the perfect Florida tan.

Flor A. Mayoral, M.D.
South Miami, Florida
age 46

In tropical Miami, where high humidity and high temperatures are the norm, you wouldn't think dry skin would be a problem. But area residents contend with ocean winds, chlorine in the pools (which strips skin of protective oils and acids), and, worst of all, year-round air-conditioning.

In other words, it's a great place for Dr. Flor Mayoral to try out the latest skin care products. "That way," she says, "I can be honest in telling my patients, 'This cream smells funny, but it works great.' "



Dr. Mayoral tells all her children, including daughter Janelle, to wear a cream made from green tea extract under their sunscreen.

Dr. Mayoral Recommends:

Product	What it does
Aquanil or Cetaphil	Cleans sensitive skin
Citrix Antioxidant Cream	Helps fight damaging oxygen-free radicals
Alpha-hydroxy acid cream	Reduces fine lines and sun-damaged skin
Glycolix Elite Eye Serum	Moisturizes skin around the eyes

Dr. Mayoral uses products sold primarily through dermatologists. Her latest discovery? An antioxidant cream, Rephlenix, that contains polyphenols extracted from green tea. She applies the cream every night along with a glycolic acid cream. Studies have found that the extracts also reduce the effects of harmful UV radiation.

Recently remarried, Dr. Mayoral juggles the demands of her successful private dermatology practice with a busy home life. She and her husband are raising five children, which leaves little time for a complicated beauty routine.

routine

Morning (5–10 minutes)

- Washes with a mild moisturizing cleanser, such as her current favorite, Aquanil, or Cetaphil. Both are sold over-the-counter.
- Applies a layer of pure, stabilized Vitamin C, such as Citrix Antioxidant Cream by Topix Pharmaceutical, to fight oxygen-free radicals, which damage the skin, and to help with collagen production. She follows with a generous application of broad-spectrum sunscreen.
- Finishes with a thin layer of oil-free foundation: Custom Color Foundation, which she orders from a laboratory that mixes an exact match of her pigment.

After work

- Weekday workouts mean rewashing with her usual cleanser or, if she forgets to tote along the bottle, soap and water.

Bedtime (5 minutes)

- Cleanses again, occasionally using a nondrying, alcohol-free toner to remove makeup residue.
- Applies an antiaging alpha hydroxy acid treatment, typically one with glycolic acid. Then rubs on a layer of Rephlenix cream.
- Lightly dabs moisturizer around her eyes, preferring Glycolix Elite Eye Serum by Topix. This product has a high concentration of hyaluronic acid, a substance that attracts water molecules.

Extra help

- Dr. Mayoral can be inventive about her routine. "Sometimes I'll apply the moisturizer I use around my eyes to my lips and cuticles," she says. But always err on the side of caution. "Vary your routine only one ingredient at at time, over a period of several weeks," she says. "If something goes wrong, you'll know what to take away."

continued on page 22

TOSS AND TURN? OR RISE AND SHINE.



Got back pain? Sleep it off with

ThermaCare air-activated HeatWraps.

Wear one to bed and get 8 hours of muscle relaxing heat

so circulation flows in, helping pain flow out.

By the next morning, you're as good as new.

How's that for a wake-up call?



ThermaCare HEATWRAPS

FEEL THE DIFFERENCE BETWEEN CAN'T AND CAN.

ABLE IN THE PAIN RELIEVER AISLE

WWW.THERMACARE.COM

continued from page 222



Suzanne M. Connolly, M.D.
Scottsdale, Arizona
age 54

The Arizona climate can take a toll on anyone's skin. "We live out there with the lizards and snakes, where humidity falls as low as 8 to 10 percent," says Dr. Suzanne Connolly. And then there's all that sun.

Dr. Connolly tells her patients at Mayo Clinic Scottsdale to opt for skin-care products that are creams or ointments—forms that are more moisturizing than gels or sprays. Skin-deep beauty does not mean spending a lot for Dr. Connolly, who uses affordable products found at her local drugstore.



Dr. Connolly's skin-saving tip: Plant a shade garden. "No matter what you put on your skin you still need to do your own part."

Most days, she limits the number of products to three: a cleanser, a sunscreen, and an antiwrinkle cream. "We don't have a lot of data about how combinations of products affect one another," she says, "so I like to be careful about mixing them on my skin."

A dermatologist for 24 years, with two grown sons, she makes a point of finding time for herself and her husband of 31 years. She enjoys gardening, which can be hard on her fair complexion under the blazing Arizona sun.

"I try to go out in the morning or late afternoons, and when I do, I'm always careful to wear a big hat, long sleeves, and long pants," Dr. Connolly says.

"Don't forget common sense when it comes to sun exposure, says Dr. Connolly. 'An SPF sunscreen is only 94 percent effective. Double the SPF and it's only 97 percent effective.'"

Dr. Connolly Recommends:

Product	What it does
Dove, Neutrogena, or Oil of Olay soap	Gentle daily facial cleanser
Roc or Neutrogena antiwrinkle cream	Visibly reduces fine lines/wrinkles
Broad-spectrum sunscreen	Protects against UVA and UVB rays
Renova or Retin-A cream	Reduces fine lines and wrinkles

routine

Morning (10 minutes)

- Cleanses with a mild soap.
- Applies one of any number of brands of micronized zinc-oxide sunscreens, which create a physical barrier to UVA and UVB rays. Zinc-oxide formulas avoid the light-absorbing chemicals that can occasionally cause contact allergies. "It's the same zinc oxide we used to use to paint thick, white strips across our noses; only now it's been milled into particles so fine that they don't show up as white," she says.
- Once she's dressed and sunscreen is dried, she applies a foundation makeup from the drugstore to help smooth out the appearance of her skin tone, as well as add another layer of protection from the sun.

After work

- On arriving at the gym, Dr. Connolly removes her makeup and follows every workout with a shower and facial wash. "Unfortunately, I use whatever soap is there," she says. "That can leave me dry, so I try to moisturize when I get home."

Bedtime (5 minutes)

- Cleanses (unless she has already done so at the gym).
- Applies Roc Retinol Antiwrinkle Treatment, an antiaging cream with nonprescription-strength retinoids. "I use the retinoids at night because they're inactivated by light," says Dr. Connolly. "And I don't use them everyday, since, unlike the skin of many of my patients who do well with these treatments, my skin is too easily irritated."

Extra help

- She likes to supplement her skin-care routine with higher strength tretinoin, such as Renova or Retin-A, as she can tolerate them. "Once or twice a week is about all I can really handle."


LL DAY, ALL NIGHT, ALL YEAR ALLERGY RELIEF
SN'T CONVINCED YOU TO TRY CLARINEX®,
YBE A 7-DAY FREE TRIAL WILL.
K TO YOUR DOCTOR AND
L 1-800-CLARINEX.
ffects are similar to sugar pill, including sore throat,
outh, and fatigue. See adjacent page for additional
tant information.
CLARINEX
(desloratadine)
7 day free trial
CLARINEX®
esloratadine) 5mg TABLETS
able by prescription only. Talk to your doctor about CLARINEX®.
ore information, call 1-800-CLARINEX or visit www.clarinex.com

CLARINEX®
(desloratadine)
TABLETS

Brief Summary (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: Allergic Rhinitis: CLARINEX Tablets 5 mg are indicated for the relief of the nasal and non-nasal symptoms of allergic rhinitis (seasonal and perennial) in patients 12 years of age and older.

Chronic Idiopathic Urticaria: CLARINEX Tablets are indicated for the symptomatic relief of pruritus, reduction in the number of hives, and size of hives, in patients with chronic idiopathic urticaria 12 years of age and older.

CONTRAINDICATIONS: CLARINEX Tablets 5 mg are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients, or to loratadine.

PRECAUTIONS: Carcinogenesis, Mutagenesis, Impairment of Fertility: The carcinogenic potential of desloratadine was assessed using loratadine studies. In an 18-month study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg/day in mice (estimated desloratadine and desloratadine metabolite exposures were approximately 3 times the AUC in humans at the recommended daily oral dose) and 25 mg/kg/day in rats (estimated desloratadine and desloratadine metabolite exposures were approximately 30 times the AUC in humans at the recommended daily oral dose). Male mice given 40 mg/kg/day loratadine had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg/day and in males and females given 25 mg/kg/day. The estimated desloratadine and desloratadine metabolite exposures of rats given 10 mg/kg of loratadine were approximately 7 times the AUC in humans at the recommended daily oral dose. The clinical significance of these findings during long-term use of desloratadine is not known.

In genotoxicity studies with desloratadine, there was no evidence of genotoxic potential in a reverse mutation assay (*Salmonella/E. coli* mammalian microsome bacterial mutagenicity assay) or in two assays for chromosomal aberrations (human peripheral blood lymphocyte clastogenicity assay and mouse bone marrow micronucleus assay).

There was no effect on female fertility in rats at desloratadine doses up to 24 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 130 times the AUC in humans at the recommended daily oral dose). A male specific decrease in fertility, demonstrated by reduced female conception rates, decreased sperm numbers and motility, and histopathologic testicular changes, occurred at an oral desloratadine dose of 12 mg/kg in rats (estimated desloratadine exposures were approximately 45 times the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on fertility in rats at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 8 times the AUC in humans at the recommended daily oral dose).

Pregnancy Category C: Desloratadine was not teratogenic in rats at doses up to 48 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 210 times the AUC in humans at the recommended daily oral dose) or in rabbits at doses up to 60 mg/kg/day (estimated desloratadine exposures were approximately 230 times the AUC in humans at the recommended daily oral dose). In a separate study, an increase in preimplantation loss and a decreased number of implantations and fetuses were noted in female rats at 24 mg/kg (estimated desloratadine and desloratadine metabolite exposures were approximately 120 times the AUC in humans at the recommended daily oral dose). Reduced body weight and slow righting reflex were reported in pups at doses of 9 mg/kg/day or greater (estimated desloratadine and desloratadine metabolite exposures were approximately 50 times or greater than the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on pup development at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 7 times the AUC in humans at the recommended daily oral dose). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, desloratadine should be used during pregnancy only if clearly needed.

Nursing Mothers: Desloratadine passes into breast milk, therefore a decision should be made whether to discontinue nursing or to discontinue desloratadine, taking into account the importance of the drug to the mother.

Pediatric Use: The safety and effectiveness of CLARINEX Tablets in pediatric patients under 12 years of age have not been established.

Geriatric Use: Clinical studies of desloratadine did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. Other reported clinical experience has not identified differences between the elderly and younger patients. In general, dose selection for an elderly patient should be cautious, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy. (see **CLINICAL PHARMACOLOGY – Special Populations**).

Information for Patients: Patients should be instructed to use CLA Tablets as directed. As there are no food effects on bioavailability, p can be instructed that CLARINEX Tablets may be taken without re meals. Patients should be advised not to increase the dose or dosi quency as studies have not demonstrated increased effectiveness at doses and somnolence may occur.

ADVERSE REACTIONS: Allergic Rhinitis: In multiple-dose placeb trolled trials, 2,834 patients received CLARINEX Tablets at doses of 2.5 20 mg daily, of whom 1,655 patients received the recommended dai of 5 mg. In patients receiving 5 mg daily, the rate of adverse events w ilar between CLARINEX and placebo-treated patients. The percent of p who withdrew prematurely due to adverse events was 2.4% in the CLA group and 2.6% in the placebo group. There were no serious adverse in these trials in patients receiving desloratadine. All adverse events th reported by greater than or equal to 2% of patients who received the mended daily dose of CLARINEX Tablets (5.0 mg once-daily), and th more common with CLARINEX Tablet than placebo, are listed in Table

Table 5

Incidence of Adverse Events Reported by ≥ 2% of Allergic Rhinit Patients in Placebo-Controlled, Multiple-Dose Clinical Trials

Adverse Experience	CLARINEX Tablets 5 mg (n=1,655)	Place (n=1,6
Pharyngitis	4.1%	2.0%
Dry Mouth	3.0%	1.9%
Myalgia	2.1%	1.8%
Fatigue	2.1%	1.2%
Somnolence	2.1%	1.8%
Dysmenorrhea	2.1%	1.6%

The frequency and magnitude of laboratory and electrocardiographic malities were similar in CLARINEX and placebo-treated patients.

There were no differences in adverse events for subgroups of pati defined by gender, age, or race.

Chronic Idiopathic Urticaria: In multiple-dose, placebo-controlled t chronic idiopathic urticaria, 211 patients received CLARINEX Tablets a received placebo. Adverse events that were reported by greater than c to 2% of patients who received CLARINEX Tablets and that were mor mon with CLARINEX than placebo were (rates for CLARINEX and p respectively): headache (14%, 13%), nausea (5%, 2%), fatigue (5% dizziness (4%, 3%), pharyngitis (3%, 2%), dyspepsia (3%, 1%), and (3%, 1%).

The following spontaneous adverse events have been reported du marketing of desloratadine: tachycardia, and rarely hypersensitivity re (such as rash, pruritus, urticaria, edema, dyspnea, and anaphylaxis), a vated liver enzymes including bilirubin.

DRUG ABUSE AND DEPENDENCE: There is no information to indic abuse or dependency occurs with CLARINEX Tablets.

OVERDOSAGE: Information regarding acute overdosage is limited to ence from clinical trials conducted during the development CLARINEX product. In a dose ranging trial, at doses of 10 mg and 20 somnolence was reported.

Single daily doses of 45 mg were given to normal male and female teers for 10 days. All ECGs obtained in this study were manually re blinded fashion by a cardiologist. In CLARINEX-treated subjects, there increase in mean heart rate of 9.2 bpm relative to placebo. The QT was corrected for heart rate (QT_c) by both the Bazett and Fridericia m Using the QT_c (Bazett) there was a mean increase of 8.1 msec in CLA treated subjects relative to placebo. Using QT_c (Fridericia) there was increase of 0.4 msec in CLARINEX-treated subjects relative to plac clinically relevant adverse events were reported.

In the event of overdose, consider standard measures to remove an sorbed drug. Symptomatic and supportive treatment is recomm Desloratadine and 3-hydroxydesloratadine are not eliminated by hemo

Lethality occurred in rats at oral doses of 250 mg/kg or greater (es desloratadine and desloratadine metabolite exposures were approx 120 times the AUC in humans at the recommended daily oral dose). median lethal dose in mice was 353 mg/kg (estimated desloratadin sures were approximately 290 times the human daily oral dose on a basis). No deaths occurred at oral doses up to 250 mg/kg in monke mated desloratadine exposures were approximately 810 times the daily oral dose on a mg/m^2 basis).

Schering®

Schering Corporation
Kenilworth, NJ 07033 USA

2/02 2388211

U.S. Patent Nos. 4,659,716; 4,863,931; 4,804,666; 5,595,997; and 6,100,274.

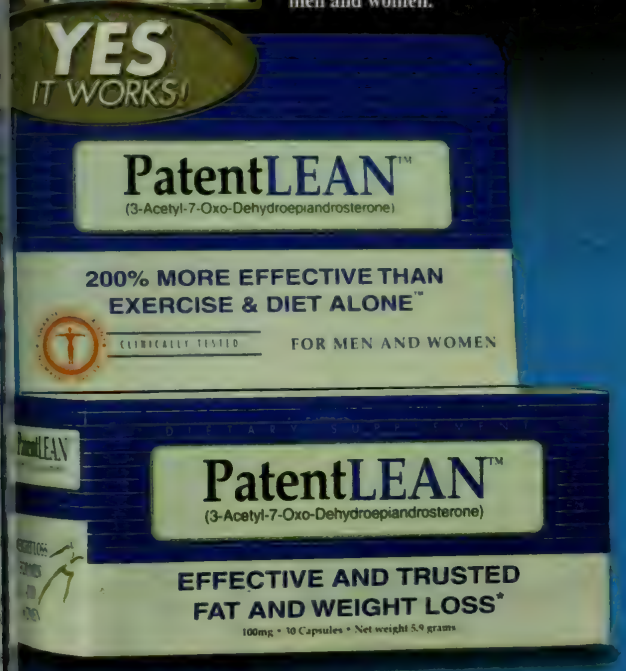
Copyright © 2002, Schering Corporation. All rights reserved.

00% More Effective Than Exercise & Diet Alone™

you need help losing weight, you want a diet supplement been proven effective. PatentLEAN is the natural choice. different from any other diet supplement that it's been ed a United States patent for weight loss.



- PatentLEAN is 200% more effective than exercise and diet alone™.
- Clinicallly tested with no drug side effects.
- Contains no stimulants, no ephedra, no caffeine, no Fen-Phen and no PPA.
- Derived only from natural sources.
- This patented product works well for both men and women.



Now available at your local pharmacy

TE D
CVS/pharmacy
ECKERD
Longs Drugs
Live healthy. Live happy. Live Longs.
medic
discount drugstores
ROOKS harmacy
Lewis DRUGS
Walgreens
The Pharmacy America Trusts
weis
HAPPY HARRY'S.
DISCOUNT DRUG STORES

PatentLEAN delivered to your home call 1-800-704-6467 Dept. 79758

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

New Hope For Weight Loss

By Pat Zindler, Universal Media Syndicate

People who need to lose weight fast are lining up at drugstores lucky enough to have the impressive new pill called PatentLEAN.

PatentLEAN's powerful compound has been awarded a United States Patent for use in weight loss and weight management.

Dr. Henry Lardy, a prominent researcher at The University of Wisconsin, discovered that the active ingredient in PatentLEAN is naturally found in everyone's body. A duplicate of the active ingredient for PatentLEAN is extracted only from natural organic plant material.

> ***"PatentLEAN is a huge breakthrough with a powerful compound for weight loss. It's safe, sensible and is backed by clinical science."***
>
> *John L. Zenk, MD*
> *Internal Medicine,*
> *Certified American Board of Internal Medicine*

Two separate clinical studies have shown that PatentLEAN was used safely and caused no adverse side effects when used as directed.

PatentLEAN results show that there is a statistically significant reduction of both body weight and body fat. In fact, this new oral capsule can be 200% more effective than diet and exercise alone.

The study ruled out differences in exercise and diet for PatentLEAN's impressive weight loss. One clinical study showed that results were obtained in just eight weeks with twenty-three overweight men and women, nine percent males and ninety-one percent females. Consumption included one thousand eight hundred calories each day and utilized exercise for just one hundred eighty minutes during the week.

"PatentLEAN is so hard to get because drugstores can't keep it in stock," said Matthew Woods, company spokesman.

"We have drugstores selling over 250 bottles in just one day, so we opened a National Direct Order Line **1-800-704-6467** Dept. **79759** so anyone who doesn't want to wait can have PatentLEAN sent to their home."

One of the most appealing effects of PatentLEAN is the reduction in fat mass in overweight people. So, when you use PatentLEAN you'll focus not only on the scale, but also the mirror. You will find that your body is changing from fat to the attractive physical features that everyone wants. Enjoy! ■

Here's How Readers Can Get PatentLEAN Now

1. You can get PatentLEAN today directly from the National Processing Center by following the instructions below. PatentLEAN carries an Unconditional, Money Back Guarantee.
2. For fastest service to get PatentLEAN, order by phone. Those with a credit card (VISA, MasterCard, Discover/Novus or American Express/ Optima) can call **1-800-704-6467** and ask for Dept. **79759** to order. You can call 24 hours a day.
3. To order PatentLEAN by mail, enclose $29 plus $5.95 shipping with cash, check or money order payable to ***PatentLEAN***. Print name and send with this PatentLEAN order form to:

   PatentHEALTH, LLC
   PatentLEAN Dist. Dept. 79759
   National Processing Center
   Canton, OH 44767

4. Print name and address here:



BH&G Kids

babysitter Survival kit

Taking care of little tykes is no easy task. You can just plop kids in front of a television, but that's going to get boring for them (and you) pretty quickly. Become the most popular sitter on the block by assembling the survival kits shown on the pages ahead. With these fun crafts, games, and food and paper projects in hand, the kids will actually smile when you show up.

continued on page 230

Good Corn Dog!

State Fair Corn Dogs...You will love the convenience, the kids will love the great taste.

- Easy to make. Just pop them in the microwave.
- Honey-dipped in corn bread batter to deliver a delicious sweet taste.

The only corn dogs with juicy **Ball Park** franks inside.



In your grocer's freezer.

www.ballparkfranks.com

© 2002 Sara Lee Corporation.

continued from page 228

CRAFTS KIT

A. Barrettes
B. Large rubber bands and sparkly gel pens
C. Movable eyes
D. Craft foam shapes
E. Modeling clay
F. Craft foam shapes
G. Chenille stems
H. Feathers
I. Poetry Beads
J. Craft foam pieces
K. Magnetic pieces
L. Scissors, glue, and permanent marker
M. Fingertips cut from thin rubber gloves
N. Small pom-poms
O. Nail polish



crafts

Grab a few supplies from around the house, plus some items purchased at the local crafts store. Organize them in an inexpensive plastic tackle box. This kit of do-it-yourself craft pieces will provide hours of fun for you and the kids.

continued on page 232

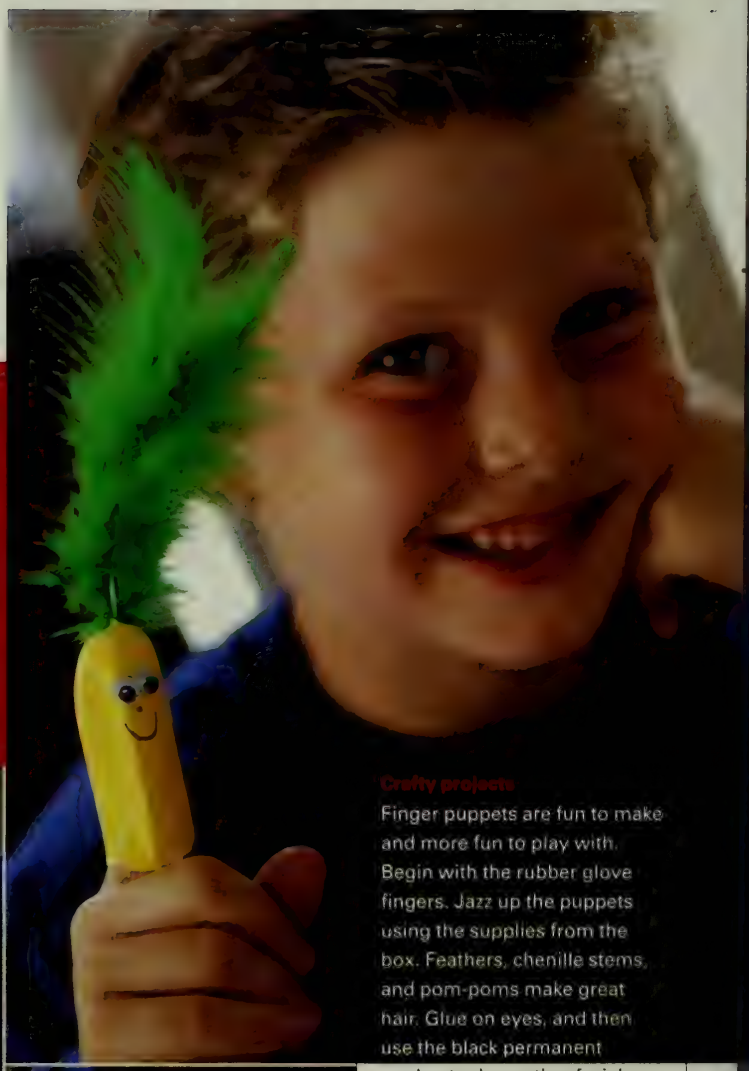
Buying information, page 261


Respect yourself
IN THE MORNING.™
Nutri-Grain
Yogurt Bars
EAMY YOGURT FILLING
LOW FAT

continued from page 230

Keep things simple with beaded necklaces, fingernail polish, and message bracelets made with gel pens and rubber bands. Craftier kids can follow the instructions (*right*) to make finger puppets, magnets, and barrettes.





Crafty projects

Finger puppets are fun to make and more fun to play with. Begin with the rubber glove fingers. Jazz up the puppets using the supplies from the box. Feathers, chenille stems, and pom-poms make great hair. Glue on eyes, and then use the black permanent marker to draw other facial features.

Get creative with the supplies in this kit to make other fun projects, such as magnets and barrettes. Glue foam animals or trains, wiggly eyes, feathers, or clay shapes to the craft foam squares and then attach magnetic pieces to the back. Or, jazz up ordinary barrettes in the same way.





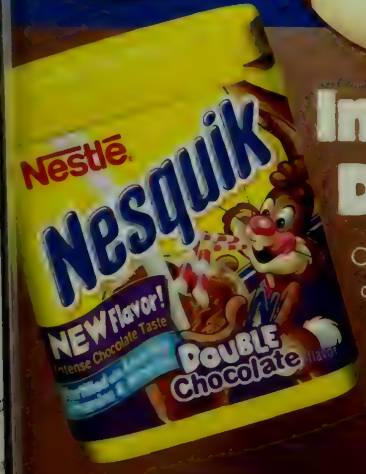
continued on page 23

Everybody has a double.

Ours happens to be very intense.







Introducing New Nesquik™ Double Chocolate Flavor.

One great chocolatey taste deserves another. And Nesquik is doing double duty with a delicious new Double Chocolate flavor. Kids get the super chocolate experience, moms know it's fortified with all the essential vitamins and minerals to help build strong bones. Nesquik Double Chocolate. It's even more of a good thing.

www.Nesquik.com

© 2002 Nestlé USA

BH&G Kids

continued from page 232

FOOD KIT

A. Pretzels
B. M&M candies
C. Chopped nuts
D. Marshmallows
E. Rainbow sprinkles
F. Butterscotch chips
G. Sunflower seeds
H. Cheerios cereal
I. Chocolate chips
J. Goldfish Crackers
K. Cheese popcorn
L. Dried cherries
M. Coconut
N. Dried apples
O. Granola
P. Pecans
Q. Potato chips
R. Cinnamon candies
S. Raisins



food

Raid the kitchen and assemble this food kit before your next babysitting gig. Use the items in this box to turn a simple snack into an entertaining art project. The kids will love it when you tell them that they can finally play with their food.

continued on page 236

Join Bob and His Crew in the Celebration!



NEW on video and DVD!

All new shows coming to Nick Jr.

For more information, call 1-888-427-0720 or visit
www.bobthebuilder.com
©2002 HIT Entertainment PLC and Keith Chapman. 0598-02

HIT

continued from page 234

If you want to make food for the children, always get permission from the parents first. Also, be sure to ask about food allergies. Be certain the kids are not allergic to peanuts or any of the items in the kit.







Sandwiches come alive

Turn a simple peanut butter sandwich into a fun activity by cutting it into animal snacks. First, spread creamy peanut butter on two slices of firm bread. Then help the child cut shapes from bread using cookie cutters.

Let the children decorate the sandwiches using the goodies in the kit. Encourage them to experiment with new foods and flavor combinations. This is a safe way for them to try a "scary" food, such as coconut.



Make animal-shaped sandwiches (or cookies!) with this set of 12 **Barnyard Cutters**. From Ateco, each set costs $24.95, which includes shipping, handling, and sales tax. **TO ORDER** with your Mastercard, Visa, Discover, or American Express card, call 800/881-4066. Or to order on the Web, visit www.bhgcatalog.com

continued on page 2

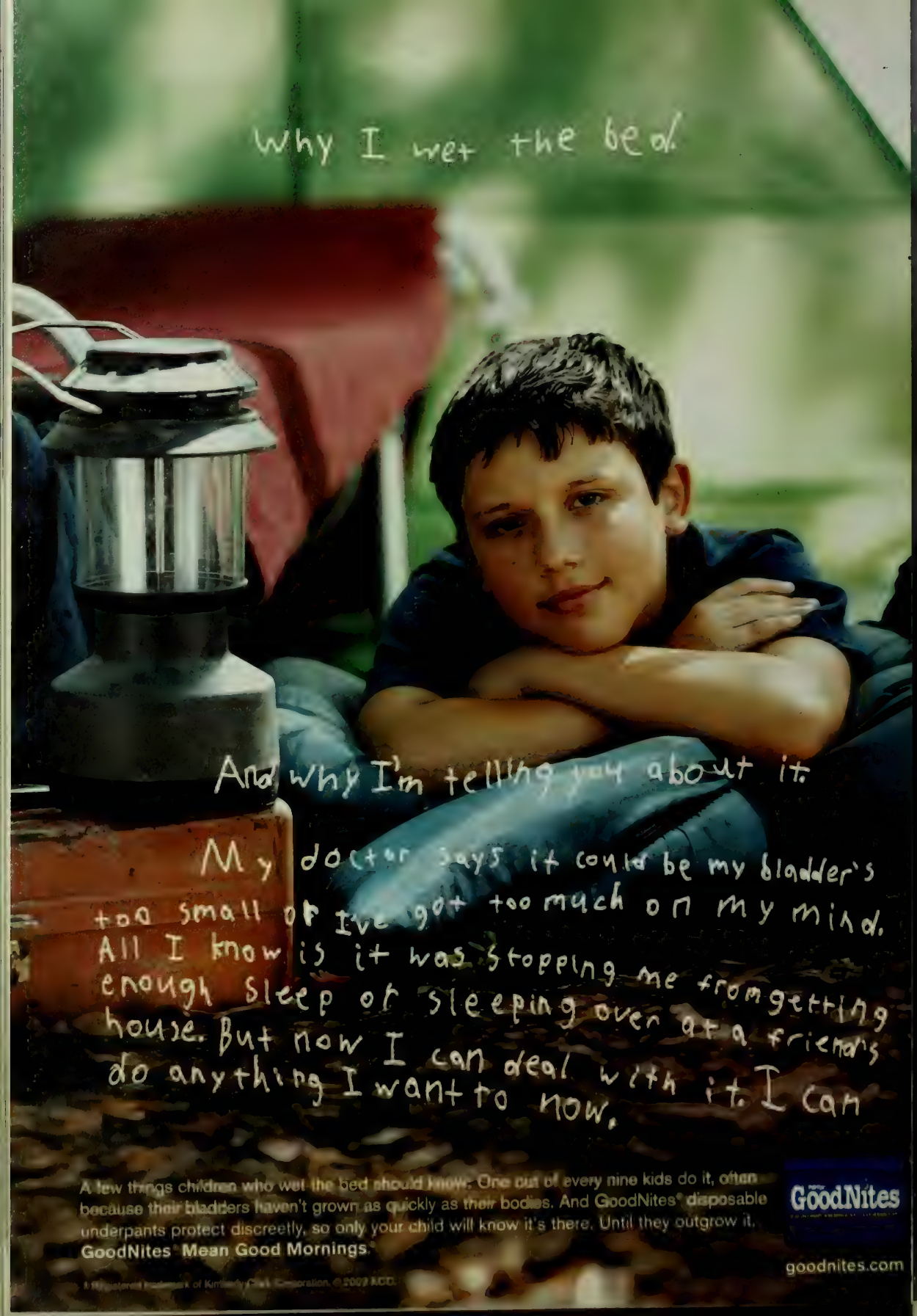
Magic Mom!



Make Your Own Magic.



Lunchables
BRAND


Why I wet the bed.
And why I'm telling you about it.
My doctor says it could be my bladder's too small or I've got too much on my mind. All I know is it was stopping me from getting enough sleep or sleeping over at a friend's house. But now I can deal with it. I can do anything I want to now.
A few things children who wet the bed should know. One out of every nine kids do it, often because their bladders haven't grown as quickly as their bodies. And GoodNites® disposable underpants protect discreetly, so only your child will know it's there. Until they outgrow it.
GoodNites® Mean Good Mornings.™
GoodNites
goodnites.com

&G Kids

ed from page 238

FACTORY KIT
gle Pen and
el markers
ture stapler
stick and
otes
er clips
dispenser and
glue
rative punch
er clips
kins
rative punch
rative punch
y notes and
ds of paper
Notes
stamp pads
rative stamps
rative stamps
ers and
stickers
rative punch
dy gel pens



paper

This is one kit that is as much fun for you as it is for the kids. Get creative with ordinary paper, using these supplies to make bookmarks, greeting cards, or notepads. Or simply use them to jazz up notes and letters to family and friends.

continued on page 242

Buying information, page 261

LENOX

Gifts That Celebrate Life

Swirling Seas

LIGHTHOUSE VASE

Individually handcrafted in Scotland by masters of the art of glassmaking



Each vase is completely handcrafted and unique.



Vase shown smaller than actual size.
Height: 8"

Issued in Limited Edition

High above the surging seas, a sturdy lighthouse beckons. And the solitary keeper's cottage at its base withstands the breaking swells. Now this expression of hope in troubled times is captured in a stunning art glass vase crafted for Lenox by the world-renowned artisans of Caithness Glass in Scotland.

As with the finest art glass, the vase will be blown by mouth—its wave of vibrant color hand layered into the glass. The seascape will be etched entirely by hand. And no two vases will be precisely alike.

The *Swirling Seas Lighthouse Vase* will be issued in a limited edition to be crafted only until the end of 2003. Each vase will bear the Lenox® hallmark and be accompanied by a Certificate of Authenticity.

To acquire this dramatic art glass vase direct from Lenox at just $95, mail your order today. Lenox guarantees your satisfaction.

Order Form • Mail by September 30, 2

I wish to order the *Swirling Seas Lighthouse Va* to be entirely handcrafted for me in Scotland the master artisans of Caithness Glass.

I need send no money now. I will be bille my vase in five monthly installments of $19* e

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State ____ Zip _____
2780

Telephone (____) _____

E-mail _____

* Plus $5.98 per vase for shipping, handling and insurance. You tax will be added.

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, PA 19047-91

Visit us at: www.LenoxCollections.com

© LENOX, Inc. 2002



Ah, the power of perception. For mom it's a wholesome snack. For kids it's just delicious. They're both right because only Kudos® balance the goodness of granola with a tempting taste of chocolate and peanut butter.

Kudos.® Now everybody's happy.™





advertisement

PRONTO PLUS

A Crafty Deal for Creative Kids

Compliments of Pronto® Plus

Better Homes and Gardens More Incredibly Awesome Crafts for Kids Book



Yours to enjoy for only $9.95. (Retail value: $16.95) and a proof-of-purchase from any Pronto® Plus product.

Try more than 50 fun projects using paint, clay, beads, and other fun stuff to make cool scrapbooks, candleholders, picture frames, masks, and more.

To order: Send proof-of-purchase and a check or money order (no cash please) for $9.95 for each book ordered payable to Meredith Corporation and mail to:

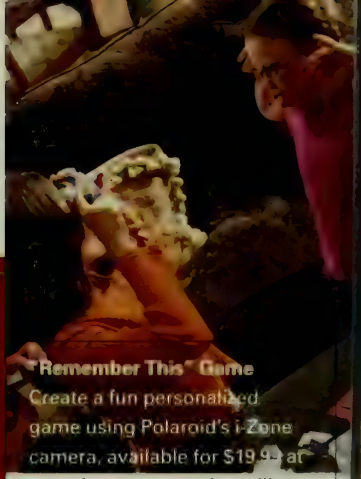
J. Gruver LN-106
1716 Locust Street
Des Moines, IA 50309

Please refer to Pronto® Plus when placing your order. Allow 4 weeks for delivery. Offer void where prohibited or otherwise restricted. Price includes tax, shipping and handling. Offer expires on 4/30/03 or good while supplies last.

continued from page 242

Things have a tendency to get out of control when little ones get competitive. Watch for and prevent flying objects that could lead to a broken lamp. Save the Hackey Sack for a sunny day, when it can be kicked around outside.





"Remember This" Game

Create a fun personalized game using Polaroid's i-Zone camera, available for $19.9- at www.i-zone.com or by calling 800/343-5000.

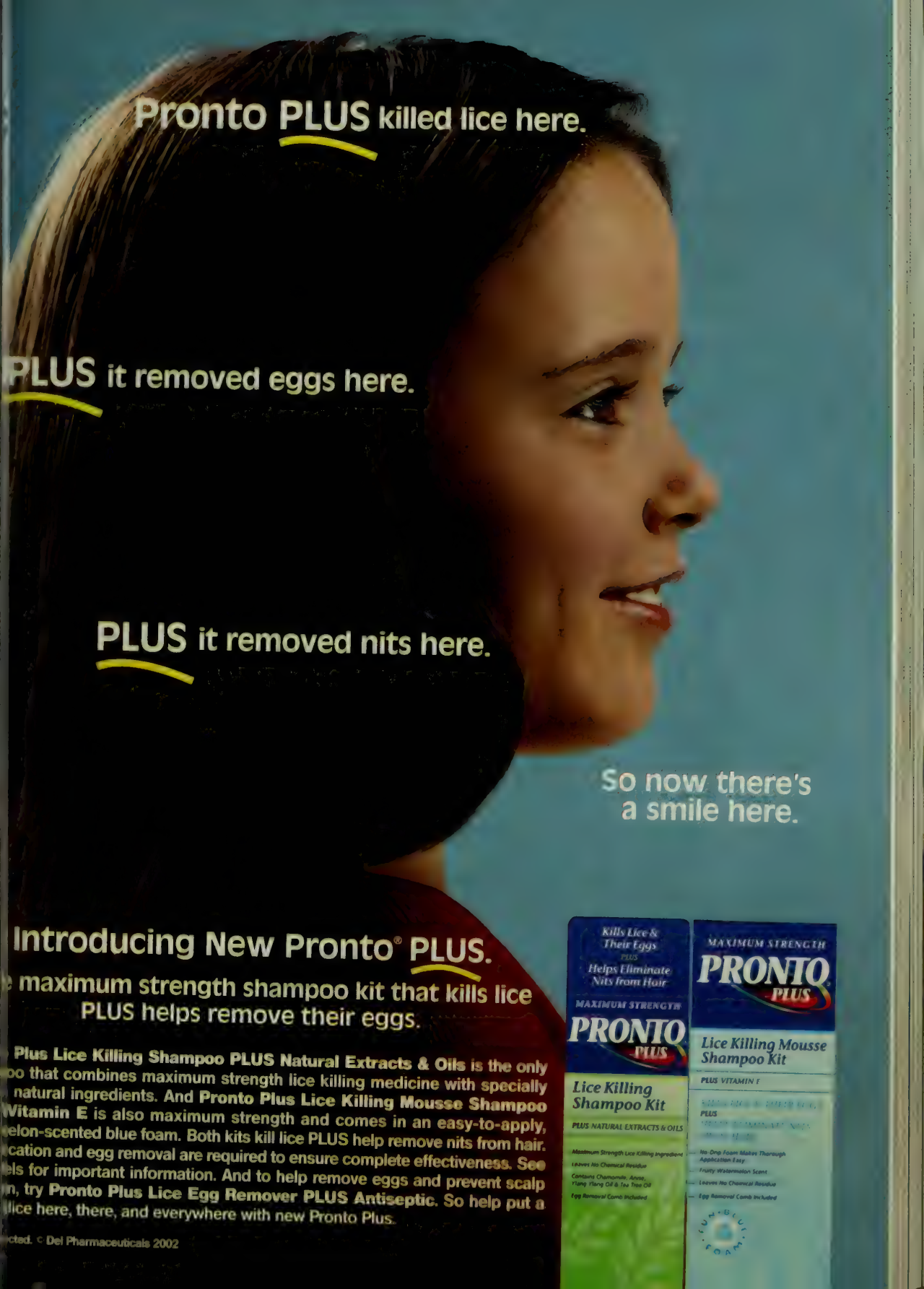
Take two photos each of at least a dozen items, such as the kids, their house, and toys. Attach each sticky photo to the back of a decorated 2x3-inch card. Turn the cards upside down randomly on a tabletop. Take turns turning over two at a time. The winner is the person with the most matched sets after all of the pairs have been discovered.

Emergency Kit

Purchase a plastic accordion folder and create tabs for each of the children you babysit. This is the ideal place to keep information about the kids, such as their parent's names and phone numbers, plus favorite foods and toys.



continued on page 2



cted. © Del Pharmaceuticals 2002

continued from page 244

Back-to-School

Starting another school year is a stressful time for both parents and children. This section of tips and reminders will ease parents' nerves during their child's transition from summer fun to schoolwork.



Simple Snacks

"I'm hungry" are the first words out of kids' mouths in the morning and again when they get home from school. Let them fix themselves a simple snack.

- Split a purchased brownie and fill it with marshmallow creme (*above*).
- Spice up applesauce cups with granola and dried cherries.
- Make an edible necklace by stringing cereal onto a licorice lace.
- Spread a tortilla with peanut butter, cover half of the peanut butter with dried banana chips, drizzle with honey, and fold over.
- Make an on-the-go breakfast by mixing cereal, peanuts, peanut butter chips, and dried papaya.

Parent-Teacher Conferences

Establish a line of communicatio with your child's teacher during th first few weeks of the school yea This relationship will pay off later i the year when it comes time for th critical parent-teacher conference.

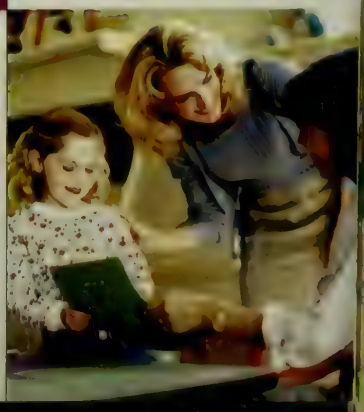
These mid-year sessions shoul ideally be about 30 minutes, but th is seldom the norm. If your child school offers short parent-teache conferences and will not accomm date a request for the amount of tin that you feel you need, contact th teacher to schedule a conferen outside of the regular sessions.

Be prepared

Before the meeting, jot down son specific questions about your chil social skills and academics.

If time doesn't let you address

continued on page 2



EVERY KID GOES THROUGH STAGES.
ORTUNATELY, SO DO OUR NEW BRUSHES.



Stages 1

4- to 24-months
Brushing starts with the first tooth. Baby-soft bristles massage gums. Non-slip grip is easy for Moms to handle.

Stages 2

2- to 4-year-olds
Kids' mouths can't open wide enough, so our brush head is narrow. Easy-to-hold handles help kids learn to brush. Features Winnie the Pooh or Mickey.

Stages 3

5- to 7-year-olds
Kids tend to brush just one side of their teeth, so our cup-shaped bristles surround each tooth; Power Tip bristles target back teeth. Features Buzz Lightyear or Disney Princesses.

Stages 4

8-plus-year-olds
For first teeth, permanent teeth, gaps and tender gums, combination CrissCross® and flared bristles to clean and massage. The perfect brush for young adults who aren't adults yet.

us they don't like
because it hurts, so
ges brushes have
l heads.

That's the thing about kids:
they're always growing.
So we made a line of toothbrushes
to meet their growing needs. New Oral-B® Stages™
is the only line of toothbrushes designed for the way kids'
teeth grow, their motor skills, even how they think.
Only from Oral-B. The brand more dentists use themselves.

INTRODUCING NEW

Oral-B®

Stages™

ased on the "Winnie the Pooh" works by A.A. Milne and E.H. Shepard

continued from page 246

of the issues on the list, leave your list with the teacher for follow-up.

Use the first 10 minutes of the meeting to discuss your child's work. Spend the remaining time on goal setting, says Marilyn Haring, of Purdue University's College of Education.

Different goals should be addressed at each level, Haring says. For younger children, concentrate on improving skills. By middle school, shift toward talking about the child's adult goals.

Take the lead

Above all, parents must take charge of the meeting to get the most from it. This is particularly important when the child attends. That's right—many educators encourage students to attend the meetings.

"It empowers the student," says Haring. "It's an opportunity to show work he is proud of and to be involved in setting goals."

Students can become part of the conference sometime between the third grade and middle school, depending on a child's maturity. Younger children typically aren't emotionally ready.

Haring emphasizes that it isn't enough that children just sit and listen, they should be encouraged to be part of the discussion. It is still up to the parent to direct the meeting and keep the tone positive.

"The focus should be on performance and behaviors," Haring says. "If there are challenges to be addressed, such as a pattern of tardiness, this is a time to work together to form a plan to solve them. Above all, don't put a youngster on the defensive. Make her a member of the problem-solving team."

—Roberta Peterson

In preschool and kindergarten, boys typically say goodbye to their mom for 30 seconds, girls for 90 seconds, reports Michael Gurian in *Boys and Girls Learn Differently* (2002). Gurian also found that boys are more likely to build blocks into high structures, which they topple; girls like to build structures that are long and low.

School Transitions

Claire Patrick is an expert on changing schools. When she enters fifth grade this fall in Arlington, Virginia, it will be her fourth school since kindergarten.

"It's hard at first to fit in," admits Claire, whose father, an attorney for the U.S. Army, transferred this time from Harker Heights, Texas. "When you move to a different state, they dress different, and sometimes they want you to act different."

Claire's parents take care in helping her adjust to a new school. But many parents don't realize that even if they never leave town, their children will face critical school transitions—particularly when entering kindergarten, middle school, and high school. Kids are most vulnerable to academic and other problems at these times.

Fortunately, whether your child is starting school in a new time zone or just down the street, you can help smooth the way.

Starting kindergarten

Help your preschooler get excited about kindergarten. When you drive past the school, talk about it. If you're attending a school art fair for an older child, bring the younger one too. The most important thing you can do is read together everyday.

When the first day nears, attend kindergarten orientation, or if your school doesn't offer one, visit on your



continued on page 25


DANNON
Danimals
Triceratops
Wild Raspberry
Growth spurt.
Brought to you by Danimals®
It's the fruity-tasting snack you'll both agree on.
Danimals® has calcium and vitamin D for strong bones.
And no artificial flavors. You'd expect
nothing less from Dannon.
DANNON
Danimals
Better every day™
www.dannon.com

continued from page 248

own. Let your child touch the blocks and books and find the cubby where she'll stash her belongings.

Riding the school bus terrifies many first-timers, says Nancy Samalin, a New York-based parent educator whose fourth book, *Loving Without Spoiling*, will be published this fall. Kids will feel more secure if parents discuss where the bus will drop them off, safety rules, and how to deal with teasing.

Make it clear to your child that you want her to go to kindergarten, and that you're confident she'll succeed and enjoy it, Priscilla Little of Harvard Family Research Project says. "A lot of parents are hesitant to send their children off into a new environment away from home," she says. "They sense that from you."

Transition to middle school

In a rare joint action last spring, two national education groups said schools must do a better job of helping youngsters move to middle school. The National Association of Elementary School Principals and National Middle School Association also asked parents to:

- Encourage their children to try new things and to see failure as a necessary part of learning.
- Assign children manageable tasks to help develop organizational skills and responsibility.
- Maintain strong family connections and watch for any signs of depression and anxiety.

If possible, have an older friend show your child around. "You certainly can't walk him around the school," says Samalin, a parenting author and former teacher. "If you have a 13-year-old, just the fact that you're alive is embarrassing enough."

Whether we like it or not, clothes play an important role for young people, says Caron Goode, a Tucson-based psychotherapist whose latest book is *Nurture Your Child's Gift: Inspired Parenting* (2001). "I think, in general, parents should let the kids have the clothes they want," she says. "Peers can just crush self-esteem, and the parents can't always pick up the pieces."

That doesn't mean letting your daughter mimic Britney Spears. Talk about what's acceptable to you. But even if you hate your teen's style, this may be the time to give a little.

Adolescents need to feel safe to tell parents if something bothers them, Samalin says. Listen with empathy, not judgment. "Never try to minimize your child's fears or make light of them," she says. If your preteen is the silent type, try talking when you're doing something together, such as riding bikes, driving in the car, or walking at the mall.

Help your kids solve their problems, but don't do it for them. If your middle-schooler says he's being teased, resist the urge to call the bully's mother. "Instead, say, 'Gee, that sounds rough. What could you do the next time?' " Samalin says. Then brainstorm options and even rehearse the words he could use.

Guide your high schooler

No matter how confident your ninth-grader acts, she's probably fearful about high school, says Goode. Despite what they say, your teenagers still need you.

"At this age, it is absolutely critical to keep communication open and to define your expectations," she says. Tell your teenager that you need to know where he is, whom he's

continued on page 252

When it comes to their daily dose of media, boys and girls have slightly different appetites, reports the Kaiser Family Foundation.

- Boys watch television an average of 2 hours and 56 minutes a day, slightly more than girls' average of 2 hours and 36 minutes. Between the ages of 10 and 17, boys are more likely to watch television daily than are girls (81 percent vs. 75 percent), reports Children Now, a California group that tracks media usage.
- Boys are more likely to watch sports and cartoons, while girls are more likely to check out talk shows. They share a love for music videos: 49 percent of kids say they watch these daily.
- Boys spend just over a half an hour a day playing video games, while girls play only 8 minutes a day. And on a typical day, one out of every four boys will play an action game, such as Doom or Duke Nukem.
- Girls spend more time than boys listening to CDs and tapes (56 minutes per day vs. 41 minutes); and listening to the radio (42 minutes vs. 36 minutes).



RODUCING LIPTON ASIAN SIDE DISHES
w way to get recognized for a great dinner

BLE IN FIVE FAMILY PLEASING FLAVORS:
from: Beef Lo Mein Noodles • Teriyaki Noodles
d Sour Noodles • Chicken Fried Rice • Teriyaki Rice
aritue.com



LIPTON SIDE DISHES
A LITTLE HELP WITH DINNER

The Sun-Maid Way to 5-A-Day.



Getting your 5-A-Day servings of fruits and vegetables is simple with Sun-Maid Raisins. Snack on them anytime for a sweet burst of energy or add them to your favorite cereal, salad, main course or dessert. They're 100% natural, with no fat or preservatives. With Sun-Maid Raisins, you get it all – quality, taste, convenience and real fruit goodness.



Please visit us on the Web at www.sunmaid.com

© 2002 Sun-Maid Growers of California

BH&G Kids

continued from page 250

with, and when and how he'll get home. Keep in touch with parents of other teens, and let your kids know that you talk with each other. You're not the only one opposed to unchaperoned parties.

More than anything, teens need to be involved in something that interests them and helps them gain a sense of accomplishment, Goode says. Their passion can come from sports, church, environmental activism, or even painting at home. Young people who feel good about themselves are less likely to succumb to negative pressure. Parents can guide their kids in the right direction and help with details, such as organizing carpools.

Although girls sign up for challenging math and science courses less often than boys, the U.S. Department of Education has some good news: High-school girls have passed boys in enrollment in Algebra II and Chemistry. Boys still lead enrollment in Physics and Calculus.

As your children mature, your role changes. Goode remembers when she tried to give her teen daughter advice about trying out for the swim team. "She said, 'Mom, you don't understand. What I need you to do is cheer me on.' "

Starting over as a transfer student

If you are moving to a new town, call your new principal ahead of time and ask if you should bring your child's records or have the school send them. Also, bring your child's immunization card and birth certificate.

Talk to the principal about curriculum and procedures. Don't assume all schools operate alike, warns Bethanne Patrick, Claire's mom. After moving to Kansas, Bethanne didn't realize her daughter would be tested for the gifted program early in the year. The second-grader performed poorly and was initially placed in a class that bored her. When the family headed to Texas a year later, Bethanne says, "I made sure I was completely up on everything."

Help your child make friends. Your new school may even offer summer camps or activities. "I think the academic pieces fall into place," says Priscilla Little, project manager with the Harvard Family Research Project. "I'd be much more concerned if my child were sitting in a classroom on the first day of school without knowing a soul."

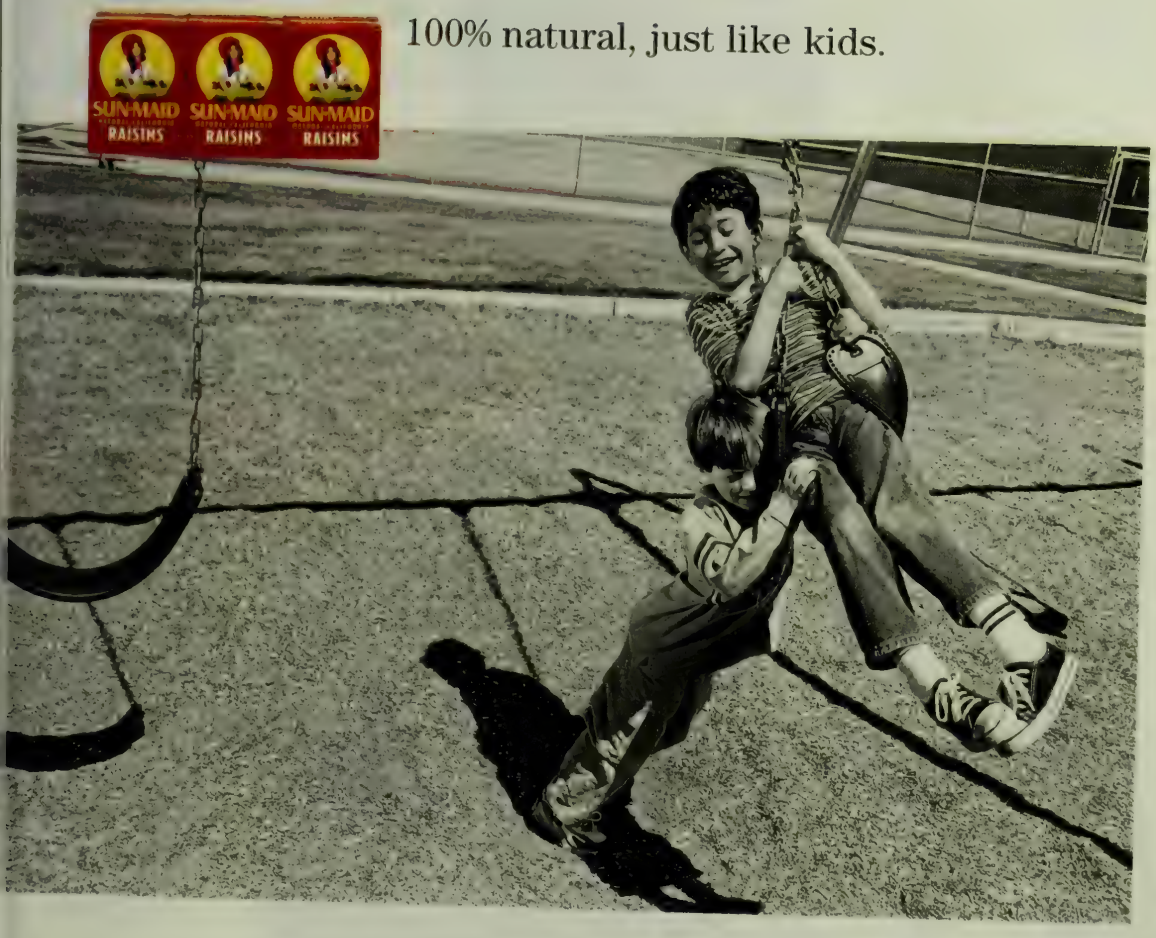
As they have in the past, Bethanne will take her daughter to tour her new school shortly before classes begin. "For a child making a transition like this," she says, "I can't imagine not knowing where the music room is or the bathroom or the cafeteria."

Parents can help make transitions easier for all kids. Think creatively about how to help new students feel comfortable at your school. As a middle school principal in Maryland, Marion Payne oversaw a sixth-grade "lock in," where kids spent the night at school, watching movies, playing games, and bonding as a class. When she was director of four middle schools in Georgia, she teamed up fifth-graders with sixth-grade pen pals. Later in the year, the younger kids visited their middle-school buddies.

"It takes some of the mystery away," says Payne, who teaches workshops on middle school transitions. "The tears and fears of the first day can be eliminated if you give them that preview and some caring."

—Kellye Carter Crocker

Check out our grade-by-grade learning guide at www.bhg.com/school



100% natural, just like kids.



2002 Sun-Maid Growers of California

Only the best from under the sun.

Thanks to ADDERALL XR™



Shire US Inc.
...your ADHD support company™
1-800-828-2088

©2002 Shire US Inc., Florence, Kentucky 41042

June 2002 AXJA321

Shir

"David's Mom is learning *a whole new language.*"

ADDERALL XR: Patient-friendly treatment for ADHD

Finding the right medication may help you see a big difference in how your child feels about himself or herself and what he or she is able to accomplish all day, every day! Ask your doctor about once-daily **ADDERALL XR**, the ADHD treatment option that provides effective, all-day symptom control in a single morning dose.[1-3]

Ask your doctor if a change to patient-friendly ADDERALL XR could be right for your child. And start talking to your child about all the things that he or she does well even in the face of ADHD!

You can also access **ADDERALLXR.com**
or call 1-888-774-3000 for more information.

ADDERALL XR is for patients with a confirmed diagnosis of attention-deficit hyperactivity disorder (ADHD). ADDERALL XR was generally well tolerated in clinical studies of children 6 years and older. The most common side effects are decreased appetite, loss of sleep (insomnia), abdominal pain, and emotional lability. ADDERALL XR should not be prescribed for patients with symptomatic cardiovascular disease, moderate to severe high blood pressure, glaucoma, hyperthyroidism, known allergy to this type of medication, agitated states, or history of drug abuse or within 14 days of administration of a MAO inhibitor.

Amphetamines have a high potential for abuse. Caution is advised in patients with a history of high blood pressure or mental illness. Report any new psychological symptoms to your physician. There is a potential for worsening of motor and phonic tics and Tourette's syndrome.

Please see references and a brief summary of prescribing information on adjacent page.
For more information, consult your physician.

ADDERALL® is registered in the United States Patent and Trademark Office.

ONE DOSE DAILY
ADDERALL XR™ CII
5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg CAPSULES
Mixed Salts of a Single-Entity Amphetamine Product
Dextroamphetamine Sulfate Dextroamphetamine Saccharate
Amphetamine Aspartate Monohydrate Amphetamine Sulfate

Patient-friendly ADHD treatment

References: 1. ADDERALL XR package insert. Shire US Inc., 2002. **2.** Biederman J, Lopez FA, Boellner SW, Chandler MC. A randomized, double-blind, placebo-controlled, parallel-group study of SLI381 [ADDERALL XR] in children with attention deficit hyperactivity disorder. *Pediatrics*. In press. **3.** McCracken JT, Biederman J, Greenhill LL, et al. Analog classroom assessment of SLI381 for the treatment of ADHD. Poster presented at: 47th Annual Meeting of the American Academy of Child and Adolescent Psychiatry; October 26, 2000; New York, NY.

ONE DOSE DAILY

ADDERALL XR® CII

5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg CAPSULES
(Mixed Salts of a Single-Entity Amphetamine Product)
Dextroamphetamine Sulfate Dextroamphetamine Saccharate
Amphetamine Aspartate Monohydrate Amphetamine Sulfate

BRIEF SUMMARY: Consult the full prescribing information for complete product information

ADDERALL XR™ CAPSULES **CII Rx Only**

AMPHETAMINES HAVE A HIGH POTENTIAL FOR ABUSE. ADMINISTRATION OF AMPHETAMINES FOR PROLONGED PERIODS OF TIME MAY LEAD TO DRUG DEPENDENCE. PARTICULAR ATTENTION SHOULD BE PAID TO THE POSSIBILITY OF SUBJECTS OBTAINING AMPHETAMINES FOR NON-THERAPEUTIC USE OR DISTRIBUTION TO OTHERS AND THE DRUGS SHOULD BE PRESCRIBED OR DISPENSED SPARINGLY

INDICATIONS

ADDERALL XR™ is indicated for the treatment of Attention Deficit Hyperactivity Disorder (ADHD).
The efficacy of ADDERALL XR™ in the treatment of ADHD was established on the basis of two controlled trials of children aged 6 to 12 who met DSM-IV criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL®, the immediate-release formulation of this substance

CONTRAINDICATIONS

Advanced arteriosclerosis, symptomatic cardiovascular disease, moderate to severe hypertension, hyperthyroidism, known hypersensitivity or idiosyncrasy to the sympathomimetic amines, glaucoma, Agitated states. Patients with a history of drug abuse.
During or within 14 days following the administration of monoamine oxidase inhibitors (hypertensive crises may result)

WARNINGS

Psychosis: Clinical experience suggests that, in psychotic patients, administration of amphetamine may exacerbate symptoms of behavior disturbance and thought disorder.
Long-Term Suppression of Growth: Data are inadequate to determine whether chronic use of stimulants in children, including amphetamine, may be causally associated with suppression of growth. Therefore, growth should be monitored during treatment, and patients who are not growing or gaining weight as expected should have their treatment interrupted.

PRECAUTIONS

General: The least amount of amphetamine feasible should be prescribed or dispensed at one time in order to minimize the possibility of overdosage.
Hypertension and other Cardiovascular Conditions: Caution is to be exercised in prescribing amphetamines for patients with even mild hypertension (see CONTRAINDICATIONS). Blood pressure and pulse should be monitored at appropriate intervals in patients taking ADDERALL XR™, especially patients with hypertension.
Tics: Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications.
Information for Patients: Amphetamines may impair the ability of the patient to engage in potentially hazardous activities such as operating machinery or vehicles; the patient should therefore be cautioned accordingly.
Drug Interactions: *Acidifying agents*—Gastrointestinal acidifying agents (guanethidine, reserpine, glutamic acid HCl, ascorbic acid, etc.) lower absorption of amphetamines.
Urinary acidifying agents—These agents (ammonium chloride, sodium acid phosphate, etc.) increase the concentration of the ionized species of the amphetamine molecule, thereby increasing urinary excretion. Both groups of agents lower blood levels and efficacy of amphetamines.
Adrenergic blockers—Adrenergic blockers are inhibited by amphetamines.
Alkalinizing agents—Gastrointestinal alkalinizing agents (sodium bicarbonate, etc.) increase absorption of amphetamines. Co-administration of ADDERALL XR™ and gastrointestinal alkalinizing agents, such as antacids, should be avoided. Urinary alkalinizing agents (acetazolamide, some thiazides) increase the concentration of the non-ionized species of the amphetamine molecule, thereby decreasing urinary excretion. Both groups of agents increase blood levels and therefore potentiate the actions of amphetamines.
Antidepressants, tricyclic—Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics cause striking and sustained increases in the concentration of d-amphetamine in the brain; cardiovascular effects can be potentiated.
MAO inhibitors—MAOI antidepressants, as well as a metabolite of furazolidone, slow amphetamine metabolism. This slowing potentiates amphetamines, increasing their effect on the release of norepinephrine and other monoamines from adrenergic nerve endings; this can cause headaches and other signs of hypertensive crisis. A variety of toxic neurological effects and malignant hyperpyrexia can occur, sometimes with fatal results.
Antihistamines—Amphetamines may counteract the sedative effect of antihistamines.
Antihypertensives—Amphetamines may antagonize the hypotensive effects of antihypertensives.
Chlorpromazine—Chlorpromazine blocks dopamine and norepinephrine receptors, thus inhibiting the central stimulant effects of amphetamines, and can be used to treat amphetamine poisoning.
Ethosuximide—Amphetamines may delay intestinal absorption of ethosuximide.
Haloperidol—Haloperidol blocks dopamine receptors, thus inhibiting the central stimulant effects of amphetamines.
Lithium carbonate—The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate.
Meperidine—Amphetamines potentiate the analgesic effect of meperidine.
Methenamine therapy—Urinary excretion of amphetamines is increased, and efficacy is reduced, by acidifying agents used in methenamine therapy.
Norepinephrine—Amphetamines enhance the adrenergic effect of norepinephrine.
Phenobarbital—Amphetamines may delay intestinal absorption of phenobarbital; co-administration of phenobarbital may produce a synergistic anticonvulsant action.
Phenytoin—Amphetamines may delay intestinal absorption of phenytoin; co-administration of phenytoin may produce a synergistic anticonvulsant action.
Propoxyphene—In cases of propoxyphene overdosage, amphetamine CNS stimulation is potentiated and fatal convulsions can occur.
Veratrum alkaloids—Amphetamines inhibit the hypotensive effect of veratrum alkaloids.
Drug/Laboratory Test Interactions: Amphetamines can cause a significant elevation in plasma corticosteroid levels. This increase is greatest in the evening.
Amphetamines may interfere with urinary steroid determinations.
Carcinogenesis/Mutagenesis and Impairment of Fertility: No evidence of carcinogenicity was found in studies in which d,l-amphetamine (enantiomer ratio of 1:1) was administered to mice and rats in the diet for 2 years at doses of up to 30 mg/kg/day in male mice, 19 mg/kg/day in female mice, and 5 mg/kg/day in male and female rats. These doses are approximately 2.4, 1.5, and 0.8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis.
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), was not clastogenic in the mouse bone marrow micronucleus test *in vivo* and was negative when tested in the *E. coli* component of the Ames test *in vitro*. d,l-Amphetamine (1:1 enantiomer ratio) has been reported to produce a positive response in the mouse bone marrow micronucleus test, an equivocal response in the Ames test, and negative responses in the *in vitro* sister chromatid exchange and chromosomal aberration assays.
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), did not adversely affect fertility or early embryonic development in the rat at doses of up to 20 mg/kg/day (approximately 5 times the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis).
Pregnancy: Pregnancy Category C. Amphetamine, in the enantiomer ratio present in ADDERALL® (d- to l- ratio of 3:1), had no apparent effects on embryofetal morphological development or survival when orally administered to pregnant rats and rabbits throughout the period of organogenesis at doses of up to 6 and 16 mg/kg/day, respectively. These doses are approximately 1.5 and 8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Fetal malformations and death have been reported in mice following parenteral administration of d-amphetamine doses of 50 mg/kg/day (approximately 6 times the maximum recommended human dose of 30 mg/day on a mg/m² basis) or greater to pregnant animals. Administration of these doses was also associated with severe maternal toxicity.
A number of studies in rodents indicate that prenatal or early postnatal exposure to amphetamine (d- or d,l-) at doses similar to those used clinically, can result in long-term neurochemical and behavioral alterations. Reported behavioral effects include learning and memory deficits, altered locomotor activity, and changes in sexual function.
There are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony deformity (tracheo-esophageal fistula and anal atresia/VATER association) in a baby born to a woman who took dextroamphetamine sulfate with lovastatin during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects: Infants born to mothers dependent on amphetamines have an increased risk of premature delivery and low birth weight. Also, these infants may experience symptoms of withdrawal as demonstrated by dysphoria, including agitation, and significant lassitude.
Usage in Nursing Mothers: Amphetamines are excreted in human milk. Mothers taking amphetamines should be advised to refrain from nursing.
Pediatric Use: ADDERALL XR™ is indicated for use in children 6 years of age and older.
Use in Children Under Six Years of Age: Effects of ADDERALL XR™ in 3-5 year olds have not been studied. Long-term effects of amphetamines in children have not been well established. Amphetamines are not recommended for use in children under 3 years of age.
Geriatric Use: ADDERALL XR™ has not been studied in the geriatric population.

ADVERSE EVENTS

The premarketing development program for ADDERALL XR™ included exposures in a total of 685 participants in clinical trials (615 patients, 70 healthy adult subjects). These participants received ADDERALL XR™ at daily doses up to 30 mg. The 615 patients (ages 6 to 12) were evaluated in two controlled clinical studies, one open-label clinical study, and one single-dose clinical pharmacology study (N=20). Safety data on all patients are included in the discussion that follows. Adverse reactions were assessed by collecting adverse events, results of physical examinations, vital signs, weights, laboratory analyses, and ECGs.
Adverse events during exposure were obtained primarily by general inquiry and recorded by clinical investigators using terminology of their own choosing. Consequently, it is not possible to provide a meaningful estimate of the proportion of individuals experiencing adverse events without first grouping similar types of events into a smaller number of standardized event categories. In the tables and listings that follow, COSTART terminology has been used to classify reported adverse events.
The stated frequencies of adverse events represent the proportion of individuals who experienced, at least once, a treatment-emergent adverse event of the type listed.
Adverse events associated with discontinuation of treatment: In two placebo-controlled studies of up to 5 weeks duration, 2.4% (10/425) of ADDERALL XR™ treated patients discontinued due to adverse events (including 3 patients with loss of appetite, one of whom also reported insomnia) compared to 2.7% (7/259) receiving placebo. The most frequent adverse events associated with discontinuation of ADDERALL XR™ in controlled and uncontrolled, multiple-dose clinical trials (N=595) are presented below. Over half of these patients were exposed to ADDERALL XR™ for 12 months or more.

Adverse event	% of patients discontinuing (N=595)
Anorexia (loss of appetite)	2.9
Insomnia	1.5
Weight loss	1.2
Emotional lability	1.0
Depression	0.7

Adverse events occurring in a controlled trial: Adverse events reported in a 3-week clinical trial of pediatric patients treated with ADDERALL XR™ or placebo are presented in the table below.
The prescriber should be aware that these figures cannot be used to predict the incidence of adverse events in the course of usual medical practice where patient characteristics and other factors differ from those which prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained from other clinical investigations involving different treatments, uses, and investigators. The cited figures, however, do provide the prescribing physician with some basis for estimating the relative contribution of drug and non-drug factors to the adverse event incidence rate in the population studied.

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR™ with Higher Incidence Than on Placebo in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR™ (N=374)	Placebo (N=210)
General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive System	Loss of Appetite	22%	2%
	Diarrhea	2%	1%
	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Nervous System	Dizziness	2%	0%
	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

The following adverse reactions have been associated with amphetamine use:
Cardiovascular: Palpitations, tachycardia, elevation of blood pressure. There have been isolated reports of cardiomyopathy associated with chronic amphetamine use.
Central Nervous System: Psychotic episodes at recommended doses, overstimulation, restlessness, dizziness, insomnia, euphoria, dyskinesia, dysphoria, tremor, headache, exacerbation of motor and phonic tics and Tourette's syndrome.
Gastrointestinal: Dryness of the mouth, unpleasant taste, diarrhea, constipation, other gastrointestinal disturbances. Anorexia and weight loss may occur as undesirable effects.
Allergic: Urticaria.
Endocrine: Impotence, changes in libido.

DRUG ABUSE AND DEPENDENCE

ADDERALL XR™ is a Schedule II controlled substance.
Amphetamines have been extensively abused. Tolerance, extreme psychological dependence, and severe social disability have occurred. There are reports of patients who have increased the dosage to many times that recommended. Abrupt cessation following prolonged high dosage administration results in extreme fatigue and mental depression; changes are also noted on the sleep EEG. Manifestations of chronic intoxication with amphetamines may include severe dermatoses, marked insomnia, irritability, hyperactivity, and personality changes. The most severe manifestation of chronic intoxication is psychosis, often clinically indistinguishable from schizophrenia.

OVERDOSAGE

Individual patient response to amphetamines varies widely. Toxic symptoms may occur idiosyncratically at low doses.
Symptoms: Manifestations of acute overdosage with amphetamines include restlessness, tremor, hyperreflexia, rapid respiration, confusion, assaultiveness, hallucinations, panic states, hyperpyrexia and rhabdomyolysis. Fatigue and depression usually follow the central nervous system stimulation. Cardiovascular effects include arrhythmias, hypertension or hypotension and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhea, and abdominal cramps. Fatal poisoning is usually preceded by convulsions and coma.
Treatment: Consult with a Certified Poison Control Center for up-to-date guidance and advice. Management of acute amphetamine intoxication is largely symptomatic and includes gastric lavage, administration of activated charcoal, administration of a cathartic and sedation. Experience with hemodialysis or peritoneal dialysis is inadequate to permit recommendation in this regard. Acidification of the urine increases amphetamine excretion, but is believed to increase risk of acute renal failure if myoglobinuria is present. If acute severe hypertension complicates amphetamine overdosage, administration of intravenous phentolamine has been suggested. However, a gradual drop in blood pressure will usually result when sufficient sedation has been achieved. Chlorpromazine antagonizes the central stimulant effects of amphetamines and can be used to treat amphetamine intoxication.
The prolonged release of mixed amphetamine salts from ADDERALL XR™ should be considered when treating patients with overdose.
Dispense in a tight, light-resistant container as defined in the USP.
Store at 25°C (77°F); excursions permitted to 15-30°C (59-86°F) [see USP Controlled Room Temperature].

Manufactured by DSM Pharmaceuticals Inc., Greenville, North Carolina 27834. Distributed and marketed by Shire US Inc., Florence, KY 41042.

For more information call 1-800-536-7878 or visit www.adderallxr.com

ADDERALL® is registered in the US Patent and Trademark Office.

403957

(rev. 06/2002)

Shire



doesn't matter how beautiful or famous you are. *Anybody* can get acne, and erybody who does suffers. Now, Vanessa Williams is talking about her lifelong ggle with acne and her ultimate triumph. She discovered Proactiv® Solution, a ee-step combination therapy system that works to clear existing blemishes and p prevent new breakouts. Formulated with prescription-grade ingredients, it rks so gently, your skin can clear up without dryness, redness, or irritation. activ® Solution has worked for hundreds of thousands of acne sufferers, luding celebrities like Vanessa Williams. Remember, acne doesn't care how ious you are. Luckily, neither does Proactiv® Solution.

o Free Bonuses, a $20 Value

ler now and get the Proactiv® Solution ining Mask, with its deep-cleansing ur formula. Plus, Face the Facts™, a handy le with answers to your acne questions.

Day Money Back Guarantee

ou're not completely satisfied, send the bottles within 60 days (even if 're empty) and we'll send you a full nd (less s&h). So order today. You've nothing to lose, except your blemishes.

Complete system only $39.95.
Save nearly 50%
off individual product prices.



Rodan & Fields

proactiv® SOLUTION

Call Now! 1-888-632-1818

☑ **YES!** I would love to have clear, smooth, blemish-free skin! Send me Proactiv® Solution, the Dermatologists' system that heals and helps prevent acne, with a 60-day money back guarantee!

One complete system for only $39.95 plus $5.95 shipping & handling (U.S. funds only). AZ, CA, IA, NC & PA residents please add applicable sales tax.

Payment method:
☐ Check or Money Order enclosed for $45.90 ($39.95 + $5.95 s/h) plus applicable sales tax, payable to Proactiv® Solution.
☐ Charge my ☐ VISA ☐ M/C ☐ AmEx ☐ Disc/Novus

Signature_____

Acct.#_____ Exp._____

When you order now, you'll receive **free membership** in the Proactiv® Solution Clear Skin Club. You'll automatically receive a new kit every two months, and you'll lock-in the low wholesale price of only $39.95 as long as you are a member.
There is no minimum number of kits to buy, and you can cancel your membership at any time.

Name_____

Address_____ Apt.#_____

City_____ State_____ Zip_____

Phone (_____)_____
(in case we have a question about your order)

CALL NOW, OR MAIL TODAY TO:
Proactiv Solution®, c/o Guthy-Renker,®
P.O. Box 362965, Des Moines, IA 50336
www.proactiv.com

©2002 GUTHY·RENKER®

335-513333

By Hand

Break the Mold

Borrow inspiration from the season's falling leaves by forming oven-bake clay into an autumnal candle ring. There's no need for a potter's wheel, a kiln, or lessons. Simply shape the clay into leaves and bake them to a hard finish.



To make this candle ring (*above*), hot-glue ceramic leaves to a cardboard base in overlapping layers.

A ring of small leaves piled two or three high encircles a candle or can hang on the wall. The wreath shown here was molded from real lemon leaves, but you could gather a variety of leaves from your backyard. Choose leaves of a similar scale and stick to one theme—all tree leaves or flower leaves, for example.

Select fresh leaves with an easy-to-cut shape and strong veins, such as ivy, grape, elm, lemon, hydrangea, or sycamore leaves. Snip off the stem.

Using a rolling pin, roll a small lump of oven-bake clay (available in crafts stores) to an even ⅛-inch thickness. Place the leaf on the clay with the vein-side down and roll over it with the rolling pin to make an impression (1). Cut around the leaf with a crafts knife (2). Remove the excess clay, then carefully lift the leaf from the clay. Place the leaf on a baking sheet (3). Bend it slightly with slight waves or curls so it has a more natural shape. Repeat this process until you have enough leaves.

Let the clay dry completely. Then bake the leaves according to the manufacturer's directions, usually one to two hours at 350 degrees. Remove the baking sheet from the oven and let the leaves cool completely.

Make 24 to 30 leaves for a small candle ring (this ring measures 8 inches in diameter) and more for larger wreaths. After the leaves have cooled, arrange them in a circle to form a wreath. Stack the leaves two to three deep.

For the base of the wreath, cut a 1-inch wide cardboard circle that is large enough to fit around the candle. Wrap the circle with grosgrain ribbon that matches the color of the leaves. Secure both ribbon ends with glue. To form a hanging loop, punch a hole through the ribbon and cardboard and thread a piece of wire. Transfer the leaves to the ribbon-covered cardboard base, and hot-glue them in place.







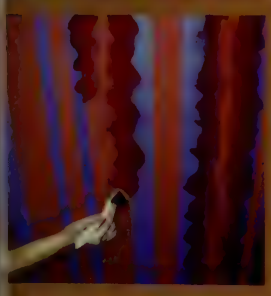
A Kelly-Moore Paints How-To . . .

ENTRY WAYS

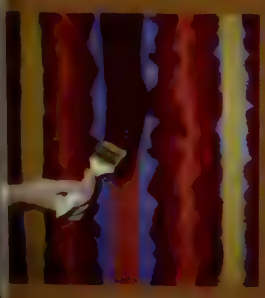
Perfect for an accent wall, these vibrant colored stripes will greet your guests with a warm welcome. For a formal and classic look use conservative, traditional colors. Use bold, vivid colors to achieve a more contemporary look, like the foyer shown here.



1. Apply a base coat and allow to dry thoroughly. Mark out your stripes with a removable painter's masking tape. You can vary the width of the stripe by increasing or decreasing the space between two pieces of tape, or simply use a variety of tape widths.



2. With a paintbrush, feather the paint over the base coat working from top to bottom, using alternating diagonal strokes while overlaping the masking tape. To avoid runs and drips, do not over saturate your brush.



3. Continue to fill in solid stripes being sure to overlap the masking tape until desired look is achieved. Upon completion of painting stripes remove tape promptly to reveal edges.

Colors used in this project:
AC16-N Mars Red
KM108-D Georgian Earth
KM552-D Flemish Gold
AC14-N Henredon House



Bring in this ad and Save!

$20 Off a $75 purchase (promo code 09999902006)

or . . .

$30 Off a $150 purchase (promo code 09999902007)

KELLY-MOORE PAINTS

ffer good through 12-31-02. Offer cannot be combined with
ny other coupons or trade discounts. One discount per visit.

For the store nearest you call 1.888.KM.COLOR or visit www.kellymoore.com

farmer's market centerpiece



Next time you take a stroll through the farmer's market or down the grocery store aisle, pick pretty produce for your table's centerpiece as well as for the day's dinner.

One magnificent vegetable, such as an exquisite artichoke, is a natural focal point in these fast-and-easy arrangements (*left*).

Frame the main produce attraction with masses of bushy flowers, such as mustard, yarrow, or baby's-breath. Fresh flowers will need moist floral foam and occasional waterings to keep them from wilting. (If you prefer dried flowers, eliminate the water and the protective plastic liner.)

Dried artichokes or gourds make the display everlasting; they are available at crafts and floral-supply stores. You can also dry your own by placing a fresh artichoke or gourd on a baking rack and leaving it in a warm, dry area for several weeks. Turn it every few days to help air circulate around it. Some vegetables may decay before drying, so start with several in order to ensure that one will dry successfully.

Line your pot with heavy plastic, then fill with damp floral foam. Trim away the excess plastic, and tuck the ends back into the pot. Using a narrow dowel or chopstick, spear the stem of an artichoke, then center it in the foam (*right*). Slide stems of mustard or other bushy flowers into the floral foam. Angle the outer row of flowers so the finished diameter of the arrangement is about double the diameter of the pot.



Sometimes, it's what's happening on the outside that counts.



A good environment is important to all of us and, now - thanks to biotechnology - seeds can be planted that require fewer pesticide sprayings. That's better for the environment, better for the crops and so it's better for the whole community. That's a bright forecast for every child's tomorrow!

biotechgoodtogrow.com
Sponsored by Monsanto Company

BIOTECHNOLOGY good to grow!



Guest Bath Elegance

The quiet play of light and shadow on the intersecting planes of this top-floor bath give the room character. Finely detailed trim adds classic style to the vanity mirror. A towel ring is perfectly placed to add softness and texture to the half-wall that divides the vanity from the toilet. Vintage-style tile and moldings echo one another in teal blue, while marble surfaces add warmth and subtle detail.

Great architecture and tasteful accents in this remodeled bathroom treat guests to a sensory upgrade.

The owners of this top-story guest bath decided to forgo gimmicks and focus on the room's strengths—the intersecting planes of its roof and walls, its peaked dormer, and a round-topped window.

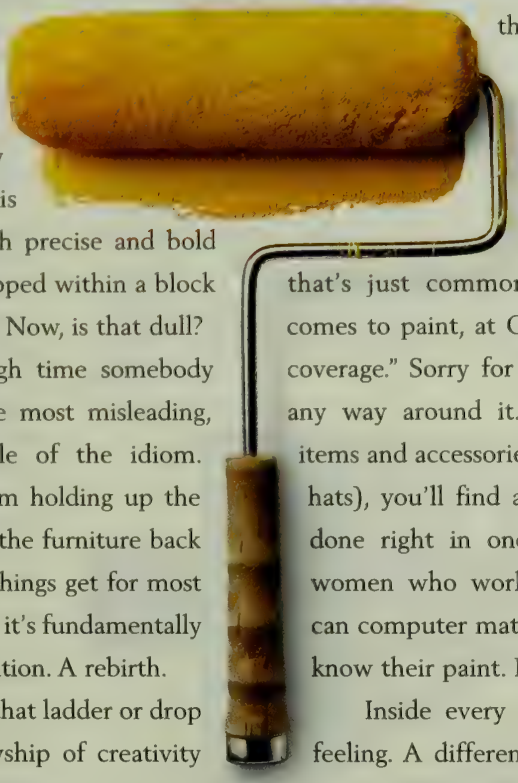
For privacy, the owners added a half-wall between the toilet and the vanity, but they did nothing to obstruct the room's elegantly simple geometry. Then, they accented the room's focal feature by painting the molding around the deep-set window teal blue.

That single step cued the rest of the design: A simple rectangular mirror with a beaded frame and fluted cornice was added. Echoing the shape and color of the cornice molding is a beveled tile base and bullnose cap. A brick-pattern tile backsplash fills in the wall between, embellished with a decorative rope border.

The custom cabinets continue the crisp rectangular theme, outlining the drawers and doors with a simple bead molding. White Bocca marble tops the vanity.

Something to read while you wait for the paint to dry.

So, you're talking to the guy next door and you ask him how his trip to Des Moines was. About as exciting as watching paint dry," he eplies. The proper response to that is something long the lines of "Wow! Who knew it would ıe so invigorating?" Think bout it. Is watching paint ry *dull*? Well, would you ay watching a butterfly hew through its cocoon is ull? Or Michelangelo, with precise and bold lows, freeing the horse trapped within a block f stubborn Carrara marble. Now, is that dull?



Of course not. It's high time somebody ılled a halt to one of the most misleading, ıept clichés in the whole of the idiom. ıinting, in every stage, from holding up the :tle color chips to moving the furniture back to place, is as exciting as things get for most ɔmeowners. Why? Because it's fundamentally creative process. A reinvention. A rebirth.

The instant you climb that ladder or drop at tray, you join a fellowship of creativity at goes back to the Cro-Magnon, runs straight rough the Renaissance, the Impressionists, the odernists and winds up on your living room ll. Your home becomes your canvas. Your only nits those of your fertile, little imagination.

Paint, glorious paint! Nothing else can hold a ush to it when it comes to making the old digs l brand new. Even the process of painting has rewards, if you know what you're doing. With ew simple tricks (heretofore known only to a privileged few) you can take a little of the sting, a little of the drudgery out of the job. For instance, why not glue or tape a paper dinner plate to the bottom of the can to catch drips. Unlike sheets of newspaper, the plate goes along for the ride when the can moves. Clever, no?

Deciding whether to go with Lincoln green or Washington blue, that's an artistic choice. Deciding to go with Orchard, though, that's just common sense. Because when it comes to paint, at OSH®the accent is on "total coverage." Sorry for the pun, there just wasn't any way around it. With thousands of paint items and accessories (even down to those little hats), you'll find all you need to get the job done right in one stop. And the men and women who work OSH's paint department can computer match your color. They just flat know their paint. Flat, semi or otherwise.

Inside every can of paint is a different feeling. A different mood. A different shade. So, let's not be too quick to brush it off.

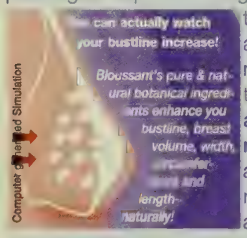
For over 70 years, OSH has been helping Californians take care of their homes and gardens. And doing it with this simple philosophy: legendary customer service means having the things people need and offering them the help they want. There are over 45,000 items inside every OSH and the people who know how to use them all. Come see us in person or log on to www.osh.com.

OSH®
Orchard Supply Hardware

Increase Breast Size...
Guaranteed! #1 Seller In America!

Call & Ask How To Get A 30 DAY SUPPLY FREE!

Now you can increase your breast size with the **#1 selling breast formula in America!** Bloussant Breast Enhancing Tablets increases your breast size, firmness and fullness- naturally! An independent double blind clinical study states that *"Breast volume, bustline, breast width, breast circumference and breast length were all significantly increased."* The clinical study also showed an average increase of 2 cup sizes- and, in several participants, an increase of 3 cup sizes. No more artificial padding or expensive surgical implants. Get back the increased cleavage and gain back the firmness you had as a teenager. **Doctor approved and recommended.** Results in just a few weeks. Guaranteed results or send back for a full product refund. 60 day money back guarantee! Join the over 250,000 women who have used Bloussant.





Call now and ask how to get a 30 day supply of Bloussant absolutely free!

To order, call toll-free: **1-800-441-8650**

24 hours a day, 7 days a week / we accept checks by phone!

"Bloussant's a miracle. I have more confidence about myself and my body, and I feel a little sexier. I'm filling out blouses that I hadn't been able to before" — *Lauri went from a 34B to a 34D in 1 month*



We're bringing warmth, safety and dignity back into the lives of elderly, disabled and low-income homeowners using materials, supplies and volunteer time donated by The Home Depot. Learn how you can help us help others. Call **1-800-4-REHAB-9.** Or visit *www.RebuildingTogether.org.*

Rebuilding Together.

More Power at The Panel

Microwave ovens, computers, and air conditioners bring convenience and comfort to the home—but they can also weigh down its electrical system. In the past, homes got by with 60- or 100-amperage service. With today's appliances and electronics, however, your home probably needs 150 or 200 amps. If you regularly trip circuit breakers or blow fuses, chances are you need more power at your panel. Upgrading electrical service requires good wiring skills. For safety's sake, have a certified electrician do the job.

Adding to a circuit. If your need for additional capacity is small—an extra outlet in the bedroom, for instance—you may be able to add to a general-purpose or small-appliance circuit. A general-purpose circuit needs a 15-amp breaker or fuse which easily accommodates such items as lamps and vacuum cleaners. A small appliance circuit, which requires a 20-amp capacity, is meant to handle toasters, irons, and the like.

Never add onto a heavy-duty single-use circuit. This type handles 20 to 50 amps and is designed for central air conditioners, ranges, water heaters, clothes dryers, furnaces, and heat pumps.

Installing a new circuit. If you can't add to an existing circuit, have an electrician determine what type and capacity of new circuit you need. If your panel has circuit breakers, you may be able to add a new circuit to a blank space. You can also double up two circuits by replacing an existing breaker with a tandem device, which electricians call a "skinny." If you have a fuse box, see whether it has an unused terminal and socket. Adding several circuits may require the electrician to connect a subpanel to the main service panel.

ADVERTISEMENT

free HOME & TRAVEL info

yours for the asking

CALL TOLL FREE 1-800-837-9017 (Mention Dept. Code BH0902YF),
send the coupon, or log on to ***bhg.com/info***

Get in on everything you need o know about home, family, ravel and much more....

HOME

Apparel

1. **COLDWATER CREEK**—Shop for casual women's apparel, intriguing jewelry, and gifts you won't find anywhere else. Unique, quality items with your satisfaction guaranteed. Catalog COLDWATER CREEK. Free
2. **L.L. BEAN**—Classic men's and women's apparel, kids' clothes that are fun to wear and made to last; quality outdoor sporting gear and beautiful home furnishings and bedding. Catalog L L BEAN. Free
3. **SPIEGEL**—Order your FREE 550-page Spiegel Fall Catalog. Fashions and home furnishings, all in one place! Hurry, quantities limited. SPIEGEL. Free

Building & Remodeling

4. **ACE HARDWARE**—Offers quality products in every major hardware category. Get more information. ACE HARDWARE. Free
5. **FOUR SEASONS SUNROOMS & CONSERVATORIES**—Exciting Easy Living and Elegant Living catalogs feature America's largest selection of Sun and Shade Rooms, Sun and Stars Rooms, Cathedral Rooms, and English-Style Conservatories. Exclusive MC² Wonderglass™ keeps out summer heat and winter cold. Free color catalog. FOUR SEASONS SUNROOMS & CONSERVATORIES. Free
6. **ICYNENE INC.**—The Icynene Insulation System® completely air-seals the building providing a Healthier, Quieter, More Energy Efficient™ home. Brochure. ICYNENE INC. Free.
7. **JAMES R. MODER CRYSTAL CHANDELIER INC.**—Catalog available from world-famous designer James R. Moder. A beautiful selection of crystal chandeliers, priced from $300 to $10,000. JAMES R. MODER CRYSTAL CHANDELIER INC. Free
8. **KRAFTMAID CABINETRY, INC.**—KraftMaid's FREE Kitchen Planner and 100-page Cabinetry Idea Book will inspire you with design ideas, provide you with helpful planning tips and illustrate the reasons that KraftMaid has been named a Consumers Digest Best Buy for five years running. KRAFTMAID CABINETRY, INC. Free
9. **MASONITE INTERNATIONAL CORPORATION**—The makers of premium quality interior and exterior doors and wainscoting for the home. Brochure. MASONITE INTERNATIONAL CORPORATION. Free

ireplace Products

- **HEAT-N-GLO**—Heat-N-Glo offers quality gas, woodburning and electric fireplaces, including gas log sets, stoves, and inserts for preexisting fireplaces. HEAT-N-GLO FIREPLACE PRODUCTS. Free

Windows and Doors

- **ANDERSEN WINDOWS & PATIO DOORS**—FREE! The "Long Live The Home™" idea book from Andersen Windows. Get room ideas, inspiration and more. ANDERSEN WINDOWS. Free.
- **COUNTRY CURTAINS**—Over 100 ready-made curtain styles and fabrics. 72-page color catalog. COUNTRY CURTAINS. Free.
- **MARVIN WINDOWS & DOORS. THINK OF THE POSSIBILITIES.**—30-page catalog featuring their wood and clad wood windows and doors. Information on Marvin's standard and custom products. MARVIN WINDOWS. Free.
- **NATIONAL BLINDS & WALLPAPER**—Up to 85% off name brand wallpaper. Blinds and area rugs direct from leading manufacturers. Free shipping on all orders. Free brochure. NATIONAL BLINDS & WALLPAPER. Free

alls and Floors

- **CARPET ONE**—Carpet One offers thousands of colors and styles of carpet, vinyl, laminate hardwood and ceramic tile in name brands like exclusive LEES® For Living carpet. CARPET ONE. Free.
- **DUPONT STAINMASTER**—For Comfort and Durability You Can Trust. DuPont™ STAINMASTER® carpet features the Advance Teflon® Repel System, which helps repel dirt and soil. DUPONT STAINMASTER. Free.
- **MOHAWK CARPETS**—Send for free Mohawk product literature—Mohawk's Right Choice Carpet Guide. MOHAWK CARPETS. Free

rnishings

- **ANDERSON ULTIMATE BED**—Save space with a top quality, solid wood underbed dresser. Sleep better on an adjustable air mattress with dual firmness controls! 48-page catalog. ANDERSON ULTIMATE BED. Free

19. **FLEXSTEEL**—The Christopher Lowell Home Collection from Flexsteel is so easy, so stress free, so effortless, you'll hardly have to lift a finger. FLEXSTEEL. $2.00
20. **FRAN'S WICKER & RATTAN FURNITURE**—Spectacular sets. Hard to find specialty items. All from America's oldest and largest wicker & rattan importer. Free 72-page color catalog. FRAN'S WICKER & RATTAN FURNITURE. Free
21. **PIONEER TABLE PAD CO.**—For over 83 years, this family-owned company has been committed to providing families with the finest traditional hand-tailored table padding. PIONEER TABLE PAD CO. $2.00
22. **SURE FIT SLIPCOVERS BY MAIL**—Catalog features affordable, washable covers in beautiful fabrics. Fits most upholstered furniture including recliners, wing and dining chairs. SURE FIT, INC. Free
23. **WAMSUTTA**—Wamsutta home fashions add luxury and style throughout the house. Quilts, comforters, bath accessories, rugs and more. Available at department and specialty stores. Information. WAMSUTTA. Free

Outdoor Living

24. **THE CEDAR STORE**—Specialists in red cedar outdoor furniture and porch swings. Brochure. THE CEDAR STORE. Free
25. **TIDEWATER WORKSHOP**—Recently named "Best Value" by The Wall Street Journal, offers an exclusive line of affordable, durable and comfortable white cedar outdoor furniture in classic styles, including Adirondacks, rockers, swings, dining furniture, planters, chaises and more! Benches start at just $100! Free catalog. TIDEWATER WORKSHOP. Free

Food

26. **GEVALIA® KAFFE**—Experience the pleasure of Gevalia Kaffe. We will send you information on ordering a trial shipment and receiving a free gift. GEVALIA KAFFE. Free

Miscellaneous

27. **Go RVing**—Life's A Trip. Rich experiences can still be affordable. RVs provide the best value for every family budget. Free video. Go RVing. Free
28. **GUTHY RENKER CORPORATION**—Say good-bye to acne and hello to clear skin! Discover the simple 1-2-3 approach to healthy-looking skin with dermatologist-developed Proactiv solution. Information. GUTHY RENKER CORPORATION. Free
29. **WRITE CHILDREN'S BOOKS**—If you've ever dreamed of writing for children, here's your chance to test that dream and find out if you have the Aptitude to make it a reality. Free Writing Aptitude Test offered. INSTITUTE OF CHILDREN'S LITERATURE. Free
30. **PETMEDS**—Pet medications; your pet's same exact medications delivered to your home. Saving you time and money! Brochure. PETMEDS. Free.
31. **SHELL OIL**—"Smart Car Care" provides valuable tips to help you keep your vehicle operating safely and efficiently. Brochure. SHELL OIL. Free.
32. **VETERINARY PET INSURANCE**—Protect your pet in case of illness or injury—VPI plans cover more than 6,400 medical problems and conditions including cancer. Brochure. VETERINARY PET INSURANCE. Free

TRAVEL

Alabama

33. **ALABAMA**—From hiking mountain trails to strolling white-sand beaches, Alabama offers something special for every vacationer.
34. **ALABAMA'S GULF COAST**—Sugar-white beaches and emerald green Gulf waters await. Send for your free vacation guide.
35. **BRETT/ROBINSON VACATION RENTALS**—Ask about free night specials. Brett/Robinson offers Gulf front luxury all year round.
36. **ALL ALABAMA OFFERS**

Arkansas

37. **ARKANSAS**—FREE ... our beautiful fall foliage and our Vacation Planning Kit. Enjoy both in Arkansas

Colorado

38. **DISCOVER THE POSSIBILITIES IN COLORADO**—Get your free Colorado Visitor's Guide and be someone you've never been before.
39. **COLORADO SPRINGS CVB**—Enjoy an unforgettable Colorado Springs vacation with breathtaking mountains, exciting outdoor adventures and unique attractions.
40. **ESTES PARK**—Gateway to Rocky Mountain National Park, wide variety of lodging, shopping, dining, recreation and entertainment. Free Vacation Planner.
41. **ALL COLORADO OFFERS**

Connecticut

42. **COASTAL FAIRFIELD COUNTY**—New England only a whole lot closer. Free fun vacation guide.
43. **CT RIVER VALLEY & SHORELINE**—Explore river valley towns, Connecticut shoreline and charming historic New England towns.
44. **CONNECTICUT**—For 52 great getaway ideas for couples, families, active adventurers and culture buffs.
45. **MYSTIC & MORE!**—You know its Seaport, Aquarium and Village. Discover its casinos, museums and more!
46. **GREATER HARTFORD**—Enjoy history, culture, relaxation, fine dining and lodging, all in the Heart of Connecticut.
47. **CT'S HOUSATONIC VALLEY TOURISM DISTRICT**—70 minutes from NYC. Specially priced Getaway Weekend accommodations. Free brochures.
48. **CONNECTICUT'S LITCHFIELD HILLS**—A world as nature intended—Unspoiled. Unhurried. Unwind. Free 40 page guide & map.
49. **ALL CONNECTICUT OFFERS**

Florida

50. **BLUEBILL VACATION RENTALS**—Vacation in furnished and equipped private vacation homes, condominiums, villas, cottages or the most popular waterfront resorts.
51. **EDGEWATER BEACH RESORT**—Panama City's premier resort. Experience golf, tennis, pristine white beaches, gulf-front suites and golf villas.
52. **THE NEW HILTON GARDEN INN**—126 rooms and suites. Heated pool, whirlpool, fitness center. Restaurant and lounge.
53. **HOLIDAY INN SANIBEL ISLAND**—Experience Sanibel's most notable beachfront resort. Featuring Morgan's Forest Restaurant & McCaw's beachside Tiki Bar.
54. **KISSIMMEE-ST. CLOUD**—Planning a Walt Disney World® vacation? Request a FREE Vacation Planning Kit.
55. **LEE ISLAND COAST**—SW Florida's Fort Myers/Sanibel area. Best vacation in best vacation state.
56. **DESTIN. FORT WALTON BEACH. OKALOOSA ISLAND.**—24 miles of sugar-white beaches and emerald green water.
57. **ORLANDO**—Save up to $500 on your trip to Orlando with a free Orlando Magicard®.
58. **OUTRIGGER BEACH RESORT**—Old Fashioned Family Beach Vacation complete with friendly staff, incredible beach and value-filled packages.
59. **PALM BEACH COUNTY**—Save with our "$1,000 Worth of the Palm Beaches Free" coupon book.
60. **PANAMA CITY BEACH**—Offers 27 miles of beaches, fun events and affordable rates.
61. **PENSACOLA**—Relax on the perfect Florida vacation with plenty of sunshine, sand and surf.
62. **PRISCILLA MURPHY VACATION RENTALS**—Vacation in furnished & equipped private vacation homes, condominiums, villas, cottages or the most popular waterfront resorts.
63. **SANIBEL MOORINGS**—One-, two-, and three-bedroom suites offering view of the beach, bay and tropical courtyards.
64. **SARASOTA, FLORIDA'S CULTURAL COAST**—An exciting blend of attractions as well as restaurant and accommodation choices for everyone under the sun.
65. **ALL FLORIDA OFFERS**

Kentucky

66. **NORTHERN KENTUCKY**—Indulge yourself in the wonders of Northern Kentucky. Historic homes, covered bridges, riverboats, Kentucky Speedway, Newport Aquarium, and more!
67. **LEXINGTON**—Make your next vacation Uniquely Bluegrass. Explore a world of experiences in one beautiful place.
68. **RICHMOND**—On I-75, near Lexington. Fort Boonesborough, Gibson Bay Golf Course, White Hall mansion, Civil War.
69. **ALL KENTUCKY OFFERS**

Maryland

70. **DEEP CREEK LAKE/GARRETT COUNTY**—Lakes, rivers, mountain scenery, outdoor adventure, antiquing, romantic inns, quaint towns, premier lakefront rental homes, festivals. Free brochure.
71. **FREDERICK COUNTY**—Maryland's crossroads of history, parks, antiques, wineries. "So close to so much more!" Free kit.
72. **HOWARD COUNTY**—Rolling hills between Baltimore and Washington covered with antiques, historic towns, festivals, golf and more.
73. **MARYLAND VACATIONS**—Beaches, mountains, big cities, small towns. Maryland has so much to offer. Welcome.
74. **SOMERSET COUNTY**—Where history is ever present and every sunset a celebration. Discover a gentler America.
75. **ALL MARYLAND OFFERS**

visit www.bhg.com/info

ADVERTISEMENT

free HOME & TRAVEL info

yours for the asking

CALL TOLL FREE 1-800-837-9017 (Mention Dept. Code BH0902YF),
send the coupon, or log on to **bhg.com/info**

Massachusetts

76. **THE AMERICAN TEXTILE HISTORY MUSEUM**—Tells America's story through the art, history and science of textiles. Free brochure.
77. **SOUTHEASTERN MASSACHUSETTS**—Culinary campuses; seaside villages, historical districts; ethnic eateries; unique, boutique and antique. Come enjoy!
78. **CAPE COD**—A Short Trip to Far Away.SM Contact us for your most memorable vacation ever.
79. **CAPE CODDER RESORT & SPA**—Full service with 260 rooms, Indoor Wave Pool and more.
80. **CONCORD MUSEUM**—American treasures including Revere's 1775 lantern, Thoreau's desk, Emerson's Study, in family-friendly galleries. Free brochure.
81. **JOHN CARVER INN**—In the heart of Plymouth, 85 rooms/suites, Indoor Theme Pool and more.
82. **GREATER MERRIMACK VALLEY CVB**—Endless choices for sightseeing, performing arts, sporting events, museums, nightlife, shopping and dining. Free guide.
83. **NATIONAL HERITAGE MUSEUM**—Dynamic exhibitions on American history and popular culture. Free admission and parking. Free Brochure.
84. **PILGRIM SANDS**—Private beach. Two pools. Coffee shop. Restaurant adjacent. Across from Plimoth Plantation.
85. **PLIMOTH PLANTATION™ "MAYFLOWER II™"**—Experience the living history museum of the Pilgrims and Wampanoag.
86. **PLYMOUTH COUNTY CVB**—Plymouth Rock, Pilgrims. Whale-watching. Golf. Cranberries. Lodging, shopping, dining for every budget.
87. **RED JACKET RESORTS**—Four spectacular oceanfront resorts and one on a golf course.
88. **SHERATON INN PLYMOUTH**—You can get almost anywhere from here, including the 17th century.
89. **THE STEAMSHIP AUTHORITY**—It's the Way to Go to the Islands of Nantucket and Martha's Vineyard.
90. **ALL MASSACHUSETTS OFFERS**

Michigan

91. **PETOSKEY—HARBOR SPRINGS—BOYNE CITY**—Visit northwest Michigan. Victorian charm, world-class golf and delightful shops. FREE vacation guide.
92. **MICHIGAN'S UPPER PENINSULA**—Magnificent waterfalls, towering sand dunes and shoreline on three Great Lakes. FREE 88-page Travel Planner.
93. **ALL MICHIGAN OFFERS**

Minnesota

94. **EXPLORE MINNESOTA**—Spend your precious vacation days wisely. Free travel guide makes it easy to plan a refreshing getaway.

Mississippi

95. **MISSISSIPPI GULF COAST**—26 miles of beaches, casinos, golf, historic sites, shopping and deep-sea fishing.

Missouri

96. **LAKE OF THE OZARKS**—54,000-acre lake, breathtaking scenery, golf, fishing, shopping, outlet mall, music, caves, many leisure options.
97. **EXPLORE ST. LOUIS**—Send for the "Official St. Louis Visitors Guide" to help you plan a weekend getaway or family vacation.
98. **ALL MISSOURI OFFERS**

New Hampshire

99. **FREE NEW HAMPSHIRE VACATION KIT**—Filled with information on lodging, dining, attractions, and more.

New York

101. **ADIRONDACKS/LAKE GEORGE**—Your most favorite getaway is here! Free 2002 vacation guide.
102. **ALBANY**—Albany, New York's historic Capital is celebrating its 350th birthday with a special year of events.
103. **CATSKILL MOUNTAIN REGION**—America's original vacation destination. Send for your free travel guide.
104. **CHAUTAUQUA—ALLEGHENY REGION**—Chautauqua Institution, Allegany State Park, wineries, lakes, fishing, golf, skiing, snowmobiling, hiking, antiques and shopping.
105. **COLUMBIA COUNTY**—Discover—history, antiques, the arts, fine dining, scenic views and so much more.
106. **DUTCHESS COUNTY**—Tour historic sites. Enjoy outdoor events and scenic beauty of Hudson Valley, 1 1/2 hours north of New York City.
107. **THE FINGER LAKES REGION**—Natural beauty, charming towns, dynamic cities, unique shopping, dining and lodging await you. Come play!
108. **FINGER LAKES WINE COUNTRY**—A special land of scenic beauty, American Heritage, and fine wine.
109. **GATEWAY TO THE ADIRONDACKS**—Fulton County. The foothills of the famed Adirondack Mountains along the shores of the Great Sacandaga Lake.
110. **GENESEE COUNTY**—45 minutes from Niagara Falls. Home to Six Flags, Darien Lake, birthplace of Jell-O.
111. **LAKE CHAMPLAIN REGION**—121 miles of shoreline on the 6th largest lake in the U.S.
112. **CENTRAL LEATHERSTOCKING REGION**—Tales & Trails—Five Halls of Fame, History, Culture, Natural Wonders, Heritage Trails, Outdoor Fun in the Heart of New York.
113. **YOU'VE GOT TO GET OUT MORE!**—Long Island goes to great lengths to get you to come out more. Its 100 scenic miles are chock full of memorable places.
114. **NEW YORK STATE**—Discover for yourself all there is to love in a New York State vacation.
115. **NIAGARA USA**—It's absolutely wonder-full… waterfalls, shopping, history, the arts, family fun and sportfishing.
116. **PUTNAM COUNTY**—Come to where the country begins. Come to Putnam County.
117. **ROCKLAND COUNTY**—Almost in your own backyard—Discover Rockland. Send for guide.
118. **SARATOGA**—Experience the Wins, the Places and the Shows! Horse racing, golf, spas and much more.
119. **SCHENECTADY COUNTY**—Fun-filled family events, rich history and scenic highways and byways await travelers who say Schenectady!
120. **SENECA COUNTY**—Heart of the Finger Lakes. Natural beauty, history, wineries, and warm hospitality.
121. **SULLIVAN COUNTY CATSKILLS**—87 miles from New York City. World-class golf, soft adventure, cultural paradise, original site of Woodstock.
122. **WESTCHESTER**—Take a break in the heart of the Hudson Valley, just minutes away from Manhattan.
123. **ALL NEW YORK OFFERS**

North Carolina

124. **ASHEVILLE**—Experience the serenity of Asheville's high mountain peaks and create an unforgettable getaway adventure.
125. **NORTH CAROLINA'S CRYSTAL COAST**—Fall means lower rates and fewer crowds. Inquire about reduced accommodation rates!
126. **THE OUTER BANKS**—Home of the First Flight. Come experience the History and Mystery.
127. **GREATER RALEIGH**—Let us entertain you with guaranteed lowest hotel rates, free shopping card and visitor rewards card.
128. **WINSTON-SALEM**—Experience museums, explore gardens and historic landmarks, watch craftsmen at work, and tour wineries.
129. **ALL NORTH CAROLINA OFFERS**

Ohio

130. **GREATER TOLEDO**—Just look at us now! We're tops with families—fun attractions, great restaurants, affordable accommodations.

Pennsylvania

131. **ALLEGHENY MOUNTAINS CVB**—FREE Special Events Calendar and Coupon Book. Complete list of events and activities for the Southern Allegheny Mountains. Hotel and activity packages. Ask about "DO IT ALL!" promotion!
132. **ARMSTRONG COUNTY**—Free visitors' guide.
133. **BEAVER COUNTY**—Minutes from Pittsburgh. Cultural and historical attractions. Wonderful lodging and dining opportunities.
134. **BRANDYWINE COUNTRY**—Unforgettable gardens, museums, inns and shops. Free visitor's guide/hotel packages.
135. **CENTRE COUNTY—PENN STATE COUNTRY**—Penn State Country! Exciting attractions, events, dining and entertainment—Four Seasons of Fun in the Heart of Pennsylvania!
136. **CHESTER COUNTY**—Home to the Brandywine Valley. Free visitors guide and information on local attractions.
137. **COLUMBIA MONTOUR VISITORS BUREAU**—Explore our covered bridges, festivals, antiques, nature preserves and cultural events. Send for information.
138. **ENDLESS MOUNTAINS**—The possibilities are endless. Relaxing. Recreational. Peaceful. Exciting. Beautiful. Anytime-vacation in the Endless Mountains.
139. **GETTYSBURG**—Free 72 page booklet includes maps, hotels, B&Bs, campgrounds, attractions, shopping, special events, arts, antiques and recreational experiences.
140. **JOHNSTOWN**—Historic attractions, museums, festivals and events, outdoor recreation, friendly people. Free visitors guide available.
141. **LAUREL HIGHLANDS**—Something special in Southwestern Pennsylvania! Free Visitors Guide, golf packages and seasonal offers.
142. **MERCER COUNTY**—In western Pennsylvania at the crossroads of I-79 and I-80. You'll be delighted by what you find.
143. **NORTHWEST PA'S GREAT OUTDOORS VB**—Free information on packages for Pennsylvania's Great Outdoors. Elk viewing, canoeing, horseback riding, hiking, biking and golf.
144. **PEDDLER'S VILLAGE**—75 specialty shops and restaurants, 66-room inn, family entertainment center and year-round events.
145. **PENNSYLVANIA TOURISM**—Memories last a lifetime®.
146. **POCONO MOUNTAINS VACATION BUREAU**—FREE Poconos Vacation Guide… scenic beauty, attractions, events, sports, outlets, resorts. Pennsylvania memories last a lifetime.
147. **READING & BERKS COUNTY**—Plan a Girlfriends Getaway in the Original Outlet Capital plus antiques galore, jazz and the Hex Tour.
148. **CENTRAL PENNSYLVANIA'S SUSQUEHANNA VALLEY**—Discover tranquil countryside, charming towns and friendly faces. Relax… you're here.
149. **VF OUTLET VILLAGE**—Over 90 Outlets, including VF Factory Outlet offering 1/2 off lowest price on Lee, Wrangler, Vanity Fair, Healthtex.
150. **WILLOW VALLEY RESORT**—Scenic Lancaster County, PA. 3 pools, golf, restaurants, kids eat free and more.
151. **YORK COUNTY**—Factory tour capital of the U.S.A.! Free brochure.
152. **ALL PENNSYLVANIA OFFERS**

Rhode Island

153. **NEWPORT**—Stroll the historic waterfront or scenic Cliff Walk; discover the splendor of the famed Bellevue Avenue mansions.
154. **RHODE ISLAND**—Legendary Newport. Captivating cultural Providence. Soothing South County. Spectacular 400-mile seacoast.
155. **ALL RHODE ISLAND OFFERS**

Tennessee

156. **TIMBER TOPS LUXURY CABIN RENTALS**—Luxury cabin rentals in Gatlinburg and Pigeon Forge with hot tubs, fireplaces, pool tables.

Texas

157. **SAN ANTONIO**—Discover our storybook River Walk, Alamo, Spanish Colonial Missions, SeaWorld San Antonio and Six Flags Fiesta Texas.

Vermont

158. **COMFORT INN & SUITES**—Visit Vermont's Newest Hotel! Offering St. Johnsbury, Vermont's best hiking, biking, canoeing, kayaking and golf vacations.
159. **HILDENE**—Historic former home of Abraham Lincoln's descendants in Manchester, VT. Tours conducted mid-May through October.
160. **LAKE MOREY RESORT**—18-hole championship golf course. 600-acre lake. Free kids program. Golf, tennis, pools, biking, boating, lakeside dining, entertainment.
161. **MID VERMONT FOR ALL SEASONS**—From the Green Mountains to Lake Champlain, Middlebury, Bristol, Vergennes.
162. **ROCK OF AGES VISITOR CENTER**—Exciting tours! World's largest dimension granite quarry. History, geology, technology, artistry, gifts—something for everyone.
163. **SMUGGLERS' NOTCH RESORT**—America's Family Resort! Mountainside Village. Award-winning children's programs, pools/waterslides and more! Family Fun Guaranteed!
164. **STOWE**—Central reservations and visitor information center for our legendary New England mountain village.
165. **THE MOUNTAIN ROAD RESORT**—Stowe's Intimate AAA Four-Diamond Resort. Lovely property, refined accommodations, wonderful amenities, warm personal attention.
166. **TRAPP FAMILY LODGE**—A mountain resort in the Europe tradition by the family that inspired "The Sound of Music."
167. **WISE VACATIONS**—Your resource to the best vacation rentals in Vermont!
168. **WOODSTOCK INN AND RESORT**—Laurance Rockefeller's Woodstock Inn & Resort is a complete resort, located in one of the most beautiful villages in New England.
169. **ALL VERMONT OFFERS**

Virginia

170. **NEWPORT NEWS**—The Oceans, the Ships, the Wars, the History of America minutes from Williamsburg.
171. **ROANOKE VALLEY**—Experience the charm of the Valley. Golf Packages and Heritage Trails. FREE Guides.
172. **ALL VIRGINIA OFFERS**

Wisconsin

173. **FOX CITIES**—We are 14 family friendly communities nestled in northeastern Wisconsin along the Fox River. Shopping, restaurants, nature trails, minor league baseball and a spectacular children's museum.
174. **WISCONSIN TOURISM**—Play just a little bit longer in Wisconsin. Plan your fun filled getaways today! Free guide.
175. **ALL WISCONSIN OFFERS**

Wyoming

176. **WYOMING**—Experience Wyoming. Yellowstone and Grand Teton National Park. Devils Tower. wildlife. free vacation packe

visit www.bhg.com/info

buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

...e Our Guest

...age 23: curtain fabric, "Scituate" (Iris); **fabric on walls,** "Mayra" (Lilac)—The Robert Allen Group; through your designer or call 800/240-8189; www.robertallendesign.com. **Sconce,** "Celia" ...5-3847332—Chambers; 800/334-9790. **Needlepoint pillows**—Chelsea Textiles, Limited; 212/319-5804. **Gingham sheets**—Linensource; to order a catalog call 800/431-2620; www.linensource.com.

...age 24: twin beds, "Fairfield"—Charles P. Rogers; 800/272-7726; www.charlesprogers.com. **...abric on walls, bedskirts,** "Mayra" (Lilac)—The Robert Allen Group; through your designer or call 800/240-8189; www.robertallendesign.com. **Clock on nightstand**—Chambers; 800/334-9790. **...lightstand,** "Art De Chine"; **telephone stand**—Palecek; 800/274-7730. **Floral wreath mirror,** ...488—Two's Company; 800/896-7266. **Pictures**—Chelsea House; for a local dealer call 704/867-...926. **Blankets,** "Basketweave"—Pottery Barn Kids; 800/993-4923; www.potterybarnkids.com.

...age 26 (top): fabric on walls, chair and ottoman, divider screen, "Mayra" (Lilac); **window fab...e,** "Scituate" (Iris); **fabric on chair and bench,** "Bridgeton" (Tendril)—The Robert Allen Group; ...rough your designer or call 800/240-8189; www.robertallendesign.com. **French armoire,** ...1.072.1—Milling Road, A Div. of Baker Furniture; 336/885-1800. **Floral chair and ottoman,** 3615, ...3150; **tufted chair,** 5020-24; **bench,** 6319-88—Century Furniture; 800/852-5552; Web site: ...www.centuryfurniture.com. **Needlepoint pillows**—Chelsea Textiles, Limited; 212/319-5804. **Rug,** ...150 (Wisteria)—Capel, Inc.; for more information call 800/334-3711. **Tray table between chairs,** ...194—Chelsea House, for a local dealer call 704/867-5926. *(Bottom)*: **mirror,** antique. **Lamp,** 15-...160018—Chambers; 800/334-9790. **Fabric on vanity and chair,** "Strasbourge" (Goldmist)—The ...obert Allen Group; through your designer or call 800/240-8189; www.robertallendesign.com. **...anity stool,** 33-924—Century Furniture; 800/852-5552; www.centuryfurniture.com.

...age 29: birdcage; white wicker rocker, 7571-681; **green wicker table,** 7570-80—Palecek; 800/274-...30. **Wallpaper on ceiling,** "Hyde Park" CP6172—Imperial Home Decor Group; 23645 Mercan...e Rd., Cleveland, OH 44122; 888/608-5943; www.imperialwallpaper.com. **Daybed,** antique. **...ibbon on pillows**—Midori Ribbon; for a retailer call 800/659-3049; www.midoriribbon.com. **...low fabrics**—Waverly; 800/423-5881; Web site: www.waverly.com. **Needlepoint pillow**—...elsea Textiles, Limited; 212/319-5804. **Fabric on daybed mattress, pillows,** "Fern" F92711—...ibaut Wallpaper; for a local dealer call 800/223-0704. **Pillow forms**—The Company Store; for ...ore information call 800/285-3696; www.thecompanystore.com.

...ming of Age

...age 32: windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/268-7644; ...w.marvin.com. **Culture stone**—Reading Rock, 4600 Devitt Dr., P.O. Box 46387, Cincinnati, OH ...246; 513/874-2345.

...age 34: lighting—Factory Lighting Center, 3939 Indian Ripple Rd., Beavercreek, OH 45440; ...)/582-4448.

...dside Bravura

...age 38: bed, "Zurich"—Room & Board; 800/486-6554; www.roomandboard.com. **Lamp,** ...0165; **nightstand with drawers,** "Pedestal" 0272; **with shelves,** "Copier Stand" 0269—De...n Within Reach; for a catalog call 800/944-2233; www.dwr.com. **Bedding**—Chambers; ...0/334-9790. **Digital audio system,** Aiwa XR-X7—Target Stores; 800/800-8800; ...w.target.com. **Paint,** SP12B (Permant Orange)—Home Depot; www.homedepot.com. **Art-...rk**—Tandem Brick Gallery and Frame; 515/282-1031. **Magnetic picture frame, portfolios**—...Moines Art Center Shop; 515/277-4405.

...e 40: bed, "Delano"—Room & Board; 800/486-6554; www.roomandboard.com. **Bedding, ...pers**—Garnet Hill; for more information call 800/622-6216; www.garnethill.com. **Bedside ...ife,** 100255—Tag, Ltd.; for a retail store call 800/621-8350; www.tagltd.com. **Cocktail table,** ...5—Mastercraft; for a retail store call 800/327-0890. **Two drawer chest on table**—Target Stores; ...800-8800; www.target.com. **Wastepaper basket, tissue holder**—Bed Bath and Beyond; ...462-3966; www.bedbathandbeyond.com. **Lamp**—Artemide, Inc.; for a local showroom call ...694-9292. **Paint,** SF08D (Mayan red)—Home Depot; www.homedepot.com. **Rug**—Calypso ...515/226-7816.

...e 42: wall covering, "Ekundu"—Motif Designs; for a retail outlet call 800/431-2424. **Light-...mide,** Inc.; for local showroom call 631/694-9292. **Small globe** (products are not available in ...tores)—Target Stores; 800/800-8800; www.target.com. **Chair, bed,** "Maly"—Projects Con...porary Furniture, 515/557-1833. **Shelves,** "Lack"—IKEA Home Furnishings; 800/434-4532; ...v.ikea.com. **Candles, bookends, bamboo plant, scarves on shelf**—Calypso 968; 515/226-7816.

...s 44-45: lamp—C'est La Vie,114 Fifth St., West Des Moines, IA 50265; 515/255-2400. **...hols" writing desk**—Exposures; 800/699-6993; www.exposuresonline.com. **Clock**—Cham...; 800/334-9790. **Hat boxes, bedding, pillows**—Pottery Barn; 800/922-5507; Web site: ...v.potterybarn.com. **Paint,** SA05A (Sahara); C007O (Barn Red)—Home Depot; Web site: ...v.homedepot.com.

...g Her Own Way

...s 49-58: information on fabrics—Judi Larkin, IFDA designer, Lark Interiors, 1708 E. Lancaster ...Paoli, PA 19301; 610/889-9981; www.larkinteriors.com. ***Collecting Quimper* book**—Merry ...Antiques, 38 Maryland Ave., Annapolis, MD 21401; 410/268-6233. **All other items**—antique, ...ntinued, or a personal belonging.

...ll Bath Squeeze

...74: skylight, VS104, Brown—Velux America, Inc, P.O. Box 5001, Greenwood, SC 29648-...: 800/283-2831. **Custom shower door**—Kartak Glass & Mirror; 425/347-1477. **Shower ...e,** porcelain and chrome—Chicago Faucet Co., 2100 E. Clearwater, Des Plaines, IL 60018; ...03-5000. **Light fixture,** Madeline (polished chrome)—Omega Too, 2204 San Pablo Ave., ...ley, CA 94702; 510/843-3636. **Soaps**—Home Again, 2313 NW. Market St., Seattle, ...8107; 206/789-2621. **Canisters, hairbrush**—Bed, Bath & Beyond; 800/462-3966. **Sink,** ...oirs (Classic White)—Kohler Co.; 800/456-4537; www.kohler.com. **Rug**—Capers, 4521 ...rnia Ave., SW, Seattle, WA 98116; 206/932-0371. **Tiles,** "Suprema" (Winter Green); ...m tiles, "Primavera" (Celadon)—Daltile, 530 S. Front St., Seattle, WA 98108; 206/762-... **Decorative tile border,** large, "Ola" (Winter Green); small, "Guanajuato" (Winter ...)—McDesigns; 800/933-8453.

...77: faucets on sink, 520 LG10 (Porcelian and Chrome)—Chicago Faucet Co., 2100 S. Clearwater Dr., Des Plaines, IL 60018; 847/803-5000. **Natural fir five-panel door**—Simpson Door Co., 400 Simpson Ave., P.O. Box 210, McCleary, WA 98577. **Oval mirrors**—Kartak Glass & Mirror, 12902 Highway 99, Everett, WA 98204; 425/347-1477. **Paint**—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com.

Page 78: paint, 1418—Benjamin Moore (see above). **Deco lights,** WMH-A3—Robern, Inc., 7 Wood Ave., Bristol, PA 19007; 215/826-9800; www.robern.com. **Countertops,** 12-2206 (Glacier White)—DuPont Corian Customer Response Center; 800/426-7426; www.corian.com. **Chrome poles**—Häfele America Co., 3901 Cheyenne Dr., Archdale, NC 27263; 800/334-1873. **Cabinetry,** "Quest" (Maple)—Crystal Cabinet Works, Inc., 1100 Crystal Dr., Princeton, MN 55371; 612/389-4187. **Faucets,** 33-083-000—Grohe America, Inc.; 800/201-3407; www.groheamerica.com.

Page 80: washer and dryer—Bosch-BSH Home Appliances; 800/866-2022.

Perfect-Mate Garages

Page 84: paint on garage: green trim (Olympic Range), **upper brown** (Deer Valley), **lower brown** (Pottery Urn), **beige trim** (Pottery Urn)—Sherwin-Williams; for a store near you call 800/474-3794; www.sherwin-williams.com.

Page 86: paint—Sherwin-Williams; for a store near you call 800/474-3794; Web site: www.sherwin-williams.com. **Windows**—Pozzi, A Div. of Jeld-Wen, Inc.; 800/257-9663; www.pozzi.com. **Garage door**—Designer Doors; 888/306-0074. **Roofing,** "Timberline Shingles"—GAF Materials Corp.; 800/766-3411; www.gaf.com.

Pages 88-89: siding installation—Schaffer Window & Siding, Inc., 4456-200th St. E., Farmington, MN 55024; 651/460-8293. **Siding,** American Legend (Clay)—Wolverine Siding Systems, Div. Of Certainteed, 750 E. Swedesford Rd., Valley Forge, PA 19482; 800/823-1488; www.siding.com. **Shingles,** Weathered Wood—Certainteed Corp., Roofing Products Group, P.O. Box 860, Valley Forge, PA 19482; 800/782-8777; www.certainteed.com. **Windows, double hung, white clad**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/268-7644; www.marvin.com. **Door and trim paint,** 95-A (King Royce)—Ace Hardware; for a retail store see Web site: www.acehardware.com.

Go With the Flow

Pages 90-95: Magnolia sieboldii—Wayside Gardens, 1 Garden Lane, Hodges, SC 29695-0001; 800/845-1124; free catalog. **Halcyon and Krossa Regal hostas**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Lilium leucanthum and Martagon lily**—B&D Lilies, P.O. Box 2007, Port Townsend, WA 98368; 360/765-4341; catalog $3. **Astrantia**—Joy Creek Nursery, 20300 NW. Watson Rd., Scappoose, OR 97056; 503/543-7474; catalog $2. **Powis Castle artemisia**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Molinia caerulea Variegata**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog. **Gold oregano**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4.

Decorating Shop™

Page 101: Storefront Prints—Art in Motion, 2000 Hartley Ave., Coquitlam, BC, Canada, V3K 6W5.

Maximizing Media Walls

Page 124: entertainment center, custom designed—Susan Fredman; 847/509-4121. **Fabrication of entertainment center**—Rob Carberry, cabinet and counter through Susan Fredman; 847/509-4121. **Sofa, rug, ottomans,** custom designed—Susan Fredman; 847/509-4121. **Fabric for ottoman and pillows,** (Gift)—Liz Jordan Hill for Architex Intl., 847/205-1333. **Coffee table**—Room & Board; 800/486-6554; www.roomandboard.com. **TV, receiver/dual cassette deck, CD changer**—Sony Electronics, Inc.; 800/222-7669.

Page 127: built-ins—Clyde Turner, CTT Furniture, 7034 Carroll Rd., San Diego, CA 92121; 619/587-9311. **Carpeting,** wool berber—United Carpets, Ltd., 800/826-5520. **Vase on table, baskets on shelved, green/blue pots on shelf**—Pier 1 Imports; for a local retail store call 800/447-4371. **Media center, sofa**—Laura Birns Design; 858/259-0750. **Fireplace,** Desert Stone Travertine—fabricated and installed by Florentine Co., 5353 Banks St., San Diego, CA 92110; 619/298-6143. **Fireplace insert**—Heat-N-Glo; 800/669-4328; www.heatnglo.com.

Mix and Match

Pages 130-136: Catalpa bignonioides aureum—Arborvillage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. **Melianthus**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3. **Canna Wyoming, Eupatorium Gateway**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog. **Cornus stoloniferra Sunshine**—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5. **Dahlia Suffolk Punch**—Gilbert Gardens, 720 N. Somers Rd., Kalispell, MT 59901; 406/257-8533. **Geranium Ann Thompson**—www.perennialgardener.com. **Pennisetum Tall Tales**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Bougainvillea Raspberry Ice**—Logee's Greenhouses,141 North St., Danielson, CT 06239; 888/330-8038; catalog $4.95. **Carex elata Bowles' Golden, Hakonechloa macra Aureola**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013, no phone orders; catalog $3. **Persicaria amplexicaulis Inverleith**—Heronswood Nursery (address above). **Musa basjoo** (banana)—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794. **Verbena Homestead Purple**—White Flower Farm (address above). **Rhododendron bureavii, Phygelius African Queen**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3. **Mertensia**—Russell Graham, 4030 Eagle Crest Rd. NW, Salem, OR 97304; 503/362-1135; catalog $2. **Elymus**—Niche Gardens and Kurt Bluemel Inc. (addresses above).

Gardener's Almanac

Pages 140-144: Hawaiian hibiscus—Logee's Greenhouses, 141 North St., Danielson, CT 06239; 888/330-8038; catalog $4.95. Glasshouse Works, P.O. Box 97, Stewart, OH 45778; 740/662-2142; catalog $2; www. ExoticHibiscus.com.

Composed for Comfort

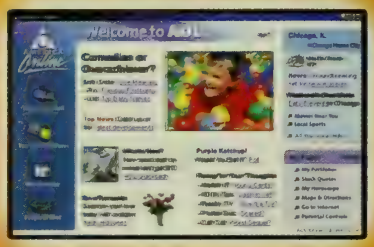
Page 149: paint on walls, 177—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com. **Decorative painting**—Sandra Russell, 608/647-7351; and Bridgett Gallagher, 608/585-3502.

Pages 150-151: paint on walls, 190; **trim paint,** 839 (blue)—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com. **Decorative tiles on fireplace**—Laura Ashley Home; for a retailer near you call 800/367-2000; www.laura-ashleyusa.com. **Two wing chairs,** "Oxford"—Ethan Allen, Inc.; for a store near you call 800/228-9229; www.ethanallen.com. **Fabrics,** imported—Haggastrand Svenska Textilier; fax: 011.46.33.20.44.20 (international call). **Decorative painting**—Sandra Russell, 608/647-7351; and Bridgett Gallagher, 608/585-3502. *(Right)*: **exterior paint,** custom color for the Carlsons—Hirshfield; 651/636-7670.

continued on page 260

AOL 7.0

Now, simply the best online experience ever!



NEW in 7.0:

- ✔ Now, your favorite music when you want it with Radio@AOL.
- ✔ Now, your local news, weather, entertainment, movie show times and more.

As Always:

- ✔ Your security and privacy are protected on AOL.
- ✔ FREE customer service 24-hours a day, on the phone or online.
- ✔ Parental Controls help safeguard your kids online.
- ✔ There's never been a better time to join!

Call 1-800-4-ONLINE today for FREE AOL 7.0 software and 1000 hours to try it out!
for 45 days

AMERICA Online

So easy to use, no wonder it's #1

1000 HOUR FREE TRIAL MUST BE USED WITHIN 45 DAYS OF INITIAL SIGN-ON. TO AVOID BEING CHARGED FUTURE AOL FEES, SIMPLY CANCEL BEFORE TRIAL PERIOD ENDS. Avail. to new members in the US, age 18+, a major credit card or checking acct. is required. Premium services carry surcharges and communication surcharges may apply, in certain areas, even during trial time. Members may incur phone charges on their phone bills, depending on their calling plan and location, even during trial time. America Online, AOL and the Triangle Logo are registered service marks of America Online, Inc. ©2002 America Online, Inc. All rights reserved.

ADVERTISEMENT

connect@home™

check out these sites for the latest information

Broyhill
www.broyhillfurn.com

FOUR SEASONS SUNROOMS
Outdoor Living...Indoors
www.fourseasonssunrooms.com

Heritage Lace
www.heritagelace.com

www.homedepot.com

ORLANDO WORLD CENTER Marriott RESORT
www.marriottworldcenter.com

OSH Orchard Supply Hardware
www.osh.com

STATE FARM INSURANCE
www.statefarm.com

SURE FIT SLIPCOVERS BY MAIL
www.surefit.net

Uncle Bens
www.unclebens.com

Buying Information

continued from page 259

Pages 152-153 (*top left*): side chairs, "Nicole"—Ethan Allen, Inc.; for a store near you call 800/228-9229; www.ethanallen.com. **(*Bottom right*): chandelier,** 6164-5-27—Muska Lighting; 651/227-8881. **(*Bottom left*): blue sideboard**—The Swedish Blonde Co.; 800/274-9096; www.swedish-blonde.com. **(*Right*): wall paint,** 177—Benjamin Moore; for a dealer near you call 800/826-2623; Web site: www.benjaminmoore.com. **Dining chairs**—Century Furniture; 800/852-5552; www.centuryfurniture.com. **Rug,** imported from Sweden—Casthall; fax number: 011.45.320.14789 (international call). **Fabrics,** imported—Haggastrand Svenska Textilier; fax: 011.46.33.20.44.20 (international call). **Decorative painting**—Sandra Russell, 608/647-7351; and Bridgett Gallagher, 608/585-3502.

Pages 154-155: decorative paint—Sandra Russell, 608/647-7351; and Bridgett Gallagher, 608/585-3502. **Custom cabinets**—AyrCustom Cabinetry, 1074 US 6, West, Nappanee, IN 46550; 574/773-7973. **Cabinetry installation**—Neal Rot; 616/426-3712. **Fabrics,** imported—Haggastrand Svenska Textilier; fax: 011.46.33.20.44.20 (international call). **Wall paint,** 190; **trim paint,** HB#8—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com. **Bed**—The Swedish Blonde Co.; 800/274-9096; Web site: www.swedish-blonde.com.

Pages 156-157: wall paint, 177—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com. **Custom cabinets**—Ayr Custom Cabinetry (address above). **Cabinetry installation**—Neal Rot; 616/426-3712.

Page 158: side chairs, "Nicole"—Ethan Allen, Inc.; for a store near you call 800/228-9229; www.ethanallen.com. **Exterior paint,** custom color for the Carlsons—Hirshfield; 651/636-7670. **Decorative tiles on fireplace**—Laura Ashley Home; for a retailer near you call 800/367-2000; Web site: www.laura-ashleyusa.com. **Decorative painting**—Sandra Russell, 608/647-7351; and Bridgett Gallagher, 608/585-3502.

Best of Both Worlds

Pages 162-163 (*left*): all items—antique, discontinued, or personal belonging. **(*Right*): pair of facing couches,** Sweater Mocha; **striped chair,** Lisbon stripe in Aubergine—Quatrine 1117 Manhattan Ave., Manhattan Beach, CA 90266; 310/379-2045. **Wicker armchair,** Banan Leaf—Lucky Monkey, 919 Manhattan Ave., Ste. E, Manhattan Beach, CA 90266; 310/372-9500. **Ladder**—Z-Gallerie; 800/358-8288. **18th Century English portraits**—Ginny B, 320 S. Robertson, Los Angeles, CA 90048; 310/246-0342. **Lamp on side table**—Plantation, 144 S. LaBrea, Los Angeles, CA 90048; 323/932-0511.

Pages 164-165 (*left*): glass top dining table with Lucite base and black leather armchairs—Rapport, 435 N. LaBrea Ave., Los Angeles 90036; 323/930-1500. **(*Right*): custom marble countertop,** Danielle Rosso (Honed)—American Marble, 10321 La Cienega Blvd., Los Angeles, CA 90045; 310/649-1355. **Cabinets**—CDS Cabinets, 3820 West 102nd St. #C, Inglewood, CA 90303; 310/672-1900. **Drawer pulls**—Santa Monica Bath, 1444 Lincoln Blvd., Santa Monica, CA 90401; 310/393-4037. **Stove top and hood**—Viking Range Corp.; 888/845-4641; www.vikingrange.com. **Bamboo bar stools**—Diggs, 134 Abbot Kinney Blvd., Venice, CA 90291; 310/450-3072.

Pages 166-167 (*left*): all items—antique, discontinued, or personal belonging. **(*Right*): leather club chairs,** Padova reclining chairs—Crate & Barrel; for more information call 800/323-5461; www.crateandbarrel.com.

Pages 168-169 (*left*): floor lamp with pear shade—Maggi, 310/546-5132. **(*Right*): desk and bunk beds**—IKEA Home Furnishings; 800/434-4532; www.ikea.com.

Page 170: bed, Casablanca—Grange, 8715 Melrose Ave., Los Angeles, CA 90046; 310/659-7898. **Wicker bench at end of bed**—Palecek; 800/274-7730. **Antique pine table by bed**—Ginny B (address above). **Window shades**—Smith + Noble; for a catalog call 800/765-7776. **Floor,** Travertine slab, walnut—American Marble (address above). **Bathtub and fixtures**—Kohler Co.; 800/456-4537; www.kohler.com. **Cabinet and mirror**—CDS Cabinets (address above).

Living Large

Page 173: table and chair—antique. **Rug**—Village Carpets, 9 Green Bay Rd., Winnetka, IL 60093; 847/446-3800. **Sconces**—V Lighting, 1717 West Civic Dr., Glendale, WI 53209; 800/788-84 **Pages 174-175: french doors and windows**—Kolbe & Kol Millwork Co., Inc., 1323 S. 11th Ave., Wausau, WI 5440 800/955-8177; www.kolbe-kolbe.com. **Sconces in screen porch**—Arroyo Craftsman Lighting, Inc., 4509 Littlejohn Baldwin Park, CA 91706; 626/960-9411. **Table and chairs porch**—Brown Jordan, 800/743-4262; www.brownjordan.co **Slate floor,** "Rusty"—Peerless Rug & Tile, 3033 N. Lincoln Chicago, IL 60657, 773/525-9034. **Rug**—Job Voushaer Rug 2540 Skokie Valley Rd., Highland Park, IL 60035; 847/432-81 **Armchair and rocker**—antiques purchased in Italy. **Piano**

bench—Yamaha, www.yamaha.com
Pages 176-177: windows—Kolbe & Kolbe Millwork Co., Inc.; 800/955-8177; www.kolbe-kolbe.com. **Sconce,** Vernese in satin nickel—Tech Lighting, Inc., 800/522-5315; Web site: www.techlighting.com. **Computer,** Dell Web PC—Dell Computer Corp., 800/999-3355; www.dell.com. **Chair**—Pottery Barn, 800/922-5507; www.potterybarn.com.
Pages 178-179: bench—antique. **Cabinetry,** custom design by architect—Lambright Woodworking, 7785W 300 S, Topeka, IN 46571. **Refrigerator**—Sub-Zero Freezer Co., Inc., 800/222-7820; www.subzero.com. **Cooktop and hood**—Thermador, 800/656-3226; www.thermador.com. **Microwave**—Panasonic Co.; 800/211-7262; www.panasonic.com. **Hanging light fixture,** 2002-8, handblown lead crystal by Allison Berger Glassworks—Holly Hunt Ltd., 1728 Merchandise Mart, Chicago, IL 60654; 312-661-1900. **Granite countertop,** Savannah Verde, **granite island top,** Absolute Black—Damar Natural Stone Imports, Inc., 1750 Anthony Trail, Northbrook, IL 60062; 847/272-6666. **Limestone backsplash,** 4x4 Jerusalem Gold—The Fine Line Showroom, 209 W. Illinois St., Chicago, IL 60610; 312/670-0300. **Faucet in island,** "Belle de Jour"—Dornbracht USA; 800/774-7181; www.dornbracht.com. **Faucet under window**—Grohe America, Inc.; 800/201-3407; www.groheamerica.com. **Island chairs**—Crate & Barrel; for more information call 800/323-5461; www.crateandbarrel.com.
Page 180: slate floor, black, natural cleft 12x12—Acorn Intl., 5503 S. Michigan Ave., Chicago, IL 60605-2812; 312/663-0330. **Desk and chair,** purchased in Europe. **Rug**—Crate & Barrel; for more information call 800/323-5461; www.crateandbarrel.com. **Bedskirt**—Bedside Manor, Ltd., 929 Green Bay Rd., Winnetka, IL 60093; 847/441-0969. **Bedding and throw**—Scandia Down Shop, 2092 Northbrook Court Mall, Northbrook, IL 60062; 847/205-1010. **Wall sconce,** Verdome double sconce by Kerry Joyce, brass—Callard & Osgood, Ltd., 1611 Merchandise Mart, Chicago, IL 60654; 312/670-3640. **Fabric for window treatment,** "Lelievre"—Old World Weavers, 6-102 Merchandise Mart, Chicago, IL 60654; 312/329-9043. **Cabinetry,** custom by architect—Lambright Woodworking (address above). **Carerra marble countertop, floor and tub surround**—Acorn Intl. Trading (address above). **Sink and tub**—American Standard, 800/524-9797; www.americanstandard.com. **Sink and tub faucets; towel rings**—Harrington Brass Works, Ltd., Inc., 7 Pearl Ct., Allendale, NJ 07401; 201/818-1300; or see Web site: www.harringtonbrassworks.com. **Shelf,** custom designed by architect. **Sconce**—Brass Light Gallery, P.O. Box 674, Milwaukee, WI 53201; 800/243-9595; www.brasslight.com. **Lace fabric for window**—Rue de France; 800/841-8043; Web site: www.ruedefrance.com. **Bench,** custom design by architect—Lambright Woodworking (address above). **Bench cushion,** "Lelievre"—Old World Weavers (address above).

BH&G® Kids
Page 230: Poetry Beads—Magnetic Poetry; 800/370-7697; magneticpoetry.com. **Nail Art Kit**—Klutz; 800/737-4123; Web site: klutz.com.
Page 239: Tangle Pen—Tangle, Inc.; 415/777-3808; Web site: www.tangleinc.com. **Paperkins**—EK Success, Ltd.; 800/524-1349; www.eksuccess.com.
Page 242: Barrel of Monkeys—Milton Bradley; Web site: www.miltonbradley.com. **Silly Putty**—Crayola; 800/272-9652; Web site: www.sillyputty.com. **Word Rally**—Endless Horizons; 877/637-7347.

Reader Shopping
Page 192: Bamboo Steamer—Joyce Chen Products, 6 Fortune Dr., Biullerica, MA 01821.
Page 196: Tart Pan Set—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974.
Page 198: Digital Instant-Read Thermometer—Robinson Knife Company, 2615 Walden Ave., Buffalo, NY 14225.
Page 236: Barnyard Cookie Cutter Set—Ateco, 36 Sea Cliff Ave., Glen Cove, NY 11542.

architects & designers

Coming of Age
Pages 32-34: architectural designers—Christopher P. Burns and Ruth Stadnick, ATA Architects, 9 Garfield Pl., Ste. 300, Cincinnati, OH 45202; 513/241-4422. **Landscape designer**—Rob Snyder, Groby's Garden Center, 4301 Far Hills Ave., Kettering, OH 45429; 937/293-7424.

Going Her Own Way
Pages 49-58: interior designer—Lark Interiors, Judi Larkin, IFDA Designer, 1708 E. Lancaster Ave., Paoli, PA 19301; 610/889-9981; www.larkinteriors.com.

Small Bath Squeeze
Pages 74-75: designer/builder—Gary Milici, Coastline Construction, Inc., 308 NE. 59th St., Seattle, WA 98105; 206/522-2139.
Pages 76-77: bath designer—Cherie Brown; Kitchens by Kleweno, 4034 Broadway, Kansas City, MO 64111; 816/531-3968.

Perfect-Mate Garages
Page 84: architect—Ashmore Kessenich Design, 6336 NE. Garfield, Portland, OR 97211; 503/286-6258.
Page 86: builder/contractor—Lake Country Builders, 339 Second St., Excelsior, MN 55331; 952/474-7121. **Landscape architect/designer**—Landcrafters, 6831 Galpin Blvd., Chanhassen, MN 55331; 952/470-0451.
Pages 88-89: builder/contractor—Sussel Corp., 654 Transfer Rd., St. Paul, MN 55114; 651/645-0331.

Media Walls
Page 124: architect—Jean & Jay Kaiser; Kaiser Gutheim Partnership, Inc., 1734 W. Cortland, Chicago, IL 60622; 773/342-4695. **Interior design**—Susan Fredman and Associates Ltd., 425 Jeuhl Rd., Unite 6B, Northbrook, IL 60062; 847/509-4121.
Page 127: interior designer—Laura Birns Design, P.O. Box 812, Del Mar, CA 92014; 858/259-0750. **General contractor**—Clyde Goodwin, Goodwin Construction; 858/755-3522.

Composed for Comfort
Pages 149-158: architectural design—Terry Scholz, Collande Design Group; 612/321-0232. **Contractor**—Bob Moser, Moser Builders; 651/483-5132.

Living Large
Pages 173-180: architect—Morgante Wilson Architects, Ltd.; 773/528-1001; www.mwa@morgantewilson.com. **Contractor**—C&P Remodeling Inc., 571 Wolf Rd., Wheeling, IL 60090; 847/465-9494.

America's #1 Choice for
Blinds, Wallpaper & More!
gs • Wall Art • Lighting • Curtains • Home Decor • Shutters • Paint • And More!

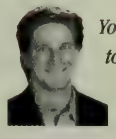
25%-85% Lower Than Most Store Prices!
PLUS Take An Extra 10%* OFF
CODE: BED1
*Ask for details

ime Lowest Price & 100% Satisfaction Guarantee*
r today, and if you ever find the identical item for let us know and if we can verify it, we'll refund you % of the price difference! And, we're so confident ou'll be happy with your purchase that we offer an sive 100% money-back guarantee.

Carry Only First Quality Name Brands
f Douglas, Duette, Waverly,® Village,® Wallies ts,® Levolor, American, Kirsch, Graber, Louverdrape, ial, Thomas Kinkade, Carey Lind, and more!

on the internet at www.decoratetoday.com
an view over 300,000 blinds, shades, wallpaper ns and borders and other home decorating products. ave over 650 personal shoppers online to answer questions and help you place your order. Instantly n our entire collection by product, style, material, , color, size, price range and keyword.

Your Local Decorating Store or Home Center
see something you like in your local decorating write down all the product information (brand style, color, etc.) then call for your Lifetime nteed Lowest Price.


You'll never find a reason to buy from anyone else! We guarantee it!
Steve Katzman, President

CALL OR VISIT US ON-LINE FOR A FREE
• Blind Catalog
• Wallpaper Catalog
• Area Rug Catalog

Shop On-line 24 Hours a Day!

Michigan Shoppers!
Visit our Sterling Heights or Plymouth Factory Showroom Outlets. Call 1-800-442-3[illegible] for directions.

FREE UPS DELIVERY*

300,000 More at Decoratetoday.com!
Search our extensive collection by design element such as fabric, type, etc. If you can dream it, we can find it... instantly!

American Blind and Wallpaper Factory
decoratetoday.com
1-800-689-4485
Decorating so easy, it's fun!
FAX: 1-800-391-2293
909 N. Sheldon Rd, Plymouth, MI 48170
All major credit cards, money orders & checks accepted

ORDER WALLPAPER DIRECT

CALL TODAY for the LOWEST PRICES ON WALLPAPER GUARANTEED!*

- Expert advice and assistance.
- Convenient returns at over 2,000 stores nationwide.

September Only! Save $5 on a $25 purchase.

1-800-257-5714

SHERWIN WILLIAMS®

AMERICAN EXPRESS VISA MasterCard DISCOVER

*Competitor's price must be verifiable. Cannot be combined with any other offers. Retail Sales Only. Offer expires 9-30-02.
© 2002 The Sherwin Williams Company.



38DD in an instant?

All sizes of bras in stock. First-quality brand names up to 20% off!

Try our exclusive *Virtual Fitting Room* to find your best styles.

We donate a portion of each sale to the National Ovarian Cancer Coalition

Brafitters.com
The fitting place for women™

www.brafitters.com

NEW LOW PRICES!

Custom Table Pads

LIFETIME GUARANTEE!

FREE Product Info Kit: 1-800-444-0778



GUARDIAN

ALL MAJOR CREDIT CARDS ACCEPTED

Est. 1923 www.guardian-tablepad.com

Better Homes and Gardens MARKETPLACE

For *classified* advertising rates & info: 800/424/3090, fax: 312/464/0512

BLINDS/WINDOW TREATMENTS

WWW.BLINDSONSALE.COM SAVE$$$ Graber, Nanik, Timberline Basswood, Fauxwood, Crystal Pleat, Verticals, Plantation Shutters. Free Catalog & Samples. **1-800-919-4301.**

WWW.JUSTBLINDS.COM Buy Blinds Online and Save! Wood, Fauxwood, Cellular, Verticals, Shutters. Free Samples. Satisfaction Guaranteed.

BRASS/IRON BEDS

MURPHY BED frame kit. Easy to install. Full $279 / Queen $299. Instructions/hardware included. **www.AmericanMurphyBed.com** Toll free **866-887-7223.**

BRASS AND IRON BED SALE!!! Buy factory direct and save 50%. Free color catalog. 216-229-4900 **www.brassbedshoppe.com**

CABINET RE-FACING

DO-IT-YOURSELF CABINET RE-FACING KIT. Guaranteed professional results. Pre-finished, hardwood doors, 1/4" facing, panels, trim. 888-689-1873. www.cabinetrestyle.com

CARPET/FLOORING

BUY SMART First quality, warranted carpet, vinyl, hardwood, ceramic, laminate flooring, and area rugs. Dalton's largest outlet. Family owned and operated for 29 years. Guaranteed low prices. Free samples. Ship anywhere. Call Carpets of Dalton toll free **1-888-514-7446. www.carpetsofdalton.com**

BUY WHERE THE DEALERS BUY- Georgia Carpet Industries has provided service and quality for over 30 years. Warehousing over a MILLION YARDS OF CARPET. We ship Carpet, Hardwood, Vinyl, Laminate and Ceramics - Anywhere! Call 1-800-420-7594. FREE SAMPLES (www.georgiacarpet.com)

BUY WHOLESALE CARPET, Vinyl, Vinyl Tile, Hardwood Flooring. Save 30% to 60%. Cash/Charge. Beaver Carpets, Dalton, GA 1-800-633-5238.

ACCESS CARPET Lowest Prices. Name Brands. Free Samples. Ship Anywhere. **1-800-848-7747 Ext. 18.** www.dalton.net/access/ Dalton, GA.

CARPET & HARDWOOD. Long's Carpet, Inc. Since 1976. Best pricing on all brands. **800-545-5664.** www.mycarpetsource.com

CARPET WHOLESALE 1-800-526-5050. Buy where dealers buy. First quality Guaranteed. 90 days same as cash. Samples available.

CARPET, VINYL, HARDWOOD FLOORING. True Wholesale Prices. **1-800-922-5582.** Carpet Express "America's Floor Store" Dalton GA.

DIAL 1-800-C-A-R-P-E-T-S. Will absolutely beat any price. **90 DAYS NO PAY!** Major brands, area rugs. www.800carpets.net

1-800-789-9784 ALL MAJOR BRANDS 5% over cost. Don't pay retail! 90 Days No Interest! American Carpet Brokers.

DODD'S CARPET. Family owned for 25 years. Guaranteed lowest prices on all flooring. "Free samples" 1-800-526-9116.

CHINA/CRYSTAL/STERLING

edish. Discontinued China, dinnerware, crystal. Buy/sell by the piece. 888-892-1182. Purchase on-line at www.edish.com

CUSTOM CABINETRY/FURNITURE

APOTHECARY CABINETS made to order. Heirloom quality. Many wood choices available. **www.stanpikedesigns.com/** Tel: 413-527-6700.

FABRICS/UPHOLSTERY

ABC DECORATIVE FABRICS, Drapery & Upholstery. Discount prices. Free shipping. Mon-Sat 9-6 EST **1-800-548-3496.**

www.OutdoorFabrics.com Buy **Sunbrella® Fabrics** online. Wholesale prices. Ideal for patio cushions, boats, furniture, awnings. 1-800-640-3539.

DECORATIVE Fabrics, Upholstery, Drapery. Fabrics. Give manufacturer's name, pattern & color. Low prices. 1-800-392-5337. www.discountfabric.com

DESIGNER DISCOUNT FABRICS, upholstery, drapery, silks, linings, trimmings, Sunbrella®, MICROSANSuede®. Best prices! www.desigfab.com or 1-866-923-4229.

SOUTHERN DESIGN CONCEPTS - Discounted DESIGNER Fabrics, Wallpaper and Trims. Guaranteed First Quality - **NEVER UNDERSOLD! 1-800-245-3071.**

FINANCIAL SERVICES

MONEY TROUBLES? Overdue bills? Save thousands, cut credit card payments, Non-profit agency can help. Call **1-800-SAVE-ME-2.**

GARDENING/FENCING

JAPANESE BEETLE CONTROL. Milky Spore stops Japane... good! Developed by USDA, one application lasts 20 yea... children and pets. Free Catalog. Call St. Gabriel Labs 800-...

GIFTS

BOYDS BEARS, WILLIRAYE, Cup of Christmas Tea, H... Items and more! Shop Online www.personalrefle... **888-444-3302.**

HOLIDAY DECORATIONS/LIGHTING

Unique, high quality, decorative lighting. Wide ... styles/colors. Decorate indoors or outdoors, any... **www.holiday-junction.com 800-987-1225.**

HOME CARE/HOUSEHOLD PRODUC

WWW.YOURFILTERS.COM Save on Replacement A... Humidifier and Spa Filters. Quantity Discounts and Hom... 1-866-363-4868

QUALITY PRODUCTS for the home from your Indepen... Brush Distributor. Order at www.fullerdirect.com. ID#0157470.

HOME FURNISHINGS/ACCESSORIE

TABLEPADS. 1/2", 550 degrees heat resistance, Free Locki... $25 discount. Lifetime Guarantee. Instant phone quote... **800-843-0922.**

"CAROLINA FURNITURE DIRECT is great." NAME BRAN... 65% SAVINGS! Insured in-home delivery. E... representatives. Quotes or brochures **1-800-838-7647.**

DISCOUNTED ADVERTISED FURNITURE Savings To 60%... Experience 1-800-488-4720: Hamilton Furniture Co.... NC 28516. www.hamiltonsfurniture.com

"FURNITURE COLLECTIONS OF CAROLINA" SAVE! ... From Hickory, NC. Major Manufacturers. Brochures Ava... 1-800-968-9079.

1-800-714-4448. FURNITURE DIRECT **** Save up ... major brands! White Glove Express Delivery. Major C... Accepted. Immediate Quotes. www.furnitureorders.com

INCREDIBLE SAVINGS TO 65%. Name brand furniture... white glove delivery. Wholesale Furniture Galleries **800...** Free Brochure. **www.discountfurniture.net**

#1 FURNITURE SOURCE! Save 45% - 65%. In-home ... years experience. 800-662-2612. www.furnituregeek.com

DISCOUNTS UP TO 65%, 500 finest brands. In-hor... since 1933. CHERRY HILL FURNITURE. 1-800-6... www.cherryhillfurn.com brochures, 1-800-888-0933, qu...

PATIOS, WICKER/RATTAN Leather Furniture, major brand... prices, ship nationwide. **www.PatiosUSA.com** or **1-888-...**

DISCOUNT FURNITURE! 843-497-8686 Call for immed... Tremendous savings! Most major manufacturers! ... Delivery. **carolinafurniture@sc.rr.com**

INVENTORS

INVENTORS - FREE INFORMATION PACKAGE. Have your ... idea developed and professionally presented to Ma... Patent assistance available. Call: **1-800-54-IDEAS** (1-80...

JOB/BUSINESS OPPORTUNITIES

EASY WORK! EXCELLENT PAY! Assemble Products At... Toll Free 1-800-467-5566 EXT. 11748

GROWING BUSINESS NEEDS HELP! Home Based Bus... order/E-Commerce. Excellent $$$$ Potential. Free ... **www.GoldTouchDreams.com** 888-684-9581.

PARTY SUPPLIES AND MORE! Great opportunity to... home for expanding company. No inventories, deliveri... parties. **1-877-561-0541.**

6 FIGURE POTENTIAL from home (p/t time). 27-yr-old int'... dollar technology company For details visit: **www.myautomati...**

OUTDOOR/PATIO FURNITURE

FRENCH BISTRO PATIO, Garden Umbrellas, Wicker, ... House Furniture, Kits, Clocks, More! 80... **www.bistropatio.com**

Country Curtains®

At The Red Lion Inn • Stockbridge, MA 01262

WINDOW DECORATING - SIMPLIFIED!

FREE 72-Page Color Catalog. Ask for Dept. 30602

1.800.876.6123 or www.sendcatalog.com

BH&G The Shopper's Mart

Discover the ease and pleasure of shopping by mail. Order with comfort and convenience from your own home.

L.L. BEAN

FREEPORT, MAINE SINCE 1912

Classic men's and women's apparel; kids' clothes that are fun to wear and made to last; quality outdoor sporting gear; and beautiful home furnishings and bedding. Visit us today at www.llbean.com, or call 800-819-4288 for a FREE catalog.



FREE CRYSTAL CHANDELIER CATALOG

Save up to 58% on Crystal Chandeliers trimmed with Crystal made by Swarovski and quality imported Regal™ Hand Cut and polished Crystal. Order Chandelier #93099-11, Royal Gold Finish, 28" W x 28" H, at the special SALE price of $999. Call your nearest *james r. moder®* Crystal Gallery Showroom at 1-800-563-1450. www.jamesrmoder.com



SPIEGEL

Limited time offer! Order your FREE 550-page Spiegel Fall Catalog ($10 value) by October 15, 2002*. Over 550 pages of fashions and home furnishings, all in one place! Call 1-800 SPIEGEL and ask for offer F6809 *Hurry, quantities are limited.



all today 1.800.869.6841
for your FREE Catalog!

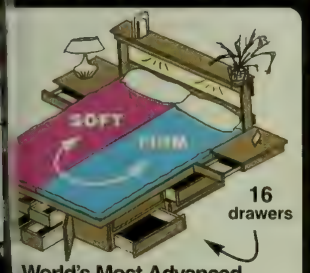


custom blinds
direct to your home
wallpaper
over 220,000 patterns
area rugs
for every decor

you can also order these name brands:
Hunter Douglas®, Graber®
Levolor®, Bali®, M&B®

the Designplace® Direct

TIMATE BED™



16 drawers

World's Most Advanced
erbed Storage System &
ble Air Mattress . . . Period!

www.ultimatebed.com
2 800-782-4825

Custom Table Pads
Guaranteed Quality and Service
Save – Direct from America's oldest and largest table pad company. 30-year limited warranty.
1-800/328-7237
Ext.210
www.sentrytablepad.com
Sentry TABLE PAD CO. SINCE 1911
© SENTRY 2001



Swim at Home™

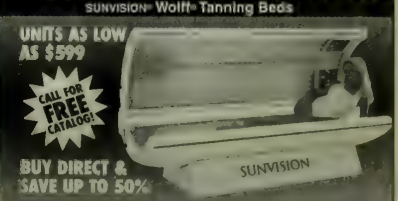


When exercise is a pleasure, fitness is easy...
Swim against a smooth current adjustable to any speed or ability. Ideal for exercise, water aerobics, rehabilitation and fun. Just 8' x 15', an Endless Pool™ is simple to maintain, economical to run, easy to install inside or out.
For Our Free Video Call:
(800) 233-0741, Ext. 2341
www.endlesspools.com/2341
200 E Dutton Mill Rd
Aston, PA 19014
ENDLESS POOLS

World's Largest Inventory!
China, Crystal, Silver & Collectibles
Old & New • 125,000 Patterns
6 Million Pieces • Buy & Sell
REPLACEMENTS, LTD.
) Box 26029, Greensboro, NC 27420 Dept. GB
-800-REPLACE (1-800-737-5223)
www.replacements.com

DO YOU NEED BLINDS OR WALLPAPER?
UP TO 85% OFF + 10%
WOOD BLINDS
DUETTE® SHADES
HUNTER DOUGLAS • GRABER • LEVOLOR
BALI • DELMAR...ALL MAJOR BRANDS
HUMONGOUS DISCOUNTS!!! WE DO IT ALL!!!
• Free Designer Sample Kit • Free UPS Shipping
STAR BLIND & WALLPAPER CO.
1-800-782-7800
90 DAYS NO PAYMENT
Visit our web page: www.starblinds.com
Established 1932

TAN AT HOME!
SUNVISION® Wolff® Tanning Beds



HOME DELIVERY • FINANCING AVAILABLE
1-877-783-8356



"Mrs. Kelly? Quiet time is over... it's time to read a story now."





"Junior's writing has improved. His letters from college, pleading for more money, are forcefully and flawlessly written."



#BXDBFCK********FIRM CR-RT***C-030 CUBD
#BHG0199560210/4#
R03016l0
50 JAN03 BHG P
BURLINGAME PUB LIB
480 PRIMROSE RD
XZ XZ
BURLINGAME CA 94010


NuvaRing® is clinically proven to be highly effective. It's the first clear, flexible vaginal ring that continuously releases a low dose of hormones.
INTRODUCING NUVARING®
AN INNOVATIVE NEW FORM OF MONTHLY BIRTH CONTROL.
It's just as effective as the everyday Pill. NuvaRing® is simple to insert and you're conveniently protected all month long. Ask your healthcare provider if NuvaRing® is right for you. For a free trial, log on to NUVARING.COM or call 1-877-NuvaRing.
NUVARING®
Now you can think about birth co
ot protect against HIV infection and other sexually transmitted diseases. The use of
nceptives is associated with increased risk of several serious side effects, incl
l to stroke or heart attack. The risk of getting blood clots may be greater with
NuvaRing® than with some other progestins in certain low-dose birth control p



...l the risk of blood clots is different with NuvaRing® use than with the use of certain birth control pills; ...smoking increases the risk of high blood pressure and heart disease; women who use combination ...contraceptives are strongly advised not to smoke. See important product information on reverse side.

Recipient of one of TIME magazine's Best Inventions of 2001 Awards

©2001 Time Inc. Reprinted by permission

NUVARING® (etonogestrel/ethinyl estradiol vaginal ring)

℞ only; For vaginal use only

Brief Summary of full Prescribing Information

Patients should be counseled that this product does not protect against HIV infection (AIDS) and other sexually transmitted diseases

Indications and usage NuvaRing® is indicated for the prevention of pregnancy in women who elect to use this product as a method of contraception. Like oral contraceptives NuvaRing is highly effective if used as recommended in this label. **Contraindications.** NuvaRing should not be used in women who currently have the following conditions: Thrombophlebitis or thromboembolic disorders. A past history of deep vein thrombophlebitis or thromboembolic disorders. Cerebral vascular or coronary artery disease (current or history). Valvular heart disease with complications. Severe hypertension. Diabetes with vascular involvement. Headaches with focal neurological symptoms. Major surgery with prolonged immobilization. Known or suspected carcinoma of the breast or personal history of breast cancer. Carcinoma of the endometrium or other known or suspected estrogen-dependent neoplasia. Undiagnosed abnormal genital bleeding. Cholestatic jaundice of pregnancy or jaundice with prior hormonal contraceptive use. Hepatic tumors (benign or malignant) active liver disease. Known or suspected pregnancy. Heavy smoking (≥ 15 cigarettes per day) and over age 35. Hypersensitivity to any of the components of NuvaRing.

Warnings

Cigarette smoking increases the risk of serious cardiovascular side effects from combination oral contraceptive use. This risk increases with age and with heavy smoking (15 or more cigarettes per day) and is quite marked in women over 35 years of age. Women who use combination hormonal contraceptives, including NuvaRing®, should be strongly advised not to smoke.

NuvaRing® and other contraceptives that contain both an estrogen and a progestin are called combination hormonal contraceptives. There is no epidemiologic data available to determine whether safety and efficacy with the vaginal route of administration of combination hormonal contraceptives would be different than the oral route. Practitioners prescribing NuvaRing should be familiar with the following information relating to these risks. The use of oral contraceptives is associated with increased risks of several serious conditions including myocardial infarction, thromboembolism, stroke, hepatic neoplasia, and gallbladder disease, although the risk of serious morbidity or mortality is very small in healthy women without underlying risk factors. The risk of morbidity and mortality increases significantly in the presence of other underlying risk factors such as hypertension, hyperlipidemias, obesity and diabetes. The information contained in this package insert is principally based on studies carried out in patients who used oral contraceptives with formulations of higher doses of estrogens and progestogens than those in common use today. The effect of long-term use of oral contraceptives with lower doses of both estrogens and progestogens remains to be determined. Throughout this labeling, epidemiologic studies reported are of two types: retrospective or case control studies and prospective or cohort studies. Case control studies provide a measure of the relative risk of a disease, namely a *ratio* of the incidence of a disease among oral contraceptive users to that among non-users. The relative risk does not provide information on the actual clinical occurrence of a disease. Cohort studies provide a measure of attributable risk, which is the *difference* in the incidence of disease between oral contraceptive users and non-users. The attributable risk does provide information about the actual occurrence of a disease in the population. For further information, the reader is referred to a text on epidemiologic methods.

1. Thromboembolic disorders and other vascular problems. a. Thromboembolism An increased risk of thromboembolic and thrombotic disease associated with the use of oral contraceptives is well established. Case control studies have found the relative risk of users compared to non-users to be 3 for the first episode of superficial venous thrombosis, 4 to 11 for deep vein thrombosis or pulmonary embolism, and 1.5 to 6 for women with predisposing conditions for venous thromboembolic disease. Cohort studies have shown the relative risk to be somewhat lower, about 3 for new cases and about 4.5 for new cases requiring hospitalization. The risk of thromboembolic disease associated with oral contraceptives is not related to length of use and disappears after pill use is stopped. Several epidemiology studies indicate that third generation oral contraceptives, including those containing desogestrel (etonogestrel the progestin in NuvaRing®), is the biologically active metabolite of desogestrel) are associated with a higher risk of venous thromboembolism than certain second generation oral contraceptives. In general, these studies indicate an approximate two-fold increased risk which corresponds to an additional one to two cases of venous thromboembolism per 10,000 women-years of use. However, data from additional studies have not shown this two-fold increase in risk. It is unknown if NuvaRing® has a different risk of venous thromboembolism than second generation oral contraceptives. A two- to four-fold increase in relative risk of post-operative thromboembolic complications has been reported with the use of oral contraceptives. The relative risk of venous thrombosis in women who have predisposing conditions is twice that of women without such medical conditions. If feasible, combination hormonal contraceptives including NuvaRing® should be discontinued at least four weeks prior to and for two weeks after elective surgery of a type associated with an increase in risk of thromboembolism and during and following prolonged immobilization. Since the immediate postpartum period is also associated with an increased risk of thromboembolism, combination hormonal contraceptives, such as NuvaRing®, should be started no earlier than four-weeks after delivery in women who elect not to breast feed. The clinician should be alert to the earliest manifestations of thrombotic disorders (thrombophlebitis, pulmonary embolism, cerebrovascular disorders, and retinal thrombosis). Should any of these occur or be suspected, NuvaRing® should be discontinued immediately. b. Myocardial infarction An increased risk of myocardial infarction has been attributed to oral contraceptive use. This risk is primarily in smokers or women with other underlying risk factors for coronary artery disease such as hypertension, hypercholesterolemia, morbid obesity, and diabetes. The relative risk of heart attack for current combination oral contraceptive users has been estimated to be 2 to 6. The risk is very low in women under the age of 30. Smoking in combination with oral contraceptive use has been shown to contribute substantially to the incidence of myocardial infarction in women in their mid-thirties or older with smoking accounting for the majority of excess cases. Mortality rates associated with circulatory disease have been shown to increase substantially in smokers, over the age of 35 and non-smokers over the age of 40 among women who use oral contraceptives. Oral contraceptives may compound the effects of well-known risk factors, such as hypertension, diabetes, hyperlipidemias, age and obesity. In particular, some progestogens are known to decrease HDL cholesterol and cause glucose intolerance, while estrogens may create a state of hyperinsulinism. Oral contraceptives have been shown to increase blood pressure among users (*see section 9 in Warnings*). Similar effects on risk factors have been associated with an increased risk of heart disease. NuvaRing® must be used with caution in women with cardiovascular disease risk factors. c. Cerebrovascular diseases. Oral contraceptives have been shown to increase both the relative and attributable risks of cerebrovascular events (thrombotic and hemorrhagic strokes), although in general the risk is greatest among older (> 35 years) hypertensive women who also smoke. Hypertension was found to be a risk factor for both users and non-users, for both types of strokes while smoking interacted to increase the risk for hemorrhagic strokes in a large study. The relative risk of thrombotic strokes has been shown to range from 3 for normotensive users to 14 for users with severe hypertension. The relative risk of hemorrhagic stroke is reported to be 1.2 for non-smokers who used oral contraceptives, 2.6 for smokers who did not use oral contraceptives, 7.6 for smokers who used oral contraceptives, 1.8 for normotensive users and 25.1 for users with severe hypertension. The attributable risk is also greater in older women. d. Dose-related risk of vascular disease from oral contraceptives. A positive association has been observed between the amount of estrogen and progestogen in oral contraceptives and the risk of vascular disease. A decline in serum high-density lipoproteins (HDL) has been reported with many progestational agents. A decline in serum high-density lipoproteins has been associated with an increased incidence of ischemic heart disease. Because estrogens increase HDL cholesterol, the net effect of an oral contraceptive depends on a balance achieved between doses of estrogen and progestogen and the nature and absolute amount of progestogens used in the contraceptives. The activity and amount of both hormones should be considered in the choice of a hormonal contraceptive. e. Persistence of risk of vascular disease. There are two studies that have shown persistence of risk of vascular disease for ever-users of oral contraceptives. In a study in the United States, the risk of developing myocardial infarction after discontinuing oral contraceptives persists for at least nine years for women 40–49 years old who had used oral contraceptives for five or more years, but this increased risk was not demonstrated in other age groups. In another study in Great Britain, the risk of developing cerebrovascular disease persisted for at least six years after discontinuation of oral contraceptives, although excess risk was very small. However, both studies were performed with oral contraceptive formulations containing 50 micrograms or more of estrogen. It is unknown whether NuvaRing's distinct from combination oral contraceptives with regard to the occurrence of venous or arterial thrombosis. **2. Estimates of mortality from contraceptive use.** One study gathered data from a variety of sources that have estimated the mortality rate associated with different methods of contraception at different ages. These estimates include the combined risk of death associated with contraceptive methods plus the risk attributable to pregnancy in the event of method failure. Each method of contraception has its specific benefits and risks. The study concluded that with the exception of oral contraceptive users age 35 and older who smoke and age 40 and older who do not smoke, mortality associated with all methods of birth control is low and below that associated with childbirth. The observation of a possible increase in risk of mortality with age for oral contraceptive users is based on data gathered in the 1970's but not reported until 1983. However, current clinical practice involves the use of lower estrogen dose formulations combined with careful consideration of risk factors. Because of these changes in practice and, also because of some limited new data which suggest that the risk of cardiovascular disease with the use of oral contraceptives may now be less than previously observed, the Fertility and Maternal Health Drugs Advisory Committee was asked to review the topic in 1986. The Committee concluded that although cardiovascular disease risks may be increased with oral contraceptive use after age 40 in healthy non-smoking women (even with the newer low dose formulations), there are also greater potential health risks associated with pregnancy in older women and with the alternative surgical and medical procedures which may be necessary if such women do not have access to effective and acceptable means of contraception. Therefore, the Committee recommended that the benefits of low-dose oral contraceptive use by healthy non-smoking women over 40 may outweigh the possible risks. Although the data are mainly obtained with oral contraceptives, this is likely to apply to NuvaRing® as well. Women of all ages who take hormonal contraceptives should take the lowest possible dose formulation that is effective and meets the needs of the individual patient. **3. Carcinoma of the reproductive organs and breasts.** Numerous epidemiologic studies have been performed on the incidence of breast, endometrial, ovarian, and cervical cancer in women using combination oral contraceptives. The risk of having breast cancer diagnosed may be slightly increased among current and recent users of combination oral contraceptives. However, this excess risk appears to decrease over time after COC discontinuation and by 10 years after cessation the increased risk disappears. Some studies report an increased risk with duration of use while other studies do not and no consistent relationships have been found with dose or type of steroid. Some studies have found a small increase in risk for women who first use COCs before age 20. Most studies show a similar pattern of risk with COC use regardless of a woman's reproductive history or her family breast cancer history. In addition, breast cancers diagnosed in current or ever-oral contraceptive users may be less clinically advanced than in never-users. Women who currently have or have had breast cancer should not use hormonal contraceptives because breast cancer is usually a hormonally sensitive tumor. Some studies suggest that combination oral contraceptive use has been associated with an increase in the risk of cervical intraepithelial neoplasia in some populations of women. However, there continues to be controversy about the extent to which such findings may be due to differences in sexual behavior and other factors. In spite of many studies of the relationship between oral contraceptive use and breast and cervical cancers, a cause-and-effect relationship has not been established. It is unknown whether NuvaRing® is distinct from oral contraceptives with regard to the above statements. **4. Hepatic neoplasia.** Benign hepatic adenomas are associated with oral contraceptive use, although the incidence of benign tumors is rare in the United States. Indirect calculations have estimated the attributable risk to be in the range of 3.3 cases per 100,000 for users, a risk that increases after four or more years of use. Rupture of rare, benign hepatic adenomas may cause death through intra-abdominal hemorrhage. Studies from Britain have shown an increased risk of developing hepatocellular carcinoma in long term (> 8 years) oral contraceptive users. However, these cancers are extremely rare in the US and the attributable risk (the excess incidence) of liver cancers in oral contraceptive users approaches less than one per million users. It is unknown whether NuvaRing® is distinct from oral contraceptives in this regard. **5. Ocular lesions.** There have been clinical case reports of retinal thrombosis associated with the use of oral contraceptives. NuvaRing® should be discontinued if there is unexplained partial or complete loss of vision; onset of proptosis or diplopia; papilledema; or retinal vascular lesions. Appropriate diagnostic and therapeutic measures should be undertaken immediately. **6 Hormonal contraceptive use before or during early pregnancy.** Hormonal contraceptives should not be used during pregnancy. Extensive epidemiologic studies have revealed no increased risk of birth defects in women who have used oral contraceptives prior to pregnancy. Studies also do not suggest a teratogenic effect, particularly in so far as cardiac anomalies and limb reduction defects are concerned, when oral contraceptives are taken inadvertently during early pregnancy. Combination hormonal contraceptives such as NuvaRing® should not induce withdrawal bleeding as a test for pregnancy. NuvaRing® should not be used during pregnancy to treat threatened or habitual abortion. It is recommended that for any patient who has not adhered to the prescribed regimen for use of NuvaRing® and has missed a menstrual period, or has missed two consecutive periods, pregnancy should be ruled out. **7. Gallbladder disease.** Combination hormonal contraceptives, such as NuvaRing®, may worsen existing gallbladder disease and may accelerate the development of this disease in previously asymptomatic women. Women with a history of combination hormonal contraceptive-related cholestasis are more likely to have the condition recur with subsequent oral contraceptive use. **8. Carbohydrate and lipid metabolic effects.** Hormonal contraceptives have been shown to cause a decrease in glucose tolerance in some users. However, in the non-diabetic woman, combination hormonal contraceptives appear to have no effect on fasting blood glucose. Prediabetic and diabetic women should be carefully observed while taking combination hormonal contraceptives such as NuvaRing®. In a clinical study involving 37 NuvaRing®-treated subjects, glucose tolerance tests showed no clinically significant changes in serum glucose levels from baseline to cycle six. A small proportion of women will have persistent hypertriglyceridemia while using oral contraceptives. Changes in serum triglycerides and lipoprotein levels have been reported in combination hormonal contraceptive users. **9. Elevated blood pressure.** An increase in blood pressure has been reported in women taking oral contraceptives, and this increase is more likely in older oral contraceptive users and with continued use. Data from the Royal College of General Practitioners and subsequent randomized trials have shown that the incidence of hypertension increases with increasing concentrations of progestogens. Women with a history of hypertension or hypertension-related diseases, or renal disease should be encouraged to use another method of contraception. If these women elect to use NuvaRing®, they should be monitored closely and if a significant elevation of blood pressure occurs NuvaRing® should be discontinued. For most women, elevated blood pressure will return to normal after stopping hormonal contraceptives, and there is no difference in the occurrence of hypertension between former and never-users. **10 Gallbladder disease.** The onset or exacerbation of migraine or development of headache with a new pattern which is recurrent, persistent or severe requires discontinuation of NuvaRing® and evaluation of the cause. **11. Bleeding irregularities.** *Bleeding Patterns:* Breakthrough bleeding and spotting are sometimes encountered in women using NuvaRing®. If abnormal bleeding while using NuvaRing® persists or is severe, appropriate measures should be instituted to rule out the possibility of organic pathology or pregnancy, and appropriate treatment should be instituted when necessary. In the event of amenorrhea, pregnancy should be ruled out. Bleeding patterns were evaluated in two large clinical studies. During cycles 1 to 6, breakthrough bleeding/spotting occurred in 7.2 to 11.7% of cycles in a study of 1177 US and Canadian subjects and in 2.6 to 6.4% of cycles in a second study of 1145 European and Israeli subjects. Absence of withdrawal bleeding occurred in 2.3 to 3.8% of cycles in the US and Canadian subjects and in 0.6 to 2.1% of cycles in the European and Israeli trials subjects. Bleeding patterns for individual women over multiple cycles did not evaluated. Some women may encounter amenorrhea or oligomenorrhea after discontinuing use of NuvaRing®, especially when such was pre-existent. **12. Ectopic pregnancy.** Ectopic as well as intrauterine pregnancy may occur in contraceptive failures. **Precautions.** **Patients should be counseled that this product does not protect against HIV infection (AIDS) and other sexually transmitted diseases.** **2. Physical examination and follow-up.** It is good medical practice for women using NuvaRing® as for all women to have an annual evaluation including physical examination and relevant laboratory tests. The physical examination should include special reference to blood pressure, breasts, abdomen, pelvic organs and vagina (including cervical cytology). In case of undiagnosed persistent or recurrent abnormal vaginal bleeding, appropriate measures should be conducted to rule out malignancy. Women with a family history of breast cancer or who have breast nodularity should be monitored with particular care. **3. Lipid disorders.** Women who are being treated for hyperlipidemia should be followed closely if they elect to use NuvaRing®. Some progestogens may elevate LDL levels and may render the control of hyperlipidemias more difficult. **4. Liver function.** If jaundice develops in any woman using NuvaRing® product use should be discontinued. The hormones in NuvaRing® may be poorly metabolized in patients with impaired liver function. **5. Fluid retention.** Steroid hormones like those in NuvaRing® may cause some degree of fluid retention. NuvaRing® should be prescribed with caution and only with careful monitoring, in patients with conditions which might be aggravated by fluid retention. **6. Emotional disorders.** Women who become significantly depressed while using combination hormonal contraceptives, including NuvaRing®, should stop the medication and use another method of contraception in an attempt to determine whether the symptoms are related. Women with a history of depression should be carefully observed and NuvaRing® discontinued if significant depression occurs. **7. Contact lenses.** Contact lens wearers who develop visual changes or changes in lens tolerance should be assessed by an ophthalmologist. **8. Drug interactions.** *Changes in Contraceptive Effectiveness Associated with Co-Administration of Other Drugs:* Contraceptive effectiveness may be reduced when hormonal contraceptives are co-administered with some antibiotics, anthfungals, anticonvulsants and other drugs that increase metabolism of contraceptive steroids. This could result in unintended pregnancy or breakthrough bleeding. Such drugs include barbiturates, griseofulvin, rifampin, phenylbutazone, phenytoin, carbamazepine, felbamate, oxcarbazepine, topiramate and possibly with ampicillin and tetracyclines. Women may need to use an additional contraceptive method while taking medications which may make hormonal contraceptives less effective. Several of the anti-HIV protease inhibitors have been studied with co-administration of oral combination hormonal contraceptives; significant changes (increase or decrease) in the mean AUC of the estrogen and progestin have been noted in some cases. The efficacy and safety of these contraceptive products may be affected. It is unknown whether this applies to NuvaRing®. Healthcare providers should refer to the label of the individual anti-HIV protease inhibitors for further drug-drug interaction information. Herbal products containing St. John's Wort (hypericum perforatum) may induce hepatic enzymes (cytochrome P450) and p-glycoprotein transporters and may reduce the effectiveness of contraceptive steroids. This may also result in breakthrough bleeding. *Increase in Plasma Hormone Levels Associated with Co-Administered Drugs:* Co-administration of atorvastatin and certain oral contraceptives containing ethinyl estradiol increase AUC values for ethinyl estradiol by approximately 20%. Also, co-administration of ascorbic acid and acetaminophen may increase plasma ethinyl estradiol levels possibly by inhibition of conjugation. CYP 3A4 inhibitors such as itraconazole or grapefruit juice may increase plasma hormone levels. *Changes in Plasma Levels of Co-Administered Drugs:* Combination hormonal contraceptives containing some synthetic estrogens (e.g. ethinyl estradiol) may affect the metabolism of other compounds. Increased plasma concentrations of cyclosporine, prednisolone, and theophylline have been reported with concomitant administration of oral contraceptives. In addition oral contraceptives may induce the conjugation of other drugs. Decreased plasma concentrations of acetaminophen and increased clearance of temazepam, salicylic acid, morphine and clofibric acid have been noted when these drugs were administered with oral contraceptives. **9. Interactions with laboratory tests.** Certain endocrine and liver function tests and blood components may be affected by combined hormonal contraceptives: a. Increased prothrombin and factors VII, VIII, IX and X; antithrombin 3; increased norepinephrine-induced platelet aggregability. b. Increased thyroid binding globulin (TBG) leading to increased total thyroid hormone, as measured by protein-bound iodine (PBI), T4 by column or by radioimmunoassay. Free T3 resin uptake is decreased, reflecting the elevated TBG; free T4 concentration is unaltered. c. Other binding proteins may be elevated in serum. d. Sex hormone-binding globulins are increased and result in elevated levels of total circulating sex steroids; however, free or biologically active levels either decrease or remain unchanged. e. Triglycerides may be increased and levels of various other lipids and lipoproteins may be affected. f. Glucose tolerance may be decreased. g. Serum folate levels may be depressed by oral contraceptive therapy. This may be of clinical significance if a woman becomes pregnant shortly after discontinuing NuvaRing®. **10 Carcinogenesis, mutagenesis, impairment of fertility** in a 24-month carcinogenicity study in rats, subdermal implants releasing 10 and 20 µg etonogestrel per day (approximately 0.3 and 0.6 times the systemic steady state exposure in women using NuvaRing®) no drug-related carcinogenic potential was observed. Etonogestrel was not genotoxic in the *in vitro* Ames/Salmonella mutation assay, the chromosomal aberration assay in Chinese hamster ovary cells or in the *in vivo* mouse micronucleus test. Fertility returned to normal with treatment. See *Warnings*. **11 Pregnancy** *Pregnancy Category X (see Contraindications and Warnings):* Teratology studies have been performed in rats and rabbits using the oral route of administration at doses up to 130 and 260 times, respectively, the human NuvaRing® dose based on body surface area and have revealed no evidence of harm to the fetus due to etonogestrel. **12 Nursing mothers** The effects of NuvaRing® in nursing mothers have not been evaluated and are unknown. Small amounts of contraceptive steroids have been identified in the milk of nursing mothers and a few adverse effects on the child have been reported, including jaundice and breast enlargement. In addition, contraceptive steroids given in the postpartum period may interfere with lactation by decreasing the quantity and quality of breast milk. Long term follow-up of children whose mothers used combination hormonal contraceptives while breast feeding has shown no deleterious effects on infants. However, when a nursing mother's choice is to breast feed, she is not likely to become pregnant while breast feeding. Therefore, she are breast feeding should be advised not to use NuvaRing® but to use other forms of contraception until the child is weaned. **13 Pediatric use.** Safety and efficacy of NuvaRing® have been established in women of reproductive age. Safety and efficacy are expected to be the same for postpubertal adolescents under the age of 16 and for users 16 years and older. Use of this product before menarche is not indicated. **14 Geriatric use.** This product has not been studied in women over 65 years of age and is not indicated in this population. **15 Vaginal use** NuvaRing® may not be suitable for women with conditions that make the vagina more susceptible to vaginal irritation or ulceration. Some women are aware of the ring during the first few times during the 21 days of use or during intercourse. During intercourse some sexual partners may feel NuvaRing® in the vagina. However, clinical studies revealed that 90% of couples did not find this to be a problem. If NuvaRing® has been removed or expelled during the three week use period, it should be rinsed with cool to lukewarm (not hot) water and re-inserted as soon as possible, but at the latest within three hours of removal or expulsion. If NuvaRing® is lost, a new vaginal ring should be inserted and the regimen should be continued without alteration. If the ring has been out of the vagina for more than three hours, contraceptive effectiveness may be reduced and an additional method of contraception, such as male condoms or spermicide, must be used until the ring has been used continuously for seven days. NuvaRing® may interfere with the use of a diaphragm. A diaphragm is therefore not recommended as a back up method with NuvaRing®. Use **16 Expulsion.** NuvaRing® can be accidentally expelled, for example when it has not been inserted properly or while removing a tampon, moving the bowels, straining or during sexual intercourse. If this occurs, the vagina ring can be rinsed with cool to lukewarm (not hot) water and re-inserted promptly (see *Patient information, Dosage and administration in the full Prescribing Information*). If NuvaRing® is lost, a new vaginal ring should be inserted and the regimen should be continued without alteration. If the ring has been out of the vagina for more than three hours, contraceptive effectiveness may be reduced and an additional method of contraception, such as male condoms or spermicide, **must** be used until NuvaRing® has been used **continuously for seven days**. Vaginal stenosis, cervical prolapse, rectocele, and cystocele are conditions that under some circumstances may make expulsion more likely to occur. **Adverse reactions** The most common adverse events reported by 5 to 14% of women using NuvaRing® in clinical trials (n = 2561) were the following: vaginitis, headache, upper respiratory tract infection, leukorrhea, sinusitis, weight gain, and nausea. The most frequent system organ class adverse events leading to discontinuation in 1 to 2.5% of women using NuvaRing® in the trials in the following device related events: foreign body sensation, coital problems, device expulsion); vaginal symptoms (discomfort, vaginitis, leukorrhea); headache; emotional lability and weight gain. Listed below are adverse reactions that have been associated with the use of combination hormonal contraceptives. These are also likely to apply to combination vaginal hormonal contraceptives such as NuvaRing®. An increased risk of the following serious adverse reactions has been associated with the use of combination hormonal contraceptives: see (*Contraindications and Warnings*): Thrombophlebitis and venous thrombosis with or without embolism; Arterial thromboembolism; Pulmonary embolism; Myocardial infarction; Cerebral hemorrhage; Cerebral thrombosis; Hypertension; Gallbladder disease; Hepatic adenomas or benign liver tumors. There is evidence of an association between the following conditions and the use of combination hormonal contraceptives: Mesenteric thrombosis; Retinal thrombosis. The following additional adverse reactions have been reported in users of combination hormonal contraceptives and are believed to be due to their use: Nausea; Vomiting; Gastrointestinal symptoms (such as abdominal cramps and bloating); Breakthrough bleeding; Spotting; Change in menstrual flow; Amenorrhea; Temporary infertility after discontinuation of treatment; Edema; Melasma which may persist; Breast changes: tenderness, enlargement, secretion; Change in weight: increase or decrease; Changes in cervical erosion and secretion; Diminution in lactation when given immediately postpartum; Cholestatic jaundice; Migraine; Rash (allergic); Mental depression; Reduced tolerance to carbohydrates; Vaginal candidiasis; Change in corneal curvature (steepening); Intolerance to contact lenses. The following additional serious adverse reactions have been reported in users of combination hormonal contraceptives and a causal association has been neither confirmed nor refuted: Pre-menstrual syndrome; Cataracts; Changes in appetite; Cystitis like syndrome; Headache; Nervousness; Dizziness; Hirsutism; Loss of scalp hair; Erythema multiforme; Erythema nodosum; Hemorrhagic eruption; Vaginitis; Porphyria; Impaired renal function; Hemolytic uremic syndrome; Hemolytic jaundice; Changes in libido; Colitis; Budd Chiari Syndrome. **Overdosage** Overdosage of combination hormonal contraceptives may cause nausea, vaginal bleeding, or other menstrual irregularities. Given the nature and design of NuvaRing®, it is unlikely that overdosage will occur. If NuvaRing® is broken, it does not release a higher dose of hormones. Serious ill effects have not been reported following acute ingestion of large doses of oral contraceptives by young children. There are no antidotes and further treatment should be symptomatic.

Manufactured for Organon Inc., West Orange, NJ 07052 by N.V. Organon, Oss, The Netherlands
© 2007 Organon Inc. 5311092 10/01 19 NUV 10-1



$15 OFF

JR PURCHASE OF $75.00 OR MORE

offer code [redacted] when placing your order.
dering online, please enter the offer code at checkout.
offer per order, please; may not be combined with
other offer or applied to a gift certificate purchase.
r expires December 31, 2002.

To place an order, request a catalog,
or find a store near you:

1-800-262-0040

www.coldwatercreek.com

R-10788 $139

R-21726 $35

R-21438 $89

Coldwater Creek®



©2012 Ace Hardware Corporation

Visit us at acehardware.com



HOME BASICS

Your helpful hardware place ACE®

advertisement

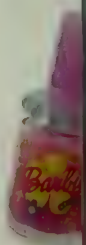
Barbie Sleepover Fun Crossword Puzzle



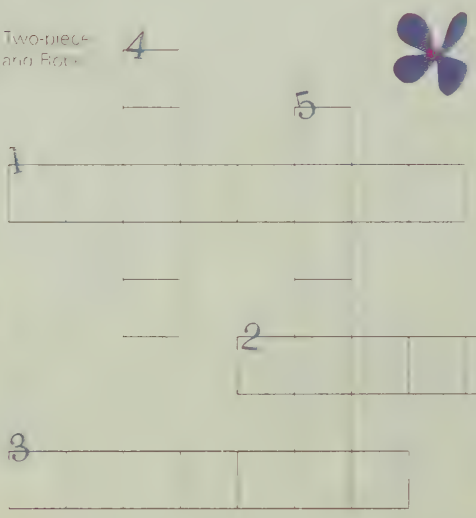
Barbie makes slumber parties special. Mom, help your daughter fill in this crossword puzzle with words that make sleepovers fun!











Across

1. Use your Barbie™ nail polish and file to give each other a _____.
2. You'll look stylish and ready for bed in your Barbie™ _____.
3. Lights out. Time to drift off to sleep in your Barbie™ _____ bag.

Down

4. Crank up your Barbie™ boom box and listen to your favorite _____.
5. Carry your overnight belongings in your Barbie™ _____.

Barbie

Join the party at **barbie.com/barbieparty**

Children must ask parent for permission to go online



twin comforter $39.99
twin sheet set $19.97 pillow $12.99

snug bug

Barbie Style

Barbie™ Robe

At Wendy's we want you to play with your food.

Just Order 99¢ Crispy Chicken Nuggets and Play Movie Mania.



Everyone Wins One of 50,000,000 Prizes or Offers.

So stop by and play today.

Wendy's OLD FASHIONED HAMBURGERS

IT'S BETTER HERE.

99¢ at participating Wendy's only. ©2002 Oldemark LLC. All Rights Reserved. BLOCKBUSTER name, design and related marks are trademarks of Blockbuster Inc. All Rights Reserved. NO PURCHASE NECESSARY. Open to legal U.S. residents. Must be 18 years of age to play. Void where prohibited. Game pieces available until 10/04/02, while supplies last. BLOCKBUSTER® membership rules apply. See Official Rules posted at participating Wendy's or call 1-800-395-2121.



ON THE COVER:
Celebrate autumn where the Miller family gathers—a converted 1906 barn in Dingmans Ferry, Pennsylvania.
See story, page 197
PHOTOGRAPH **SAM GRAY**



BETTER HOMES & GARDENS

October 2002



LUME 80, NUMBER 10

1716 LOCUST 12
A letter from Karol's desk to you

BHG.COM 18
What's happening at the magazine's site

LETTERS 20
What readers are saying

THEN AND NOW 304
The best things rarely change

HOME DESIGN

OCTOBER 27
Decorations for the harvest season

BETTER LIVING 37
Reinventing the family supper

BEFORE & AFTER 54
A family's house grows up

EDITOR'S CHOICE 66
Furniture that moves and swings

HOME FRONT 74
What's happening for homes

ENTER OUR HOME IMPROVEMENT CONTEST 85
Guidelines and important dates

COLLECTIONS 100
Hotel and restaurant ware

WORKING AT HOME 106
A bright above-the-garage classroom

WEEKEND DECORATING 122
Adding vintage color

LIFE STAGES 150
Downsizing in style

DIVING IN HEART FIRST 175
Rookie remodelers take the plunge

AUTUMN'S ADDRESS 197
A family retreat amid Pennsylvania pines

GARDENING

TEST GARDEN 48
Plants that perform all fall

ART IN THE GARDEN 90
Follies for feathered friends

PLANTINGS 130
Fragrant bulbs

EDEN AT WATER'S EDGE 186
A three-in-one garden

FAMILY MATTERS

FORUM 142
Moms going back to work

HOME MANAGEMENT 159
Staying organized

PARENTING 162
Riding in cars with kids

EDUCATION 166
Healing the bully blues

YOUR FAMILY CAR 170
Volvo's new go-anywhere SUV

BH&G KIDS® 284
Quick and quirky costumes

What's The #1 Mouthwash In Hospitals?

No, it's not Listerine.†
And it's not Scope.††
It's Cēpacol® Antibacterial.
The great-tasting,
germ-killing,
breath-freshening
mouthwash with
the proven anti-bacterial
power of Ceepryn®.
So if you're as serious
as hospitals about killing
the germs that cause
bad breath, trust Cēpacol.









TABLE OF CONTENTS >> from 9

FOOD

IN GOOD TASTE 112
The best in food and entertaining
COOKING TOGETHER 207
A family's dinner strategy
BAKING 232
Better breakfast loaf
SEASON'S PICK 239
Persimmon coffee cake
MAIN DISHES 242
Celebration roasts
INGREDIENTS 250
You say vanilla
COOKING WITH KIDS 252
Pumpkin fun for all
WIN MONEY 256
Enter our monthly recipe contest
PRIZE TESTED RECIPES® 259
Cheesy Appetizers; Fall Salads

HEALTH

FAMILY HEALTH UPDATE 262
News from the medical front
YOU GO GIRL! 268
Women, sports, and success in life
A STRONG CENTER 276
Tighten up that tummy

READER SHOPPING

RESOURCES 280
Retailers and manufacturers
DIRECTORY OF ARCHITECTS AND DESIGNERS 301
And other professionals
"HOME AND FAMILY" ROSE 82
An exclusive rose offer
BIRDS AND BEES BY THE DOZEN 96
Build 12 little houses for birds and bees
FRAGRANT BULBS 138
Two exclusive collections
SOUP-ER ACCESSORIES 228
Necessities for soup lovers
THERMOMETER/TIMER 230
A very handy kitchen gadget

Better Homes and Gardens (ISSN 0006-0151) is published monthly at $19 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Periodicals postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. To order call 1-800/374-4244. Trademark registered in Canada and Australia. Marca registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 37449, BOONE, IA 50037-0449. OCTOBER 2002. VOL. 80, NO. 10. Canada Post Publications Mail Sales Product Agreement No. 40069223 Canadian BN 12348 2887 RT. © Copyright Meredith Corporation 2002 All rights reserved. Printed in U.S.A.

For service on your subscription, including change of address, write to *Better Homes and Gardens*® Customer Service, PO Box 37449, Boone, IA 50037 0449. Please enclose your address label from a recent issue. If you wish to phone, call toll free 1-800/374-4244. Or, visit us at www.bhg.com/service on the Internet.



tylenol.com

This morning was brought to you by a good night's sleep.

A great night's sleep can do wonders. Get the rest you need with gentle, non-habit-forming Tylenol® PM. It safely stops your pain, and helps ease you into a restful sleep. So the morning can be yours again.



It's going to be a great morning



We invite you to share in the Meredith Corporation centennial celebration by adding the hybrid tea rose shown *above* to your garden. Named the "Home and Family" rose and cultivated exclusively for us, it is available only to our readers and offers the beautiful combination of ivory elegance, abundant blooms, and a heady fragrance. I've ordered a dozen! (For your own, see our offer on *page 82*.)

OF ALL THE CELEBRATIONS WE EXPERIENCE IN A YEAR, THE MOST MEANINGFUL ARE THOSE WE SHARE WITH OUR FAMILIES AND FRIENDS. BIRTHDAYS, ANNIVERSARIES, A NEW HOME, OR A FIRST TOOTH—LIFE'S SPECIAL MILESTONES ARE MADE RICHER WHEN THOSE WE LOVE TAKE PART IN THEM.

The large, extended family of *Better Homes and Gardens*® is celebrating a once-in-lifetime milestone: 2002 marks the 100th anniversary of our parent company, Meredith Corporation. Founded in 1902 in Des Moines, Iowa, by E.T. Meredith, this company was built on a mission of service to American farmers and their families. As our country grew and changed, E.T. recognized a need to serve a broader audience, so he created a new magazine, *Fruit, Garden & Home*, for passionate homeowners with young families. As the magazine's focus galvanized around the home, a "better" title was chosen and today, the resulting *Better Homes and Gardens* is still very much grounded in E.T.'s original vision.

Coinciding with our centennial is our unveiling of a new look for our magazine. You don't get to be an 80-year-young icon of American culture without changing with the times. So, we've refreshed our pages with bigger photos and stronger colors, and we've added new editorial features to serve you better. You'll find more ideas than ever for your home—including seasonal decorations that you can make this weekend. Our new product and news sections, "Home Front" and "In Good Taste," put source and price information right at your fingertips. And to inspire you, we've created a new feature under the banner "Better Living." Here, you'll find moving examples of how homes or gardens enrich the everyday lives of their owners and those of their friends and families. This feature underscores what our founder E.T. knew instinctually: That our homes and gardens are much more than an address or a hobby. They are expressions of who we are, what we believe, and what we dare dream to do tomorrow.

Here's to another 100 years of bringing that truth to life.

Karol

KAROL DEWULF NICKELL, EDITOR IN CHIEF

Comments? Questions? Write Karol at *Better Homes and Gardens*®, 1716 Locust, Des Moines, IA 50309-3023, or e-mail at 1716Locust@meredith.com.


New Tropicana Pure Premium Healthy Kids.
Calcium for strong bones. Vitamins for a healthy immune system.
And a taste they'll love. Your kids do lots of things. So should their o.j.
Tropicana
Pure Premium
Healthy Kids
Drink pure good
Feel pure good
ropicana Products, Inc.

Great Pounce Taste
Making you a Winner Every Day!

Great Pounce prizes!

Enter the codes on your Pounce packages at **www.thinktreats.com** for your chance to win one of these great prizes:
- Deluxe Kitty Condo
- Cat Home Spa
- Digital Camera
- Basket of Cat Toys
- A Year's Supply of Pounce
- AND MORE!

There are winners *every day*, and every package of Pounce is a new chance to win!



CONTEST RULES: No Purchase Necessary. Game open to legal residents of the United States and District of Columbia, excluding Florida and Puerto Rico, who are 18 years of age or older at time of entry. Void in Florida, Puerto Rico and where prohibited by law. Daily drawings through 12/31/02. Final Drawing open through 12/31/02. To enter and for a set of rules, including free method of entry, log onto www.thinktreats.com. If you do not have access to the internet, please visit your local library to obtain internet access. ©H.J. Heinz Company, L.P. 2002.

Better Homes and Gardens

Karol DeWulf Nickell
Vice President/Editor in Chief

John Riha, **Executive Editor**
Bradford W. S. Hong, **Creative Director**
Lamont D. Olson, **Managing Editor**

Art Director Michael D. Belknap
Editorial Marketing Director Joan McCloskey

West Coast Editor Sharon Overton
Senior Interior Designers Joseph Boehm, Catherine Kramer
Senior Design Editor Sarah Egge
Senior Building Editor Shawn Gilliam
Senior Building and Environment Editor Laura O'Neil
Editorial Assistants Peggy Daugherty, Marilyn Scott

Food and Entertaining Editor Nancy Wall Hopkins
Nutrition Editor Jeanne Ambrose
Associate Editors Richard Swearinger, Stephen J. Exel
Editorial Assistants Karen Pollock, Anna Anderson

Garden and Outdoor Living Editor Mark Kane
Senior Garden Editor Craig Summers Black
Associate Garden Editor Doug Hall
Test Garden Manager Sandra J. Gerdes
Editorial Assistant Jacque Wittick

Travel and Features Editor Becky Mollenkamp
Editorial Assistant Doris Lohrman

Photo Design Editor Shelley Caldwell
Assistant Art Directors Zulal Biner, Hung Luu
Senior Graphic Designers Ted Rossiter, Stacey Willey
Design Assistant Malea Hubbell

Assistant Managing Editor Steven Cooper
Makeup Editor Linda Smith Thomas
Associate Makeup Editor Cindy Alberts
Copy Editor Martha Coloff Long
Office Manager Ginger Bassett
Administrative Assistant Suzanne Miller

Test Kitchen Director Lynn Blanchard
Director of Reader Shopping Denise King Scott
Reader Shopping Manager Diana Willits

Regional Contributors

Lisa Mowry, **Atlanta;** Estelle Bond Guralnick, **Boston;** Lynn McBride, **Charleston, S.C.;** Elaine Markoutsas, Sally Mauer, Hilary Rose, **Chicago;** Diane Carroll, **Dallas;** Mindy Pantiel, **Denver;** Khristi Zimmeth, **Detroit;** Eileen Alexandra Deymier, **Easton, Md.;** Betsy Harris, **Indianapolis, Ind.;** Susan Andrews, **Kansas City, Mo.;** Robin Tucker, Laura Hull, **Los Angeles;** Bonnie Broten, Tangi Schaapveld, **Minneapolis;** Bonnie Maharam, Cynthia Bogart, **New York;** Peggy Keonjian, Jan Behrs, **Portland, Ore.;** Mary Anne Thomson, **St. Louis;** Andrea Caughey, **San Diego;** Helen Heitkamp, Carla Howard, **San Francisco;** Trish Maharam, Loralee Wenger, Lynda Turner, **Seattle;** Heather Lobdell, **Tiburon, Calif.;** Claudia Franklin, **Tucson;** Nancy Ingram, **Tulsa;** Betty Campbell, **Victoria, B.C.;** Margaret Ann Fowler, **Wilmette, Ill.;** Karin Lidbeck-Brent, **Woodbury, Conn.**

Daniel M. Lagani
Vice President/Publisher

Geraldine Rizzo, **Associate Publisher**
Sally Preston, **Advertising Director**

Katherine Doyle, **Creative Services Director;** Mark Bradbury, **Research Director**
Amy Levy, **Publishing Group Events Director;** Christine Held, **Promotion Art Director**
Patrick O'Donnell, Meredith Stick, **Eastern Sales Managers;**
Joy DeVries, Crister Larson, Maureen Mooney, Kim Jamison-Henry,
Devon Walsh, Debra Rosenkrantz Brenman, Tracy Glenn, **Account Executives**
Peter W. Mason, **Travel Manager;** Grace Chung, **Direct Response Advertising Director**
Shari Epstein, **Direct Response Sales Manager;** Ira Libov, Tara Phillips, **Account Executives**
Atlanta: Sibyl de St. Aubin, **San Francisco:** Sandy Fish, **West Coast Manager**
Los Angeles: Barbara Moses; **Chicago:** Gary Wenstrup, **Midwest Manager;**
Brad Moore, Valerie Thiel, Jackie Fallon, Rick Wheeler, **Account Executives**
Detroit: Sally Jeffries, **Manager**
Beth Von Linden, **Consumer Marketing Director;** Karen Chiovaro, **Director of Production Operations**
Jan Sime, **Advertising Operations Director**

MEREDITH PUBLISHING GROUP

Stephen M. Lacy, **President**
Jerry Kaplan, **President, Meredith Magazine Group**
Michael Brownstein, **Corporate Solutions**
Ellen de Lathouder, **Creative Services;** Bruce Heston, **Manufacturing**
Karla Jeffries, **Consumer Marketing**
Max Runciman, **Finance and Administration**

Meredith

William T Kerr, **Chairman and Chief Executive Officer**
E. T. Meredith III, **Chairman, Executive Committee**

© Copyright Meredith Corporation 2002. All rights reserved. Printed in the U.S.A.

MPA

Pounce.
Unconditional love deserves exceptional taste.



Pounce.
CAT TREATS



Your cat deserves the best. Every day.

oz Company, L. P. 2008


Oh, what a feeling.


Carpet featured: Swing on a Star, Cotton Tuft
MOHAWK
Mohawk makes the room
CARPET • WOOD • LAMINATE • CERAMIC • HOME PRODUCTS
1-800-2-MOHAWK www.mohawk-flooring.com



HALLOWEEN SPLENDOR

CELEBRATE HALLOWEEN

From costumes and masks to trick-or-treat safety, BHG.com helps you create a memorable Halloween for your family. Visit us for tips about frighteningly fun games, pumpkin carving, and more.
www.bhg.com/halloween

Magazine subscription help is available online at www.bhg.com/service.

- Subscribe
- Renew your subscription
- Change your address
- Report a duplicate issue

For other magazine questions, go to www.bhg.com/help.

Or, call us at 1-800-374-4244. Weekdays: 7 a.m. to 11 p.m. CST. Weekends: 8 a.m. to 6 p.m. CST. Please have your address label and/or your invoice handy.

Mail subscription questions to: *Better Homes and Gardens®* Magazine, P.O. Box 37429, Boone, IA 50037-0429

FOOD

TASTY CROCKERY COOKING

If you've only used your crockery cooker for chili, it's time to get creative! Serve satisfying meals that are ready when you are.
www.bhg.com/crockery



Recipe: www.bhg.com/seedinpocketbrt



Recipe: www.bhg.com/meatpizza

SLIDE SHOWS

FALL FOOD

Whip up some delicious fixin's that are perfect for this busy season. Get recipes for stews, soups, or grab-and-go pizza.
www.bhg.com/foodforfall



You'll fall for Pagoda® Eggrolls, Wontons and Potstickers.
Lulu looks for Pagoda in the freezer aisle. So can you.

Asian flair. Anywhere.™

© Nomen's Consumer Brands North America 2002. All Rights Reserved.



LETTERS

COMMON GOALS, COMMON GROUND

I loved "More Than Making Do" in your August 2002 issue. There are many of us who have adopted the lifestyle of the Fischers. We have the income for large homes, but choose to live simply and not worry about keeping up with the Joneses. Please have many more articles about this lifestyle—small homes, but very comfortable, with an emphasis on making the most of life.

SALLY, VIA E-MAIL

STYLE ON A BUDGET

I've never taken the time to write and let you know how much I enjoy your magazine. But in an effort to change that, I want to voice my enthusiasm over your article on Nan Sloan's home ("Style in the 'Burbs," May 2002). I became a Nan Sloan fan through watching her TV show, *Decorating Cents*. She has a wonderful vision of what things can become and has consistently delivered beautiful rooms on a lean budget. I would love to see more of her work.

CLAUDIA FAIRHURST, CARY, N.C.

GOOD BONES, NEW USES

Our preschool discovered that the original house plans for our school were "*Better Homes and Gardens®* Five-Star Plan No. 2902-D," dating back to the early 1960s. The school bought the house and is adapting it to our teaching needs. We will be improving the interior and updating the facade and landscaping. Any suggestions?

MEGHAN LIST, BEAVERTON, ORE.

Editor's note: While we can't provide on-site help, we can send you a list of architects, designers, and contractors in your area. Also see this month's story, "Speaking Volumes" (page 106), about another home adapted with students in mind.

JUST THEIR CUP OF TEA

Your "Tea Cozy" article (June 2002) was so timely for us. My husband is building a playhouse for our granddaughters to replicate our 1900s lake cottage. We didn't know how to scale it down, so we sent an e-mail to your home design editor. By the following morning, the editor's assistant, Christi Jensen, had already tried to contact the "Tea Cozy" homeowners for the information we needed. When they were unavailable, Christi provided the numbers of that project's contractor and her own office, offering additional help, if needed. All this was said and done with such sincerity and consideration that I was taken aback. Thank you *Better Homes and Gardens*, not only for consistent excellence, but also for the respect you have shown this reader of 35 years.

MARY BURNS, VIA E-MAIL

Comments? Questions? Write Karol at *Better Homes and Gardens®*, 1716 Locust, Des Moines, IA 50309-3023, or e-mail at 1716Locust@meredith.com.

©2002 DēLonghi

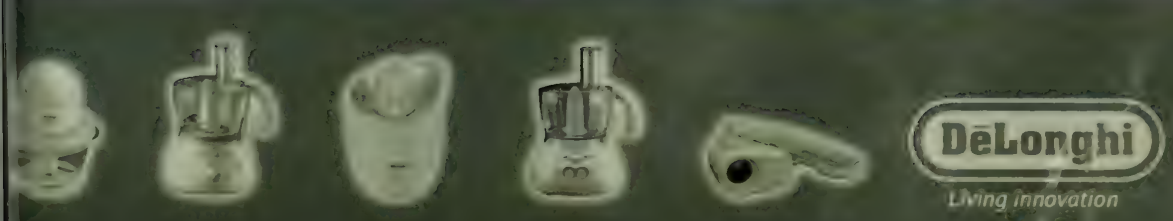
It blends, just not with other stand mixers.



ase of vanity? Hardly. The truth of the matter is, there is a difference between stand mixers. And in the case of the DēLonghi Stand Mixer, a big one. As in a 7-quart capacity and an amazing 800 watts of power so it can easily handle enough batter for a cake that can serve r 70 guests. Plus it's smart. Depending upon the type of mixture, it automatically adjusts to the right speed without any coaching from . It multitasks, too. We added three additional outlets that give you the option to operate 12 different attachments, from a generous oz. blender to a pasta maker. So what won't it do? Sit idle on your kitchen counter.

For more information, call 1-800-322-3848.

Available at: *Macy's* • *Bloomingdale's* • *Chef's Catalog*



DēLonghi

Living innovation



GIVE YOUR KIDS THE RIGHT TOOLS AND THERE'S NO TELLING HOW FAR THEY'LL GO.

Help your kids really succeed with new Microsoft Encarta Reference Library 2003 and Microsoft Office XP Standard for Students and Teachers. Together they give your kids all the tools they need to create reports that will wow their teachers. Too bad there wasn't stuff like this when you were a kid. Get your copies of Encarta and Office XP today and help support the PTA. Find out how at microsoft.com/pta

*The estimated retail price for Office XP Standard for Students and Teachers is 69% off the Office XP Standard version estimated retail price. Actual retail prices may vary.

Microsoft

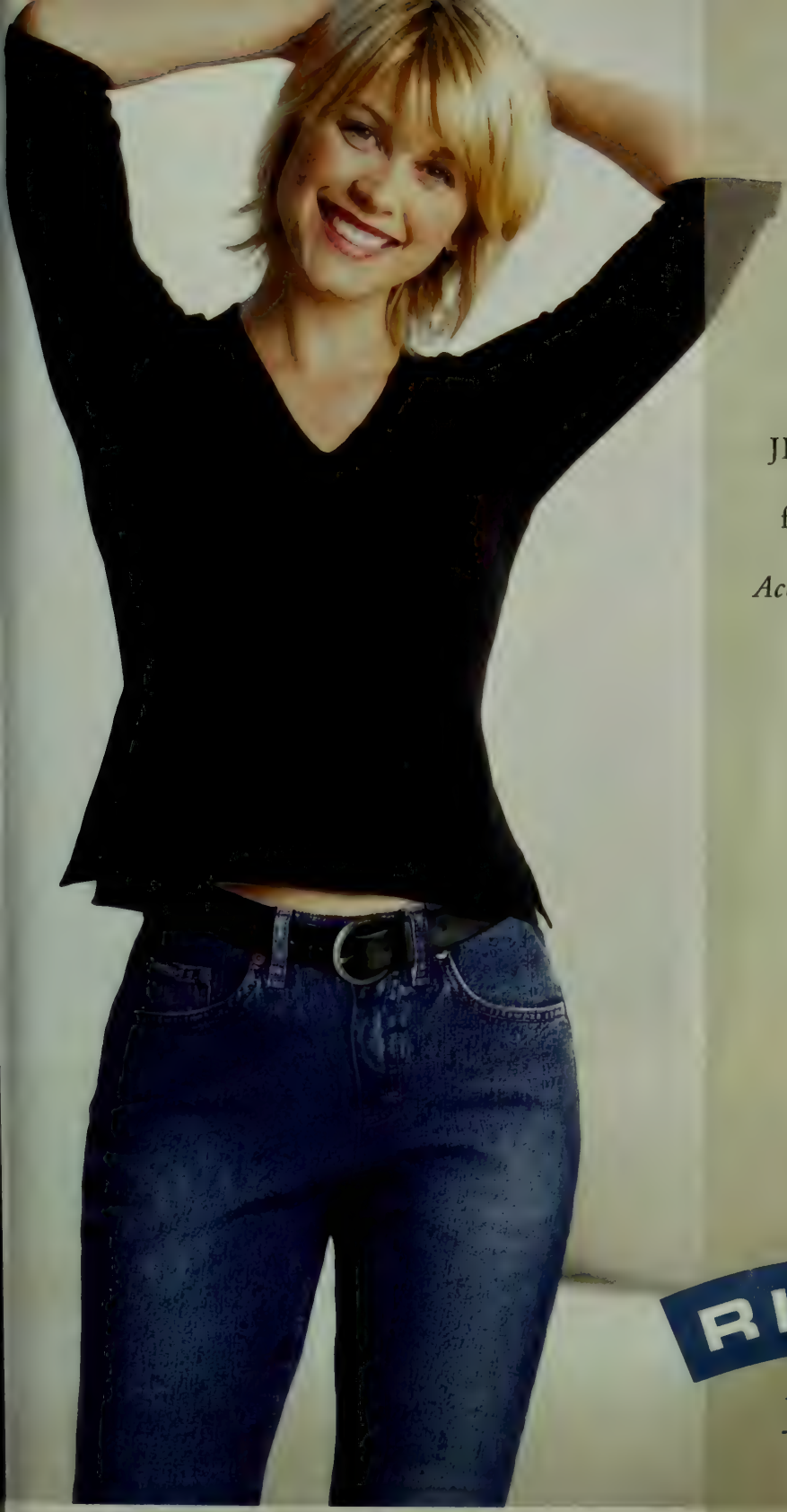
Encarta Reference Library offers comprehensive, up-to-date content, new research and learning tools, and the latest multimedia features. Your kids will do so well in school that they may even be able to teach you a thing or two.



Office XP helps kids take all that information and quickly turn regular projects into shining masterpieces complete with pictures and charts. Plus it's almost 70% off for students,* so your kids won't be the only ones looking smart.



MID RISE – STRAIGHT LEG



JEANS SHOULD

flatter the leg line.

Accentuate the curves.

INCREASE

the compliments.

RIDERS®

Jeans that fit.
Beautifully.

There's beauty sleep.

And then there's **roll-up-your-sleeves-and-punch-the-daylights-out-of-aging** sleep.



Put some muscle into your beauty sleep. **New Total Effects Night Firming Cream** actually strengthens skin's structure by improving its moisture barrier. Tightening outer cells with its dynamic blend of hydrators, VitaNiacin and wheat protein to fight the appearance of aging. So you wake with visibly firmer, more beautiful skin.

www.olay.com

OLAY

love the skin you're in

THIS MONTH, DECORATE WITH WHIMSICAL PROJECTS THAT USE SEASONAL COLORS AND MOTIFS.

October

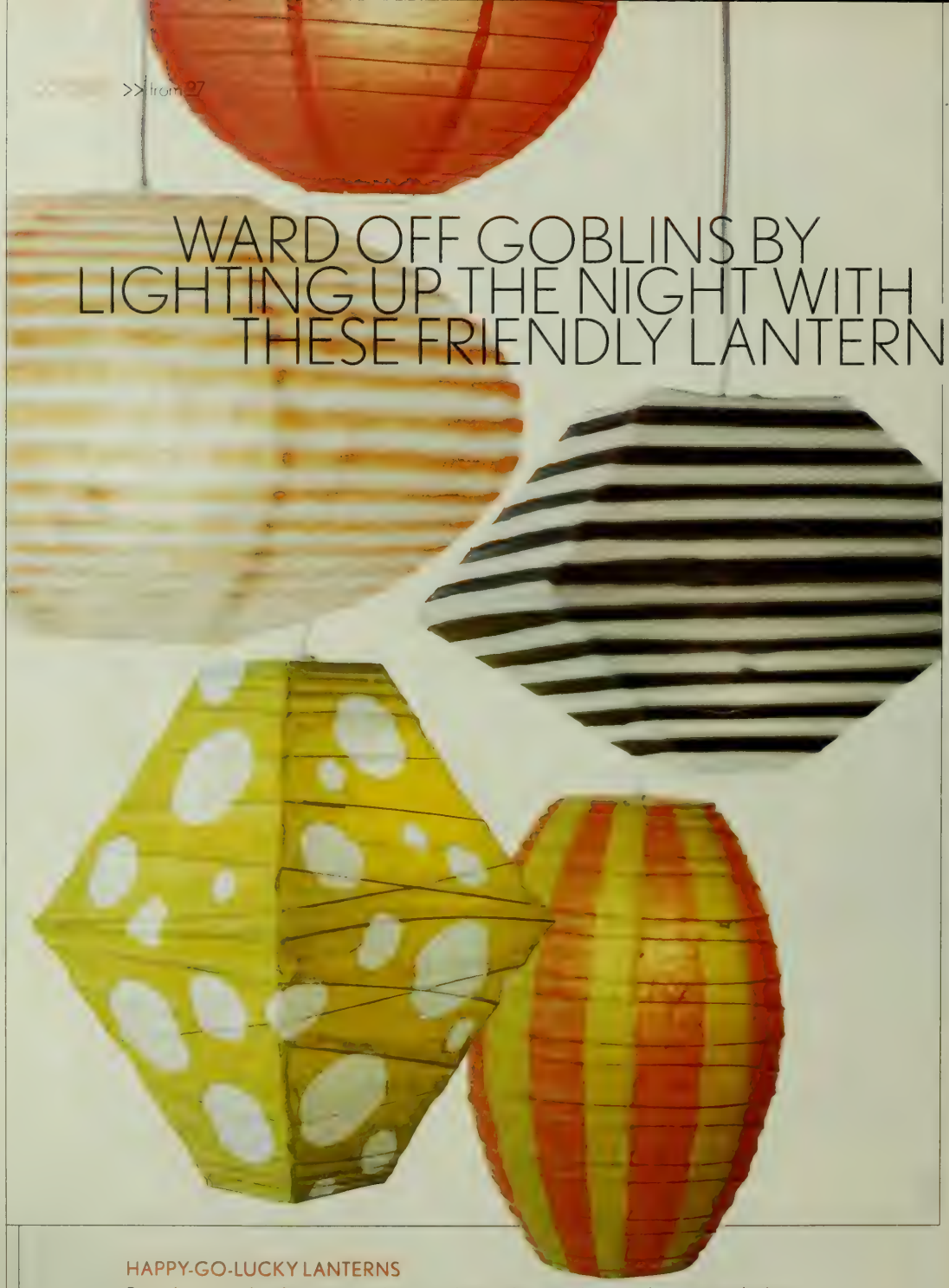
BY **SARAH EGGE** PHOTOGRAPHS BY **WILLIAM HOPKINS** PRODUCED BY **CARRIE HANSEN** AND **ANN HOLTZ**



A SWAG OF A DIFFERENT SORT.
Like the best Halloween decorations, this garland charms and thrills at the same time. Rubber spiders and bone-shaped dog biscuits, spray-painted white, rub shoulders with acorns and dried citrus fruit. Drill holes through all the pieces using a very thin drill bit, and string the assortment on 22-gauge wire.

>> from 27

WARD OFF GOBLINS BY LIGHTING UP THE NIGHT WITH THESE FRIENDLY LANTERNS



HAPPY-GO-LUCKY LANTERNS

Boost the personality of inexpensive white paper lanterns by giving them punchy pattern and color. Popular for outdoor parties, these lanterns come in all shapes and sizes. To get color that is both bright and translucent, use art markers, which contain pigmented inks that are water-resistant and fade-resistant. The markers are available in dozens of hues from art supply stores for about $3 apiece. Decorate lanterns when they are expanded—not flat, as they are sold in home stores. For stripes, follow the ridges in the lanterns; to make white polka dots, color around traced circles.

>> on 30


You
Found
That
Perfect
Little
Something.
Original
Wheat Thins
Great Taste... Big Crunch!
Original
Wheat Thins
Great Taste... Big Crunch!
Tastes
Good.
Feels
Good.
Wheat Thins®

>> from 28



LONG-STEMMED PUMPKINS

Identify guests' wine glasses with handmade labels shaped like pumpkins. Trace the bottom of the wine glass onto orange construction paper. Cut out the circle, then cut a slit to the center and a small hole for the glass stem. Snip small notches around the perimeter to emulate a pumpkin's ridges. (You may even shade the ridges with a marker that is darker orange than the paper.) Cut a stem out of green paper and glue it on. Write a name on each label. Snake four pieces of thin, cloth-coated florist's wire (available from florist's supply stores) around the stem of the glass. At the top of the stem, separate the four pieces and curl them around pencils to make tendrils. Add a leaf cut from green vellum to one of the tendrils, if desired.



HARVEST CANDLES

Typically used for fat pillar candles, these silver candlesticks now hold Sweet Dumpling squash that have tealight candles set into their tops. Choose squash that have fairly flat bottoms so they'll sit straight. Knock off the stems, and drill into the top using a 25mm Forstner bit (available at hardware stores). Make holes just deep enough to hold tealights. After they've been drilled, squash will last only a couple of days. Use these candles and holders for special occasions.

>> on 32

PartyLite

Candles so good, they can't be sold in stores.



DECORATE *your home*

CELEBRATE *your life*

ILLUMINATE *your spirit*

Discover the PartyLite experience... quality candles and decorative accessories, and a rewarding business opportunity, all offered by independent PartyLite consultants. To find a consultant near you, please visit **www.partylite.com** or call **888-835-3886**.

PARTYLITE™

>> from 30



LET TRICK-OR-TREATERS SLEEP OFF THEIR SUGAR HIGH ON THESE SNUGGLY PILLOWS.

PILLOW FRIGHT

Sprawl out on one of these floor pillows to sort your All Hallow's Eve loot. The pillows' harvest colors and mod designs ensure they will look good throughout the season. Purchase floor-pillow forms, which measure about 30-inches square, and polar fleece in earthy colors at the fabric store. ▪ For the striped pillow, cut bands of fabric in different widths to create varied stripes. Sew these together along their long sides to form the front of the pillow cover. ▪ For the pillow with squares, topstitch the three smaller squares to the front of the pillow cover. ▪ For the pillow with circles, topstitch circles of various sizes to the front of the pillow cover. Then, use an embroidery needle threaded with black yarn to sew Frankenstein stitches around each circle. ▪ For all the pillows, cut the back of the pillow cover out of fleece. Sew the front and back of the pillow cover together, leaving an opening to insert the pillow form. Box the corners by sewing short perpendicular seams at each corner. Insert the pillow form. Hand-stitch the opening closed.

RESOURCES >> PAGE 280

MORE ABOUT HALLOWEEN PROJECTS
WWW.BHG.COM/CELEBRATE





Winter won't go any easier on you if you buy a less expensive coat.





In bitter weather, this coat proves its worth. After wearing it for three frigid months in Alaska, the Rockies and Maine's Baxter State Park, L.L.Bean field testers confirm this parka's ability to fight the cold. It's warm to -10°F, and not at all bulky or restrictive. You can spend less on a parka, but it'll cost you in the cold. In Men's and Women's colors.
Bean's Rugged Ridge Parka, from $129.

L.L.Bean

FREEPORT, MAINE
SINCE 1912

ean Inc

FREE CATALOG Call 1-800-483-2326 or shop online at www.llbean.com

advertisement

Lighting Tips & Techniques from LUTRON

Light dimmers make your home more functional, more beautiful, and more energy efficier



Photo from *Decorating 1-2-3*, comp[illegible] Des[illegible]

Try these tips from Lutron to add function, beauty, and energy efficiency to your home:

- Install a dimmer switch in 15 minutes or less—all you need is a screwdriver
- Use dimmer switches to control a single light, an entire room, or a whole house
- Decorate with color—choose from 15 hues in Lutron's Satin Colors collection of dimmer switches, phone and cable jacks, receptacles, fan-speed controls, and screwless wallplates
- Dim bright bathroom lights at 3 a.m. and family room lights when watching movies or TV
- Use dimmer switches in the kitchen to set lights for cooking, dining, and clean up
- Make light bulbs last 20 times longer by dimming your lights 50 percent



in the bathroom



Contrast
in the kitch



in the dining room



in the bedroom

FOR MORE INFORMATION
VISIT OUR WEB SITE AT **www.lutron.com/bhgav**
OR CALL **1-877-2LUTRON EXT. 628**

LUTRON
Innovations in Lighting Control

UTRON DIMMERS SAVE ENERGY.

IM YOUR LIGHTS TO SAVE ON YOUR ELECTRIC BILL AND MAKE YOUR BULBS LAST YEARS LONGER.



ron light dimmers pay for themselves in energy savings and make light bulbs last years longer. Use them in every room to create a special mood or ambiance. All Lutron dimmers are solid-state and save energy. For example, a 100 watt bulb dimmed to 60 watts results in an about a 40% energy savings.

STALL A LUTRON DIMMER IN 15 MINUTES TODAY AND SEE THE DIFFERENCE TONIGHT.

ron dimmers are available at lighting showrooms, home improvement centers or from your electrical professional. For more information call 1-877-2LUTRON, Ext. 625 or visit www. lutron.com/bhg5

ON DIMMERS
E ENERGY

LUTRON®
Innovations in Lighting Control

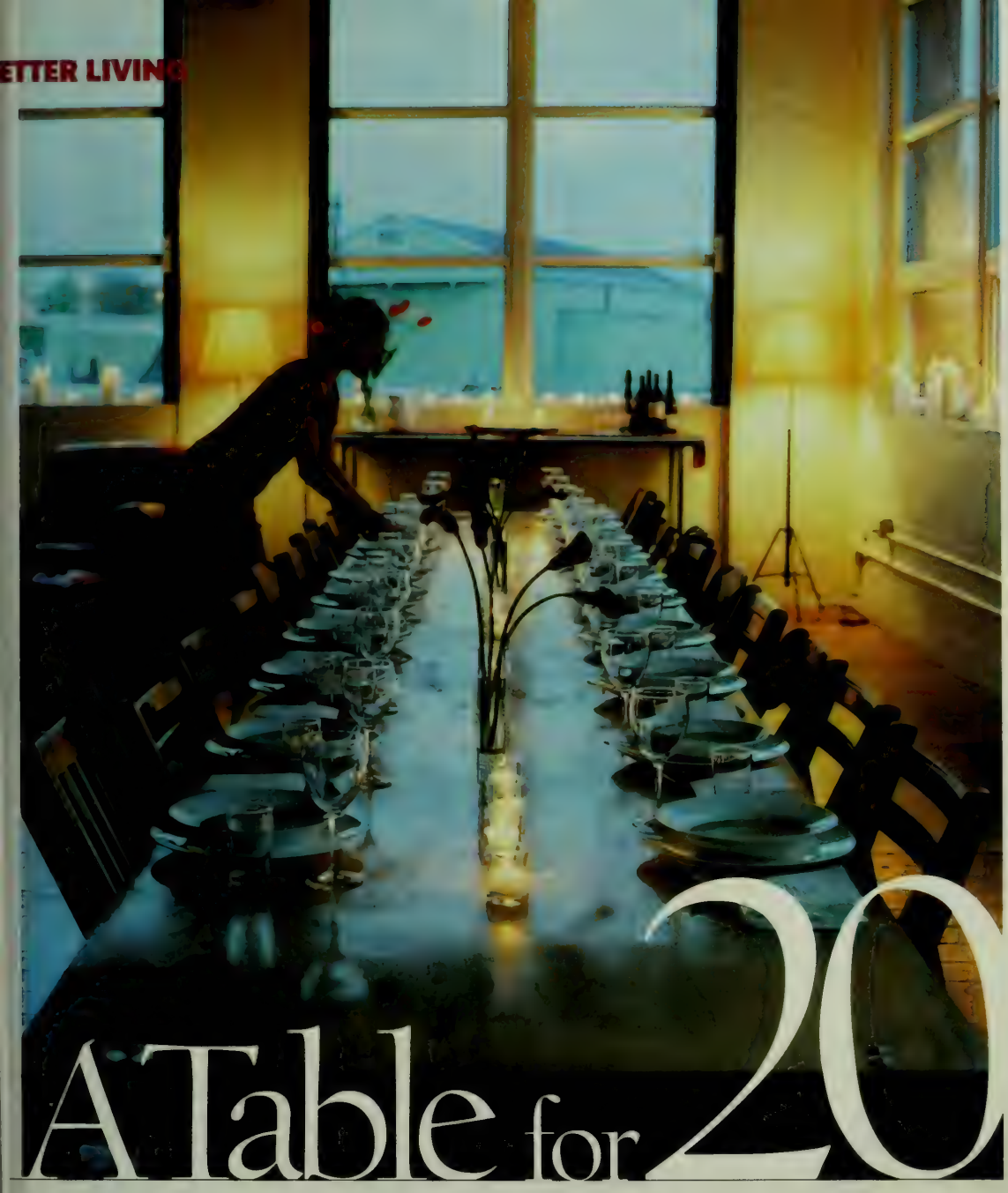
DIMMER SHOWN IS
SKYLARK® MODEL S-600-WH



Run, walk or cheer from the sidelines. Your participation in a Susan G. Komen Breast Cancer Founda
Race for the Cure® event gives hope to millions of families. Ford Division and its dealers are proud to par
with the Komen Foundation's relentless campaign to defeat breast cancer, and have dedicated over $50 mi
for breast cancer awareness. We've come a long way, but there are more races to run and more
lives to save. The men and women of Ford invite you to get involved in a Komen Race for the Cure
event. For more information and Race dates, please visit fordvehicles.com/fordforce.



Ford **no boundaries**



A Table for 20

IN OREGON, A YOUNG COUPLE IS REINVENTING THE EVENING SUPPER FOR A WEEKLY GATHERING OF FRIENDS AND STRANGERS. SO, HAVE A SEAT, PASS THE MAIN DISH, AND PREPARE TO BECOME PART OF THE FAMILY.

BY **SHARON OVERTON** PHOTOGRAPHS BY **COLLEEN DUFFLEY**





BETTER LIVING >> from 37

Growing up, there was no real sitting down to dinner," says 26-year-old Michael Hebb, echoing the childhood memories of many latchkey kids. "Dinner more often meant a bowl of cereal in front of my Nintendo."

Naomi Pomeroy, 27, had the opposite experience. "My family ate together every single night," she says. Even after her parents divorced, and she was busy with after-school sports, her mom waited up so they could share a meal and their day.

How ironic then that food brought these two together. And how fitting that they've made it their mission to give others a taste of what she loved and he lacked.

Naomi and Michael already were running a successful catering business when they got the idea for the family suppers. Both had spent time in the kitchens of some of Portland's finer restaurants. But they found that the meals they enjoyed most were simple ones with family and friends.

So last year they started inviting 20 people to their home for dinner twice a month. Guests sit on mismatched wooden folding chairs at a long table made of hollow-core doors. They pass heaping platters of the couple's simple but sophisticated food. Their baby daughter, August, crawls from lap to lap. The wine flows, the conversation sparkles, and strangers become family over the course of an evening.

In the early days, the price of admission was a chair or a plate, a bottle of wine, and maybe a few bucks to cover food expenses. To keep the gathering fresh, each guest was required to bring one newcomer. Word spread, and soon people were stopping Michael and Naomi on the street to ask how they could get invited.

Alicia Rose was one of the first to come. She's been coming back ever since. "It's like a blind date. You show up with 18 people you don't know and by the end of the evening, you know 12 of them," says the professional musician. "It's like this element of chaos, but it's also really warm and really beautiful." >> on 40

The communal table encourages a "spirit of sharing," say Naomi and Michael (*above* with daughter August). "There's a thoughtfulness that only occurs with strangers," he says.

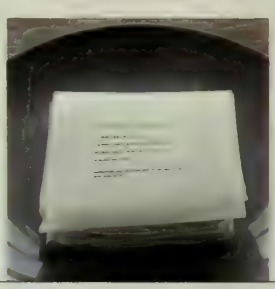












BETTER LIVING >> from 38

The dinners have become so popular that Naomi and Michael recently moved the gatherings to their catering kitchen in a restored riverfront warehouse, where they also operate a coffee shop. Instead of twice a month, they serve supper three times a week for 30 to 45 people. Instead of a dish or a chair, the price is $20.

But the vibe is still relaxed and lively. Guests arrive carrying bottles of wine, shed their coats, and immediately pour each other a glass. Once Michael has gotten everyone to sit down, he welcomes them and gives a little spiel about the food.

The menus are a modern take on comfort classics. In Michael and Naomi's hands, pork chops and applesauce become mustard-glazed pork loin with white wine sauce, served with thick slices of Granny Smith apples sautéed with chanterelle mushrooms. Cauliflower gets pureed into a silky soup scented with truffle oil. >> on 42

Family suppers start in the market: A bumper crop of chanterelles inspired tonight's apple and mushroom side dish (*above*). Naomi makes noodles for another dinner (*top left*).

MENU

WARM CAULIFLOWER SOUP WITH WHITE TRUFFLE OIL

▪

SMOKED BACON-WRAPPED FENNEL

▪

SAUTEED APPLES AND CHANTERELLES

▪

STEAMED RED CHARD

▪

MUSTARD-GLAZED PORK ROAST

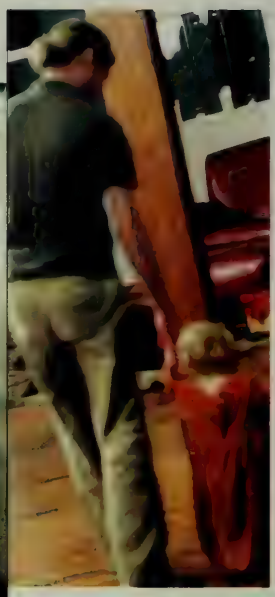
▪

BUTTERMILK PANNA COTTA

FERRERO ROCHER
FREE
Get caught up in this great free offer!
Manufacturer's Store Coupon Expires 12/31/02
Free 3-piece pack of Rocher®
RETAILER: One coupon per purchase of product indicated. Void where prohibited, taxed or restricted by law. Consumer to pay sales tax. Cash value 1/100¢. FERRERO U.S.A., INC. reimburses you for the face value plus handling if submitted in compliance with FERRERO's Coupon Redemption Policy. For free copy and/or coupon redemption send to: FERRERO U.S.A., INC., CMS Dept. #09800, One Fawcett Dr., Del Rio, TX 78840. © Ferrero
20649
5 09800 31301 8 (8100) 0 20649
FERRERO ROCHER®
www.RocherUSA.com









For dessert, buttermilk panna cotta sprinkled with citrus wedges and toasted pine nuts is a far cry from mom's tapioca.

No one must be reminded to clean his or her plate. And when dinner is done, someone always helps with the dishes.

It's that feeling of pitching in and being part of something that makes the family suppers more memorable than a restaurant meal. There is no wait staff; Michael and Naomi bring the food to the table. And just like when you were a kid, you don't get a say about what you eat. (Though vegetarians are gladly accommodated. This is Portland, after all.)

For Naomi, who learned to cook at her Southern grandmother's knee, feeding people means more than nourishing bodies. It's about nurturing souls. At a family supper, she says, "I hope they feel taken care of in a really different way. Not waited on—but supported."

The dinners "seem to get people talking about what they would do if they could do anything," she says. "The conversation that comes up so often is, are you doing what you want to be doing with your life? We're not shy about encouraging people to look at that."

In fact, she and Michael set a good example. He left a budding architecture career to pursue his passion for food. She traveled half the world before finding her true calling in a Portland kitchen.

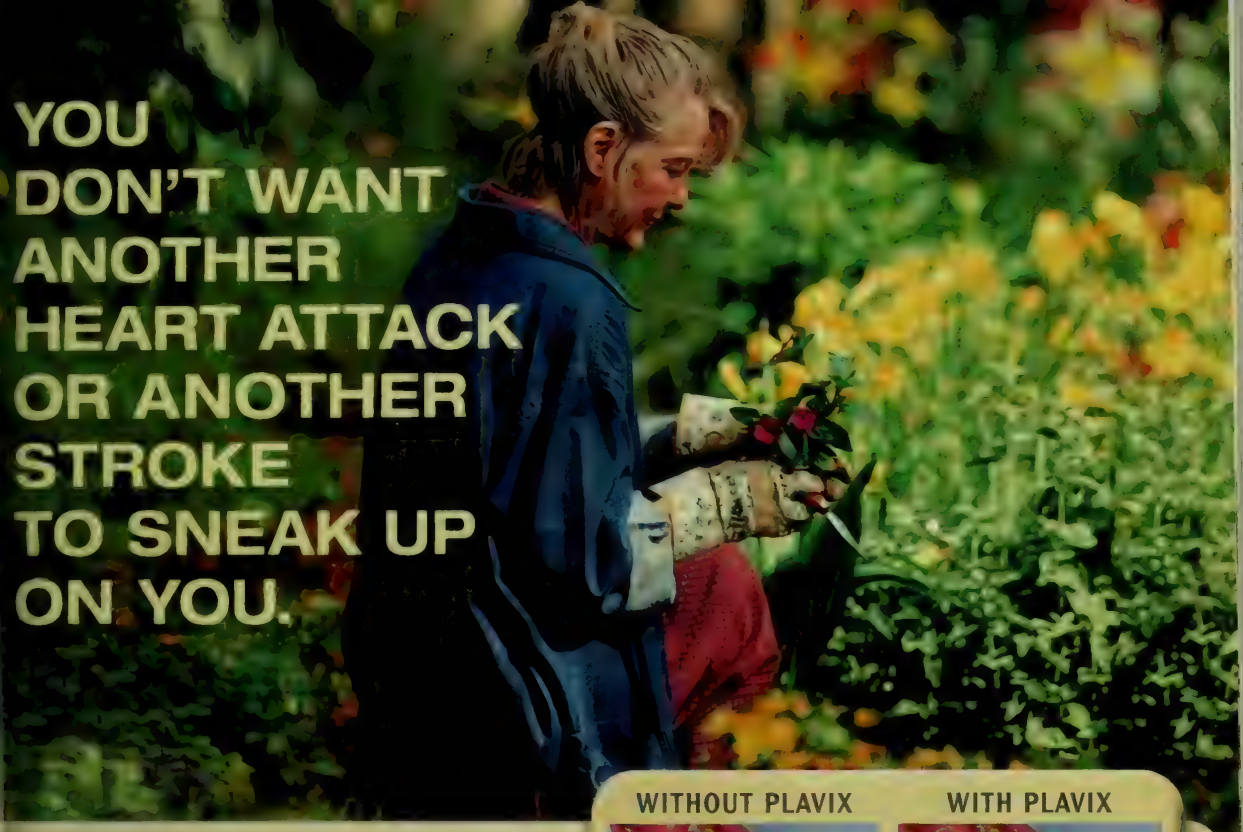
The food seems to be working its magic tonight. Old friends are reacquainted, new ones made, and future plans plotted. Mandy Groom Givler was the pastry chef at one of Portland's hottest restaurants when Naomi and Michael invited her to dinner. Now she works with them, making desserts for the family suppers as well as the catering business and coffee shop.

Sharing a meal in this way helps people reconnect with something they've lost, or maybe never had. Mandy says, "It provides a sense of warmth and community that the world needs more of now."

The casual approach is apparent even in the flowers; a few calla lilies in a simple vase serve as the centerpiece (*above left*). Pastry chef Mandy Groom Givler and her husband, Michael, enjoy a moment with new friends at a family supper (*above center*). August enjoys taking a stroll with her dad and a turn at the table (*above*).

FOOD STYLING BY PROJKE
FOR RECIPES >> PAGE 226

MORE ABOUT FESTIVE DINING
WWW.BHG.COM/BHGDINEINSTYLE



ıVIX® HELPS KEEP BLOOD PLATELETS ɔM STICKING TOGETHER AND FORMING ɔTS, WHICH HELPS PROTECT YOU FROM ɔTHER HEART ATTACK OR STROKE.

u've had a heart attack or stroke, the last thing you ɪ is another one sneaking up on you. PLAVIX may . PLAVIX is a prescription medication for people who : had a recent heart attack or recent stroke, or who poor circulation in the legs, causing pain.

VIX OFFERS PROTECTION.

/IX is proven to help keep blood platelets from ing together and forming clots, which helps keep blood flowing. This can help protect you from ıer heart attack or stroke.

VIX IS A SMALL PILL YOU TAKE ONCE A DAY.

ɪ have a medical condition that is causing bleeding, as a stomach ulcer, you should not use PLAVIX.



Side effects include itching, rash, diarrhea and bruising. Additional rare, but serious, side effects could occur.

TALK TO YOUR DOCTOR ABOUT PLAVIX.

For more information, visit www.plavix.com or call **1-888-763-9633.**

ONCE-A-DAY

Plavix®

(clopidogrel bisulfate) 75mg tablets

PROVEN TO HELP PROTECT FROM ANOTHER HEART ATTACK OR STROKE

Please see important product information on the following page.

Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership

sanofi-synthelabo

Bristol-Myers Squibb Company

PLAVIX®
clopidogrel bisulfate tablets

BRIEF SUMMARY — Please see package insert for full prescribing information.
INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.
CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.
WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In world-wide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.
PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.
Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.
Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.
Drug/Laboratory Test Interactions: None known.
Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).
Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.
Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.
Pediatric Use: Safety and effectiveness in the pediatric population have not been established.
ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.
Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

Adverse events occurring in ≥2.5% of patients on PLAVIX in the CAPRIE controlled clinical t shown below regardless of relationship to PLAVIX. The median duration of therapy was 20 m with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX Patients

	% Incidence (% Discontinuation)	
Body System **Event**	**PLAVIX [n=9599]**	**Aspirin [n=9586]**
Body as a Whole - general disorders		
Chest Pain	8.3 (0.2)	8.3 (0.3)
Accidental Injury	7.9 (0.1)	7.3 (0.1)
Influenza-like symptoms	7.5 (<0.1)	7.0 (<0.1)
Pain	6.4 (0.1)	6.3 (0.1)
Fatigue	3.3 (0.1)	3.4 (0.1)
Cardiovascular disorders, general		
Edema	4.1 (<0.1)	4.5 (<0.1)
Hypertension	4.3 (<0.1)	5.1 (<0.1)
Central & peripheral nervous system disorders		
Headache	7.6 (0.3)	7.2 (0.2)
Dizziness	6.2 (0.2)	6.7 (0.3)
Gastrointestinal system disorders		
Abdominal pain	5.6 (0.7)	7.1 (1.0)
Dyspepsia	5.2 (0.6)	6.1 (0.7)
Diarrhea	4.5 (0.4)	3.4 (0.3)
Nausea	3.4 (0.5)	3.8 (0.4)
Metabolic & nutritional disorders		
Hypercholesterolemia	4.0 (0)	4.4 (<0.1)
Musculo-skeletal system disorders		
Arthralgia	6.3 (0.1)	6.2 (0.1)
Back Pain	5.8 (0.1)	5.3 (<0.1)
Platelet, bleeding, & clotting disorders		
Purpura	5.3 (0.3)	3.7 (0.1)
Epistaxis	2.9 (0.2)	2.5 (0.1)
Psychiatric disorders		
Depression	3.6 (0.1)	3.9 (0.2)
Respiratory system disorders		
Upper resp tract infection	8.7 (<0.1)	8.3 (<0.1)
Dyspnea	4.5 (0.1)	4.7 (0.1)
Rhinitis	4.2 (0.1)	4.2 (<0.1)
Bronchitis	3.7 (0.1)	3.7 (0)
Coughing	3.1 (<0.1)	2.7 (<0.1)
Skin & appendage disorders		
Rash	4.2 (0.5)	3.5 (0.2)
Pruritus	3.3 (0.3)	1.6 (0.1)
Urinary system disorders		
Urinary tract infection	3.1 (0)	3.5 (0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parenthes

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients r PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below regar relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole - disorders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and peripheral system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastroi system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation atri *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disorder* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorders:* Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets dec *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory disorders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration, *system disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serious events which may be of clinical interest but were rarely reported (< 1%) in patients who r PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidence events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis is *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gast perforated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system di* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* hema hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhage ative wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocytope *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorders,* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorders:* eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloen system disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils de
Postmarketing Experience: The following events have been reported spontaneously from w postmarketing experience: fever, very rare cases of hypersensitivity reactions including angioeder chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TTP) reported as part of the world-wide postmarketing experience, see **WARNINGS**
OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) was in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg dose o (equivalent to 14 standard 75-mg tablets). There were no associated adverse events. No therapy was instituted, and she recovered without sequelae. No adverse events were repor single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PLAVIX i volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to that observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose of clo at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to baboons. Sy of acute toxicity were vomiting (in baboons), prostration, difficult breathing, and gastro hemorrhage in all species.
Recommendations About Specific Treatment: Based on biological plausibility, platelet sion may be appropriate to reverse the pharmacological effects of PLAVIX if quick re required
DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once dail without food.

Distributed by:
Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership
New York, NY 10016

sanofi~synthelabo Bristol-Myers Squibb Com

PLAVIX® is a registered trademark of Sanofi-Synthelabo

Revised March 2001 1081251B1 11/

69-2011 00H

LAURA ASHLEY
HOME



Fabric Library

VOLUMES OF BEAUTIFUL CHOICES

le exclusively through Kravet. For information on where to find The Laura Ashley Fabric Library call 1.888.457.2838 www.kravet.com

He spent months in bed recuperating. Now I'd like to surprise him with a new bedroom that matches his new outlook.

Jen Kardian

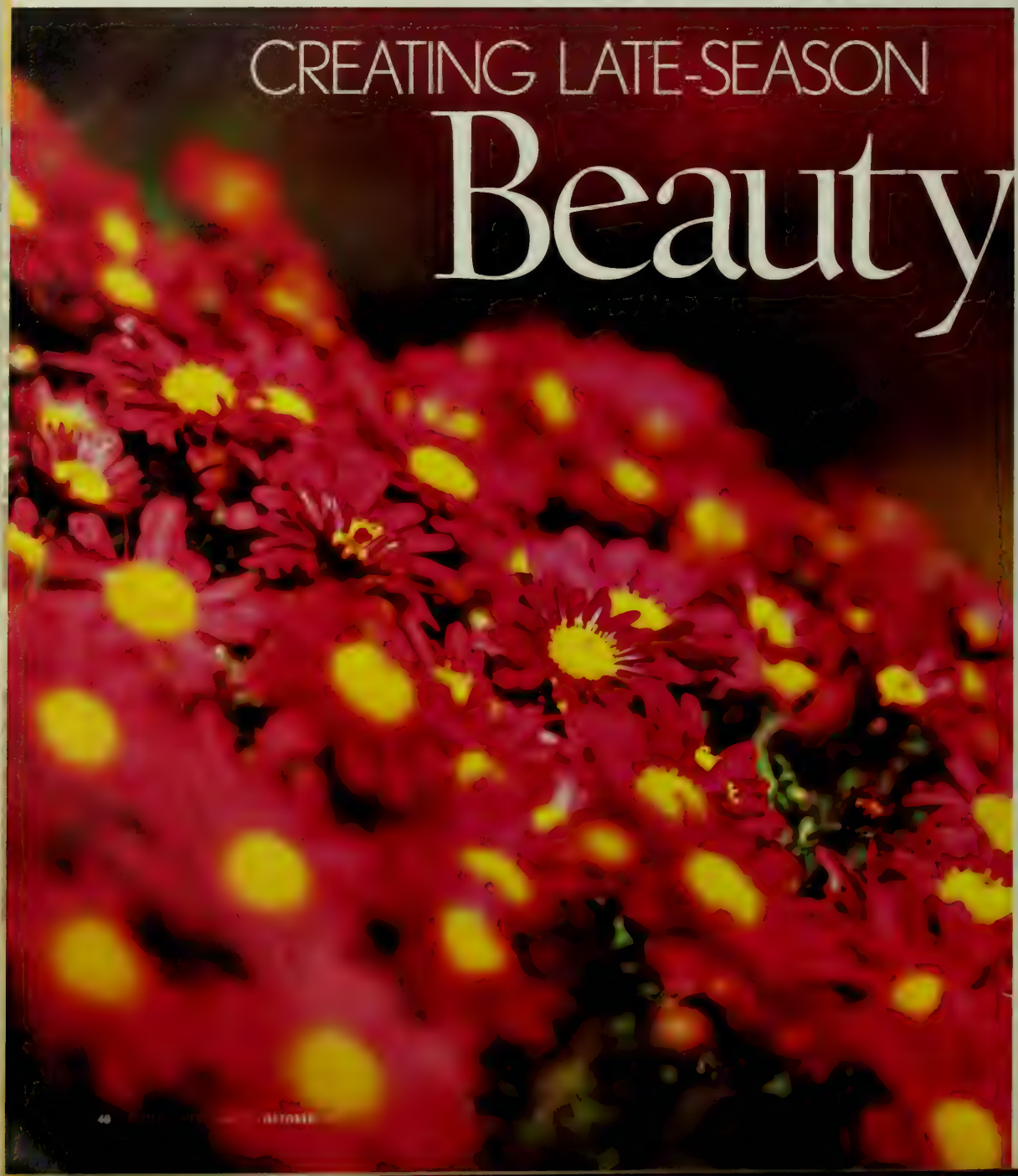



Discovery
CHANNEL
Surprise
BY DESIGN
WEEKDAYS 10AM & 1PM
Our new daytime series rewards unsuspecting people with
surprise renovations from loved ones. We're not just
changing rooms, we're changing lives.

WITH PROPER PLANT SELECTION, YOUR GARDEN WILL OFFER STRIKING COLOR THROUGH THE LAST DAYS OF FALL.

BY **CRAIG SUMMERS BLACK** PHOTOGRAPHS BY **GREG SCHEIDEMANN**

CREATING LATE-SEASON Beauty

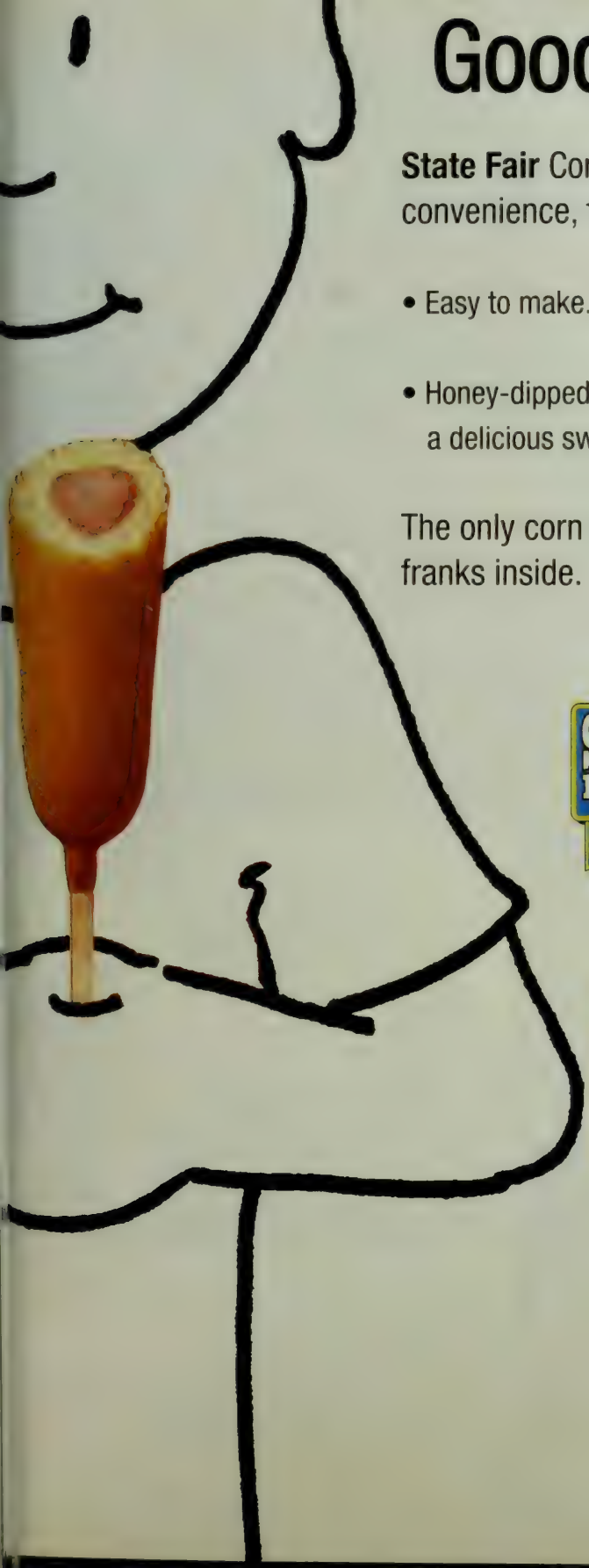


Good Corn Dog!

State Fair Corn Dogs...You will love the convenience, the kids will love the great taste.

- Easy to make. Just pop them in the microwave.
- Honey-dipped in corn bread batter to deliver a delicious sweet taste.

The only corn dogs with juicy **Ball Park** franks inside.





In your grocer's freezer.

www.ballparkfranks.com

© 2002 Sara Lee Corporation.





BH&G® TEST GARDEN >> from 48

Your garden—like ours—can weather autumn's nightly nip in the air and can even breeze through those first fleeting frosts. "We've chosen plants that peak in autumn and scattered them throughout the garden, so it does put on a good fall show," says Sandra Gerdes, manager of the *BH&G* Test Garden in Des Moines, Iowa. "You can see fall interest in every bed." Chrysanthemums and zinnias are staples of the fall garden, but add goldenrod, eupatorium, ageratum, asters, and ornamental grasses, and the drama surges anew as the days get shorter and cooler. "This is when those tall grasses start to shine," Sandra says. "You get the fall breezes and the seed heads sway. You really start to notice." >> on 52

Goldenrod, asters, and zinnias play foil to striped Zebra grass (*above*). Asters and goldenrod envelop a garden bench (*left*).

Max Factor's Infinity Trio.

For truly long-lasting color, it's all the proof you need.



Smudge proof.

lashFinity

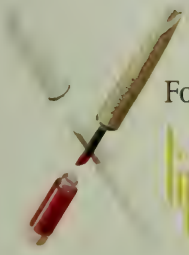
semi-permanent mascara with PermaWear.™



Budge proof.

FaceFinity

long-wear foundation with PermaWear.™



Food proof.

lipFinity long-lasting lipstick with PermaTone.

"Max Factor's Finity make-up is simply amazing. Lasts through just about anything and keeps you looking sensational all day long."

Louise Constad Louise Constad, award-winning make-up artist.

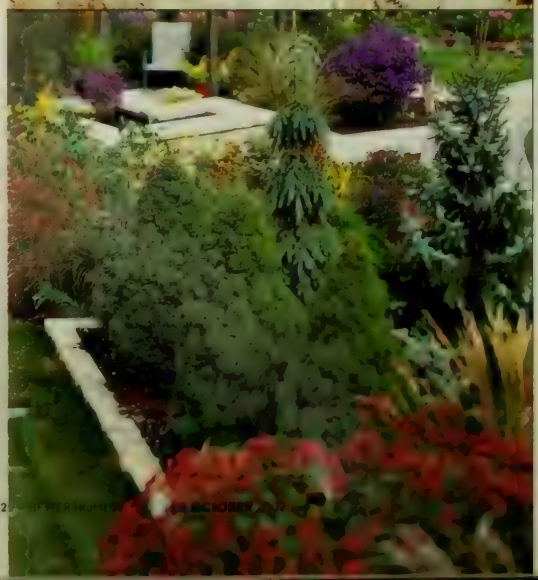
MAXFACTOR®
the make-up of make-up artists

©2002 Max Factor and Co., STAR under license with Hollywood Chamber of Commerce by Global Icons, LLC. All rights reserved.

www.maxfactor.com







Tall, rosy pompons of Gateway eupatorium (also called Joe-Pye weed) and orderly, erect Karl Foerster grass make a powerful duo as they start stretching out late in the season. The variegated annual *Euphorbia marginata* looks all the more intriguing as it gets long and lanky.

Sandra also recommends some of her favorite varieties of fall's power performers: purple Hella Lacy and pink Alma Potschke asters; Fleece of Gold goldenrod; variegated Zebra miscanthus ornamental grass; and the shorter Profusion series zinnias. "Those zinnias respond well to watering," Sandra says. She notes another reason to water. "A green lawn really makes everything else look better."

Postscript: These photos were taken the last week of October last year. The very next night, a hard freeze put the Test Garden to bed for the winter.

RESOURCES >> PAGE 280

The *BH&G* Test Garden shrugs off the creeping frosts of fall (*above*). Profusion White and Orange zinnias still look perky late in the season (*left, center*). Always-colorful conifers nestle amid Joe-Pye weed and grasses (*left, bottom*).

A room screaming for personality.

Faux plaster texture like the

expert in the orange apron showed me.



Potential is a wonderful thing.

aster technique in *Fox Hollow*. Hallway in *Khaki Shadow*. Back wall in *Light Lichen*. Ceiling in *Caprice*. Trim in *Dry Fern*

A Family's House GROWS UP



A CHICAGO COUPLE WHO WANTED TO UPDATE THE SPLIT-LEVEL THEY HAD LIVED IN FOR 40 YEARS TURNED TO AN ARCHITECT WHO KNEW THE HOUSE INSIDE AND OUT: THEIR DAUGHTER.

BY **SHAWN GILLIAM** PHOTOGRAPHS BY **PETER WALTERS** PRODUCED BY **HILARY ROSE**



Dorothy Hamill

VIOXX®
(rofecoxib)

Ask your doctor or other healthcare professional.

Available only by prescription.

For more information on VIOXX from Merck, call 1-888-VIOXX-11.
vioxx.com

VIOXX is a registered trademark of Merck & Co., Inc.

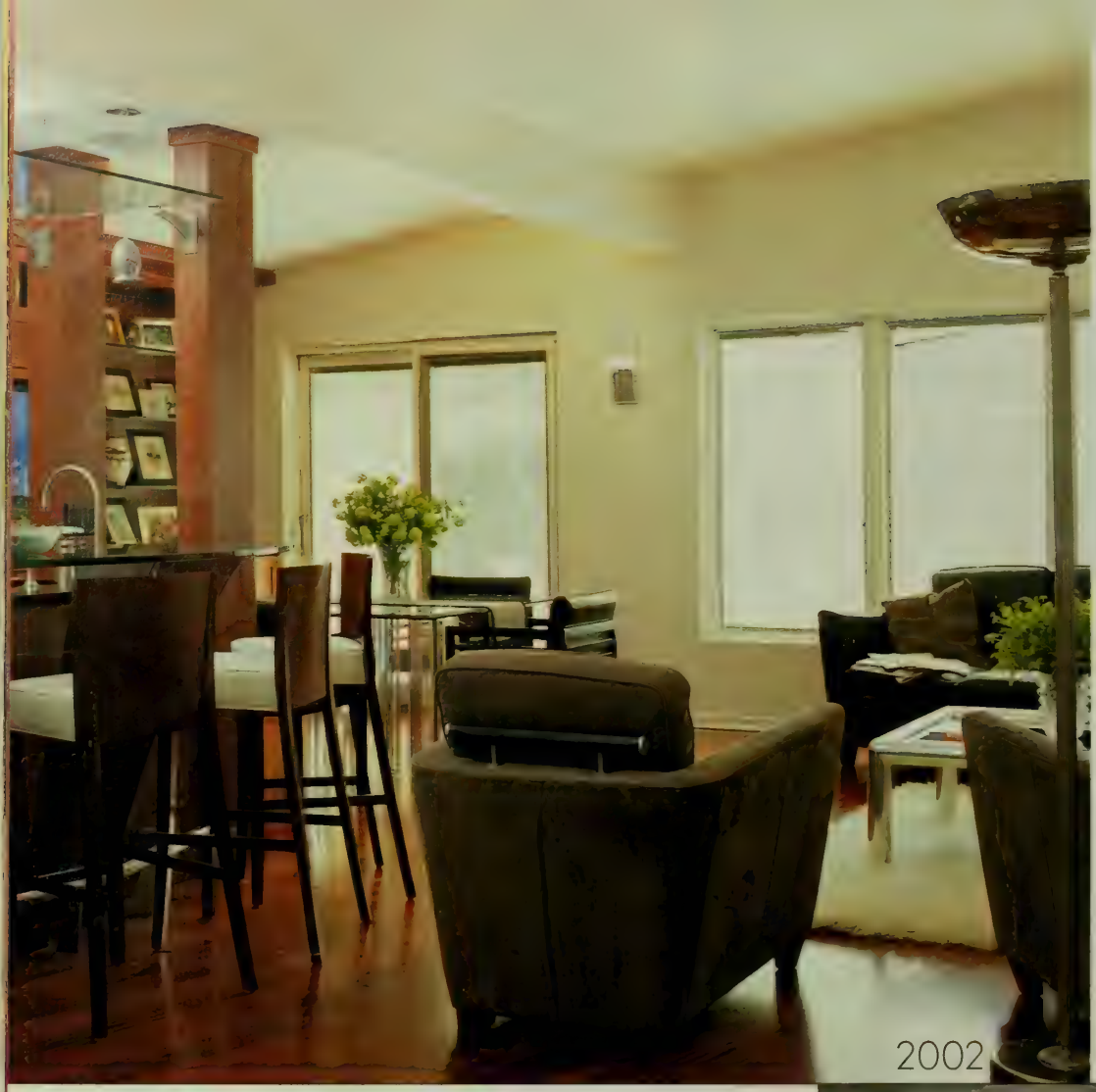
MERCK

© 2002 Merck & Co., Inc. All rights reserved. 20204727(1)-VIO-CON

>> from 54

Forty years of pancake breakfasts, birthday parties, and late-night chats gave Elaine and Peter Gutheim a seasoned perspective about how they actually used their home. "Having a living room was a waste," Elaine says. "Nobody ever used it to read a book or anything. We lived in our kitchen."

With help from two architects—daughter Jean Kaiser and her husband, Jay—Elaine and Peter combined their 8×15-foot galley kitchen with the adjacent living and dining rooms to create one family-friendly space. "Normally it takes a while to get to know your clients and their lifestyle," Jean says. "But here I almost knew too much information. I knew where they played cards, where they did their paperwork, and what was best for their house." >> on 58





A structural beam shows where the wall between the kitchen and living room was removed (*above*). The two columns to the right of the island provide structural support where the perpendicular wall came down. The home's old configuration (*right*) was featured in *Better Homes and Gardens*® magazine in the 1970s.



The sloppy flopper



The furry spotter



The snacking stainer

Introducing the 10-minute Makeover.



Your nearest and dearest can ruin your furniture in no time. And there are two things you can do about it. Replace it. Or recover it. At a fraction of the cost with ready-made machine washable Sure Fit Slipcovers. Available in a wide variety of fashionable upholstery fabrics to fit just about every type of furniture. Sure Fit Slipcovers. It's time for a change.

CALL FOR YOUR FREE CATALOG

1-888-SURE FIT

Ask for Dept. M115

www.surefit.com

Shown: Thai Silk/Saffron

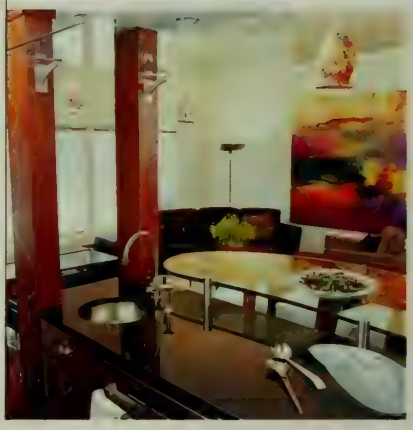
Sure Fit, Inc.
Inc.
dustrial Blvd.
n, PA 18106

SURE FIT SLIPCOVERS
BY MAIL

speedcook technology
roasts • grills over
oven-quality taste
cooks with light
customized prog
family-sized
oven interior
cooking tr
cooking guide
cooks up to 8 times faster • family-
lockout • award-win
advantium™
ous, oven-q
ltiple installa
ing guide with tips • c
converts to microwave
oisture • advantium™ • customize
Profile™
We bring good things to life





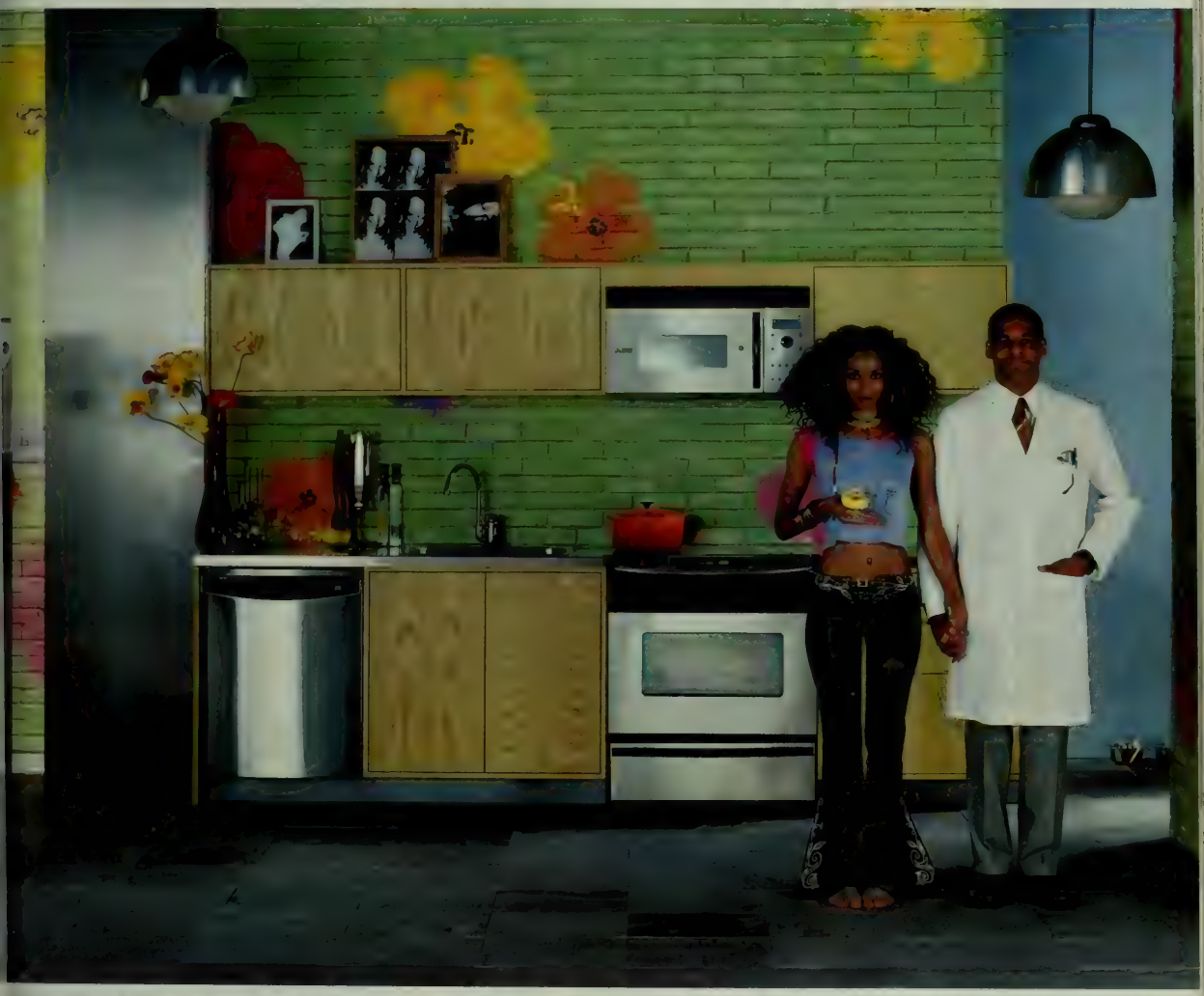


>> from 56

Combining the three spaces involved more than removing walls and raising the kitchen's flat ceiling. "Now that the kitchen is open to the living and dining rooms, we didn't want it to look or sound so much like a kitchen," Jean says. So she chose a wood-paneled refrigerator that blends in with the cherry cabinets and a dishwasher known for its quiet operation. Ovens are built into the kitchen side of the island so they can't be seen from the rest of the room. But the island itself, which Jay designed, serves as a focal point. It's topped with a kidney-shaped piece of 3/4-inch-thick glass and wrapped with a curved stainless-steel foot rail and a matching upper rail. >> on 60

Peter can make dinner while visiting with grandchildren Matthew and Eve (*top*), thanks to an island design (*above right*) that combines a sink and cooking appliances on one side with seating on the other. The seating side of the island features a cantilevered glass surface that's 4 inches higher than the rest of the countertop, shielding the cook's mess from the living room. The glass is supported by wooden legs inlaid with a strip of stainless steel (*above left*).

Art marries technology.



re partial to art, you'll find it here. From dramatic curves
ontoured surfaces to the sleek expanses of stainless
After all, when it comes to appliances, art does matter.

If you're partial to technology, you'll find it here. From sensor-controlled cleaning to true European convection cooking. After all, when it comes to appliances, technology does matter.

liances.com

Profile™

We bring good things to life.

BEFORE & AFTER >> from 58

The use of rich materials contributes much of the room's elegance. "We took the cherry cabinetry, which could be a very traditional material, and gave it clean lines and contemporary hardware," Jean says. "Then we tried to group all of the stainless appliances together—and to give the space a contemporary feeling, we did the stainless-steel inset in the island's cabinetry."

Typically one of the messier areas of a kitchen, the cleanup center was positioned to minimize its intrusion. The main sink (see *page 54*) was moved to the end of the kitchen, furthest from the dining room and near the dishwasher and dishware cabinets. A smaller sink at the island, which is close to the refrigerator and cooking appliances, serves food-preparation needs. >> on 63





The cherry/stainless-steel scheme incorporates frosted-glass cabinet fronts (*above*) for what Jean calls a "transitional" look that isn't style-specific or trendy. A glass cooktop and stainless-steel hood took the place of an old brown sink (*right, top*) that—combined with white cabinets, countertops, and floors—looked dated after 30 years of family dinners. The stainless-steel finish carries to the island's ovens and adjacent cabinets (*right, bottom*). Furthering the room's enduring—and durable—appeal are Brazilian cherry floors and black granite countertops and backsplashes.

son's soccer team
in basement

husband's buddies
in tv room



mother-in-law
in bathroom,
in bedroom,
in kitchen,
in closet,
in dining room,
in laundry room,
in linen closet,
in pantry,
in garage,
in other bathroom

Mr. Clean

cleans your whole house and everything that's in it.



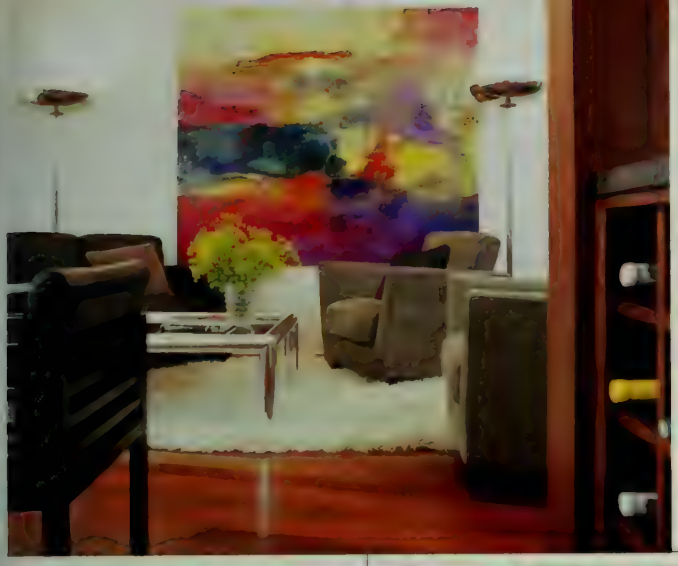
Dear Diary —

Slept on the couch last night — so I wouldn't mess up the bed.

Be captivated by Artistique luxur[illegible] coloring coordinates inspired by art

WAMSUTTA Indulge Your[illegible]

www.wamsutta.com







BEFORE & AFTER >> from 60

Although the Gutheims exchanged a tight three-room arrangement for a single open space, they didn't want to give up a cozy conversation area across from the kitchen island. Casual furniture pieces replaced their old living room set, allowing cooks to easily entertain friends or visit with family members. "With three children and their spouses, plus eight grandchildren, we have these huge family gatherings," Elaine says. "With the open room it's much more comfortable. I don't need or want the separation I had before." The room's adaptability to different groups and functions is its strong suit. It accommodates Elaine and Peter just as comfortably as the entire family. "That's the flow, either two or sixteen," Jean says.

For years, Jean prodded her parents to open up the kitchen and replace the adjacent living room with a conversation area (*top*). In this space, Elaine and Peter reminisce over old photos with Jean, husband Jay, and their son John (*above right*). Among the photos is one (*above left*) taken after the home's first redecorating project, showing (clockwise, from bottom left in photo) Elaine and her children, Karen, Jean, and Kurt. After the recent remodeling was complete, Elaine and Peter said it felt like they "just bought a penthouse in the greatest place downtown."

RESOURCES >> PAGE 280

MORE ABOUT KITCHENS WWW.BHG.COM/BHGKITCHEN



Be refreshed by the soft feel of Wamsutta sheets, available in beautifully coordinating colors.

W
WAMSUTTA Indulge Yourself

Available at Bed Bath & Beyond, Linens 'n Things

www.wamsutta.com



CELEBRATE

You don't have to climb Mt. Everest to get tied to the cause. You can join the fight against brea cancer by purchasing your own limited-edition 2002 Ford silk scarf designed by Kate Spad

In store at any Bloomingdale's department store nationwide; **on-line** at Bloomingdales.com; or **by phone** (800) 777-0000. Ford will donate all proceeds from each $25 scarf to the Susan G. Komen Breast Cance Foundation **(www.komen.org)** and The Breast Cancer Research Foundation **(www.bcrfcure.org)**. Plus, free cotton bandannas featuring the Kate Spade breast cancer awareness design will continue to be available at the Ford tent at Susan G. Komen Breast Cancer Foundation Race for the Cure® events across the country (while supplies last). For more information and race dates, visit **www.fordvehicles.com/fordforce.**

RAC
FOR
THE
CUR



member of Team No Boundaries, the
d-sponsored first all-women Expedition to
erest, Midge Cross knows a thing or two
bout challenges. Midge, 58, was diagnosed with breast
ancer five years ago. "To be out of treatment for that time and
not have a recurrence is very reassuring . . . and going to Everest—
taking on a huge challenge—seemed an appropriate way to
celebrate." Midge's younger sister is currently going through
treatment. "My own breast cancer involved a lumpectomy
and radiation. My sister's cancer is more complicated."
Midge says that awareness and knowledge help her
support her sister in more meaningful ways. "I can't
say, 'I know how you feel,' but I can say, 'Yes,
I've learned about that; let's talk about it.'"

Midge Cross is tied to the cause. She makes a statement, wearing the Kate Spade designed Ford bandanna as a symbol of solidarity in the fight against breast cancer.

COMFORT IN MOTION

SEDENTARY ARMCHAIRS, MOVE OVER. THIS FASHIONABLE FURNITURE DIPS, FLIPS, SWIVELS, AND SWINGS.

Furniture designs are on the move. While touring showrooms and testing our share of seats over the past 18 months, we've been introduced to new forms with bold designs and clever moving functions. We were charmed by an armchair that helps you host overnight guests, for example, and a settee that converts to a tête-à-tête. There's also good news in recliners: A new generation carries on with comfort while utilizing forward-thinking sensibilities—no more clunky levers and obvious footrests. Here's a sampling of movable options being served up now by furniture companies.



RED HOT More flexible than a circus contortionist, this Natuzzi chair, designed by Studio Bellini, becomes a chaise or a bed when you fold down its arms. Starts at $1,300. www.natuzzi.com.

BY **SARAH EGGE** PHOTOGRAPHS BY **WILLIAM HOPKINS**

GEVALIA®

KAFFE



You won't find our rich, aromatic coffees in just any store.
Rather, they'll find their way to you. Along with a remarkable FREE gift.

Receive a FREE Thermal Carafe Coffeemaker just for trying Gevalia.

roasts to flavors to special varietals, Gevalia starts
remium Arabica beans from the finest coffee
ns on earth. Then, to ensure superior freshness,
offees are triple-sealed in golden foil and delivered
ur door. You'll find Gevalia is always a pleasure.

HAT YOU CAN LOOK FORWARD TO:
T AND SATISFACTION GUARANTEED. st find Gevalia Kaffe entirely g or you may cancel your rship and keep the free gift. Kaffe reserves the right to te a gift of equal or greater hen limited supplies are d. If you are satisfied, do and a standard shipment half-pound packages (two total) of the type(s) you y selected will be shipped nately one month later. receive the same shipment ery six weeks unless we hear . You may change the y, quantities or types of your r cancel anytime by calling GEVALIA. Each year you receive a special holiday t. You will be notified in with details of this shipment easonal price.
NT BILLING. You will be billed ne of each shipment. Prices of coffees vary, ranging from $5.55-$7.25 per half-pound package of Gevalia Kaffe Regular ($6.25-$7.45 per package for Decaffeinated), plus shipping and handling. You may pay upon receipt of each shipment or, if using a credit card, subsequent shipments will be billed to your card. Coffee prices are subject to change.
NO MINIMUM. NO COMMITMENT. There is no minimum purchase. You may cancel and stop your shipments at any time by notifying us by mail or phone. If you must return a shipment, you may do so at our expense. Your satisfaction is guaranteed or you may return the item for a complete refund. Offer is subject to change and is open to residents of the U.S., the U.S. Virgin Islands and Puerto Rico, and is only valid for new members of the Gevalia Kaffe program. Limit one Gevalia Kaffe membership per household. Offer expires 12/31/03. GEVALIA is a registered trademark.



☐ **YES, I'd like to try two half-pounds of Gevalia Kaffe for just $14.95,** including shipping and handling, and receive a FREE Thermal Carafe Coffeemaker in the color of my choice. I understand that if I enjoy Gevalia, I will receive more automatically about every six weeks (or on a schedule I request), plus a special holiday shipment. I may cancel this arrangement at any time after receiving my Trial Shipment. The gift is mine to keep with no further obligation.

Complete and mail to: GEVALIA KAFFE, P.O. Box 5276, Clifton, NJ 07015-5276

CODE: 193961

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

☐ Please check here if you do not wish to receive special offers and news from Gevalia via e-mail.

Choose your two coffees:
☐ Traditional Roast (C)
☐ Hazelnut (Q)
☐ Colombia (F)
☐ Breakfast Blend (BB)
☐ French Vanilla (O)

Choose one of each:
☐ Regular (R) ☐ Decaf. (D)
☐ Whole bean (1) ☐ Ground (2)

Choose your coffeemaker color:
☐ Jet black (BL) ☐ Soft white (WH)

Charge my: ☐ MasterCard ☐ Visa ☐ American Express ☐ Discover

Card Number _____ Exp. Date: _____ Month/Year

Signature Required _____

☐ Enclosed is my check payable to **Gevalia Kaffe** for $14.95

CALL 1-800-GEVALIA (1-800-438-2542) TOLL FREE, 24 HOURS, 7 DAYS.
You can also order at **www.gevalia.com**



SECRET MISSION The alter ego of this straitlaced Mission armchair is a laid-back recliner. Push on the wood arms of Ethan Allen's Woodstock to make the footrest pop up. Starts at $929. 800/228-9229; www.ethanallen.com.

ZOOM ZOOM Tiptoeing on pointy cone-shape feet, the Zita chair from LaZBoy wins you over with its retro styling before you even sink into its leather-clad embrace. Starts at $539. 800/625-3246; www.lazboy.com.



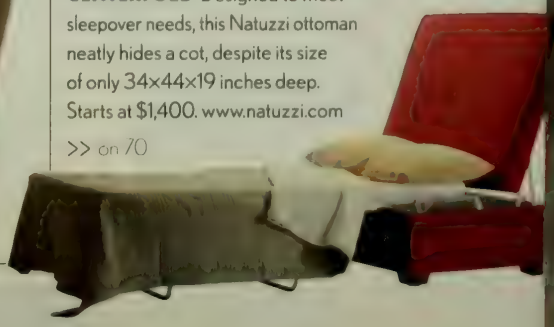






CENTERFOLD Designed to meet sleepover needs, this Natuzzi ottoman neatly hides a cot, despite its size of only 34×44×19 inches deep. Starts at $1,400. www.natuzzi.com

>> on 70

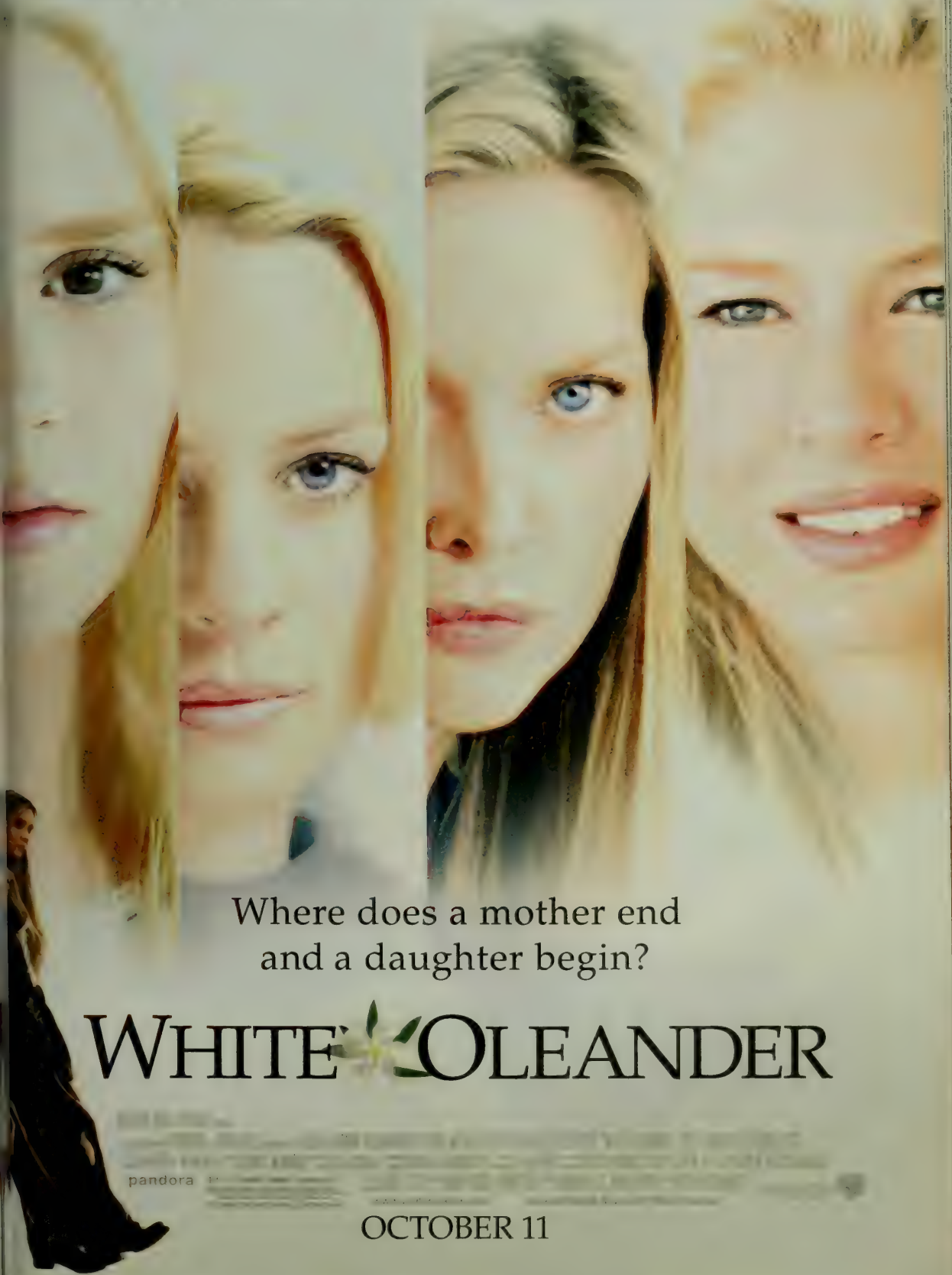


ALISON LOHMAN

ROBIN WRIGHT PENN

MICHELLE PFEIFFER

RENEE ZELLWEGER



Where does a mother end
and a daughter begin?

WHITE OLEANDER

pandora

OCTOBER 11



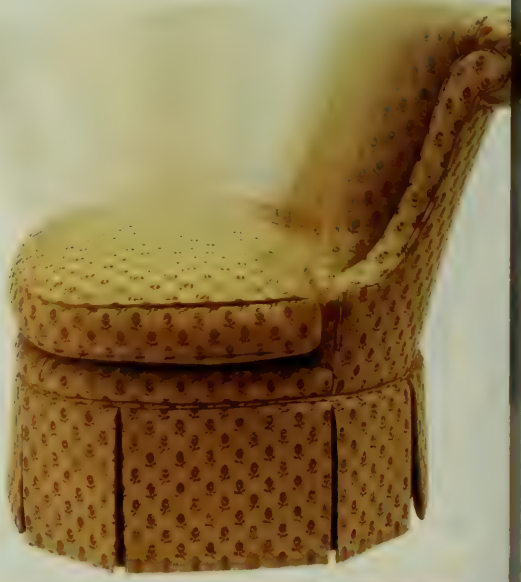


HEAD TURNER One moment it's a love seat, the next it's a modern tête-à-tête. This piece, an encourager of intimate conversation, was designed by Randy Culler for Thayer Coggin. As shown, $3,600. 336/841-6000.



EYE CANDY Bold stripes that stretch the length of LaZBoy's Fletcher recliner conspire with long wood legs to camouflage the footrest. Starts at $469. 800/625-3246; www.lazboy.com.

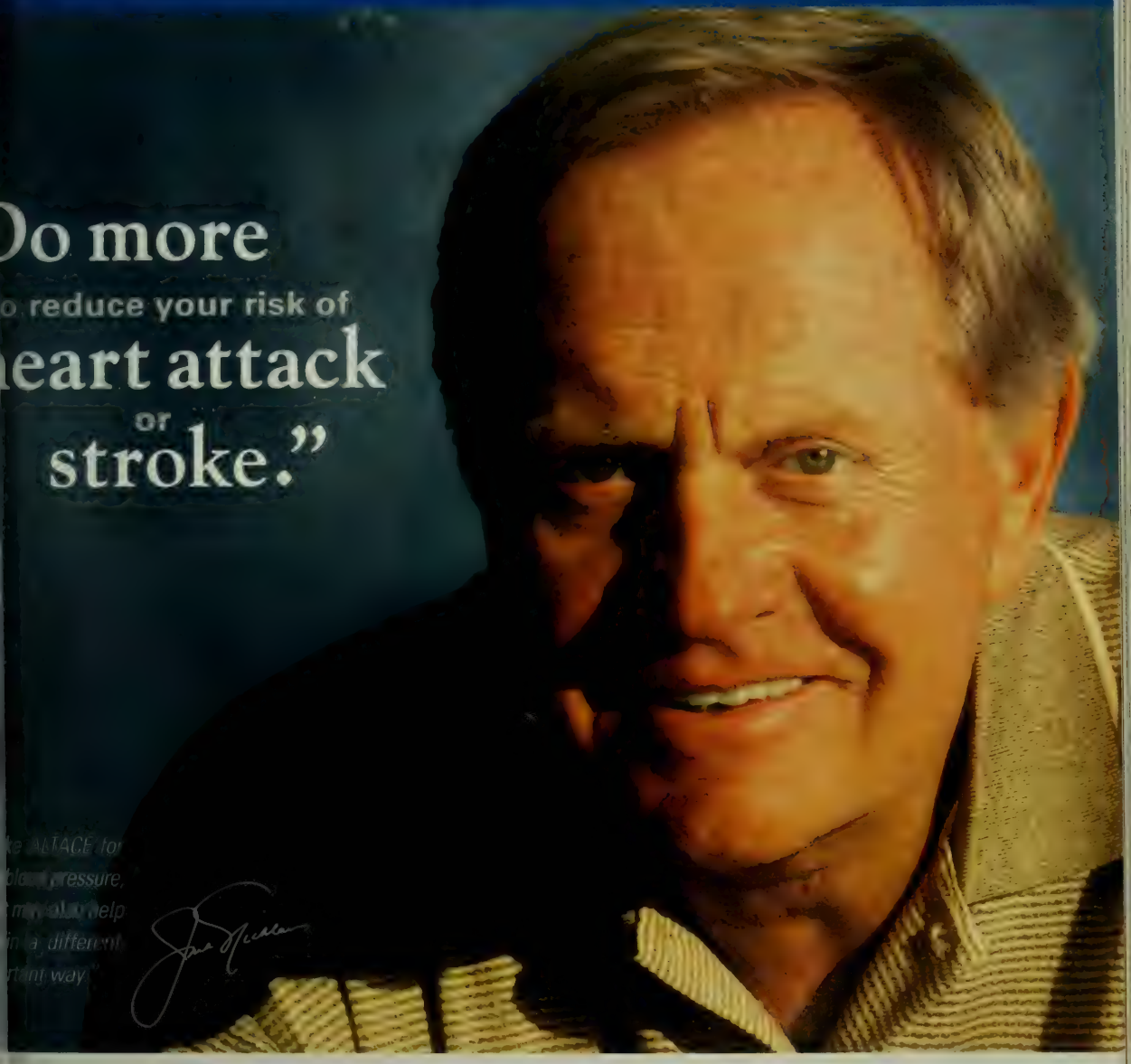




SIT 'N' SPIN This saucy little chair from Century Furniture sits atop a freewheeling swivel base. Put it anywhere that space is tight and flexibility is needed. Custom-made for $2,310. 800/852-5552; www.centuryfurniture.com.



OU'RE 55 OR OLDER AND HAVE HAD A HEART ATTACK OR STROKE, OR HAVE DIABETES PLUS
OTHER CARDIOVASCULAR RISK FACTOR, SUCH AS SMOKING OR HIGH BLOOD PRESSURE...



Adding ALTACE to existing medications further reduces the risk of heart attack, stroke or cardiovascular death.

ription ALTACE is not for everyone. ALTACE cause swelling of the mouth, tongue, or , which could cause extremely serious risk and es immediate medical care. Common side s include persistent dry cough, dizziness, and headedness due to low blood pressure.

Do not take ALTACE during pregnancy, as death or injury to your unborn child may result, or if you've experienced serious side effects related to previous ACE inhibitors. Your results may vary. See adjacent page for important product information.

ALTACE
ramipril capsules

You can do more

Ask your doctor if ALTACE is right for you.

www.altace.com 1-866-4-ALTACE

ALTACE® Capsules
(ramipril)

USE IN PREGNANCY

When used in pregnancy during the second and third trimesters, ACE inhibitors can cause injury and even death to the developing fetus. When pregnancy is detected, ALTACE® should be discontinued as soon as possible. See WARNINGS: Fetal/neonatal morbidity and mortality.

CONTRAINDICATIONS

ALTACE is contraindicated in patients who are hypersensitive to this product or any other angiotensin converting enzyme inhibitor (e.g., a patient who has experienced angioedema during therapy with any other ACE inhibitor).

WARNINGS

Anaphylactoid and Possibly Related Reactions: **Angioedema** Patients with a history of angioedema unrelated to ACE inhibitor therapy may be at increased risk of angioedema while receiving an ACE inhibitor. (See also **CONTRAINDICATIONS**.) Angioedema of the face, extremities, lips, tongue, glottis, and larynx has been reported in patients treated with angiotensin converting enzyme inhibitors. Angioedema associated with laryngeal edema can be fatal. If laryngeal stridor or angioedema of the face, tongue, or glottis occurs, treatment with ALTACE should be discontinued and appropriate therapy instituted immediately. **Where there is involvement of the tongue, glottis, or larynx, likely to cause airway obstruction, appropriate therapy, e.g., subcutaneous epinephrine solution 1:1,000 (0.3 ml to 0.5 ml) should be promptly administered. (See ADVERSE REACTIONS.)**

Anaphylactoid reactions during desensitization: Two patients undergoing desensitizing treatment with hymenoptera venom while receiving ACE inhibitors sustained life-threatening anaphylactoid reactions. In the same patients, these reactions were avoided when ACE inhibitors were temporarily withheld, but they reappeared upon inadvertent rechallenge.

Anaphylactoid reactions during membrane exposure: Anaphylactoid reactions have been reported in patients dialyzed with high-flux membranes and treated concomitantly with an ACE inhibitor. Anaphylactoid reactions have also been reported in patients undergoing low-density lipoprotein apheresis with dextran sulfate absorption.

Hypotension ALTACE can cause symptomatic hypotension, after either the initial dose or a later dose when the dosage has been increased. Like other ACE inhibitors, ramipril has been only rarely associated with hypotension in uncomplicated hypertensive patients. Symptomatic hypotension is most likely to occur in patients who have been volume- and/or salt-depleted as a result of prolonged diuretic therapy, dietary salt restriction, dialysis, diarrhea, or vomiting. Volume and/or salt depletion should be corrected before initiating therapy with ALTACE. In patients with congestive heart failure, with or without associated renal insufficiency, ACE inhibitor therapy may cause excessive hypotension, which may be associated with oliguria or azotemia and, rarely, with acute renal failure and death. In such patients, ALTACE therapy should be started under close medical supervision, they should be followed closely for the first 2 weeks of treatment and whenever the dose of ramipril or diuretic is increased. If hypotension occurs, the patient should be placed in a supine position and, if necessary, treated with intravenous infusion of physiological saline. ALTACE treatment usually can be continued following restoration of blood pressure and volume.

Hepatic Failure Rarely, ACE inhibitors have been associated with a syndrome that starts with cholestatic jaundice and progresses to fulminant hepatic necrosis and (sometimes) death. The mechanism of this syndrome is not understood. Patients receiving ACE inhibitors who develop jaundice or marked elevations of hepatic enzymes should discontinue the ACE inhibitor and receive appropriate medical follow-up.

Neutropenia/ Agranulocytosis As with other ACE inhibitors, rarely, a mild - in isolated cases severe – reduction in the red blood cell count and hemoglobin content, white blood cell or platelet count may develop. In isolated cases, agranulocytosis, pancytopenia, and bone marrow depression may occur. Hematological reactions to ACE inhibitors are more likely to occur in patients with collagen-vascular disease (e.g., systemic lupus erythematosus, scleroderma) and renal impairment. Monitoring of white blood cell counts should be considered in patients with collagen-vascular disease, especially if the disease is associated with impaired renal function.

Fetal/Neonatal Morbidity and Mortality ACE inhibitors can cause fetal and neonatal morbidity and death when administered to pregnant women. Several dozen cases have been reported in the world literature. When pregnancy is detected, ACE inhibitors should be discontinued as soon as possible. The use of ACE inhibitors during the second and third trimesters of pregnancy has been associated with fetal and neonatal injury, including hypotension, neonatal skull hypoplasia, anuria, reversible or irreversible renal failure, and death. Oligohydramnios has also been reported, presumably resulting from decreased fetal renal function; oligohydramnios in this setting has been associated with fetal limb contractures, craniofacial deformation, and hypoplastic lung development. Prematurity, intrauterine growth retardation, and patent ductus arteriosus have also been reported, although it is not clear whether these occurrences were due to the ACE inhibitor exposure. These adverse effects do not appear to have resulted from intrauterine ACE inhibitor exposure that has been limited to the first trimester. Mothers whose embryos and fetuses are exposed to ACE inhibitors only during the first trimester should be so informed. Nonetheless, when patients become pregnant, physicians should make every effort to discontinue the use of ALTACE as soon as possible. Rarely (probably less often than once in every thousand pregnancies), no alternative to ACE inhibitors will be found. In these rare cases, the mothers should be apprised of the potential hazards to their fetuses, and serial ultrasound examinations should be performed to assess the intraamniotic environment. If oligohydramnios is observed, ALTACE should be discontinued unless it is considered life-saving for the mother. Contraction stress testing (CST), a non-stress test (NST) or biophysical profiling (BPP) may be appropriate, depending upon the week of pregnancy. Patients and physicians should be aware, however, that oligohydramnios may not appear until after the fetus has sustained irreversible injury. Infants with histories of *in utero* exposure to ACE inhibitors should be closely observed for hypotension, oliguria, and hyperkalemia. If oliguria occurs, attention should be directed toward support of blood pressure and renal perfusion. Exchange transfusion or dialysis may be required as means of reversing hypotension and/or substituting for disordered renal function. ALTACE, which crosses the placenta, can be removed from the neonatal circulation by these means, but limited experience has not shown that such removal is central to the treatment of these infants. No teratogenic effects of ALTACE were seen in studies of pregnant rats, rabbits, and cynomolgus monkeys. On a body surface area basis, the doses used were up to approximately 400 times (in rats and monkeys) and 2 times (in rabbits) the recommended human dose.

PRECAUTIONS

Impaired Renal Function: As a consequence of inhibiting the renin-angiotensin-aldosterone system, changes in renal function may be anticipated in susceptible individuals. In patients with severe congestive heart failure whose renal function may depend on the activity of the renin-angiotensin-aldosterone system, treatment with angiotensin converting enzyme inhibitors, and (rarely) with acute renal failure and/or death. In hypertensive patients with unilateral or bilateral renal artery stenosis, increases in blood urea nitrogen and serum creatinine may occur. Experience with another angiotensin converting enzyme inhibitor suggests that these increases are usually reversible upon discontinuation of ALTACE and/or diuretic therapy. In such patients renal function should be monitored during the first few weeks of therapy. Some hypertensive patients with no apparent pre-existing renal vascular disease have developed increases in blood urea nitrogen and serum creatinine, usually minor and transient, especially when ALTACE has been given concomitantly with a diuretic. This is more likely to occur in patients with pre-existing renal impairment. Dosage reduction of ALTACE and/or discontinuation of the diuretic may be required. **Evaluation of the hypertensive patient should always include assessment of renal function.** (See **DOSAGE AND ADMINISTRATION**.)

Hyperkalemia: In clinical trials, hyperkalemia (serum potassium greater than 5.7 mEq/L) occurred in approximately 1% of hypertensive patients receiving ALTACE (ramipril). In most cases, these were isolated values, which resolved despite continued therapy. None of these patients was discontinued from the trials because of hyperkalemia. Risk factors for the development of hyperkalemia include renal insufficiency, diabetes mellitus, and the concomitant use of potassium-sparing diuretics, potassium supplements, and/or potassium-containing salt substitutes, which should be used cautiously, if at all, with ALTACE. (See **DRUG INTERACTIONS**.)

Cough: Presumably due to the inhibition of the degradation of endogenous bradykinin, persistent nonproductive cough has been reported with all ACE inhibitors, always resolving after discontinuation of therapy. ACE inhibitor-induced cough should be considered in the differential diagnosis of cough.

Impaired Liver Function: Since ramipril is primarily metabolized by hepatic esterases to its active moiety, ramiprilat, patients with impaired liver function could develop markedly elevated plasma levels of ramipril. No formal pharmacokinetic studies have been carried out in hypertensive patients with impaired liver function. However, since the renin-angiotensin system may be activated in patients with severe liver cirrhosis and/or ascites, particular caution should be exercised in treating these patients.

Surgery/Anesthesia: In patients undergoing surgery or during anesthesia with agents that produce hypotension, ramipril may block angiotensin II formation that would otherwise occur secondary to compensatory renin release. Hypotension that occurs as a result of this mechanism can be corrected by volume expansion.

Information for Patients Pregnancy: Female patients of childbearing age should be told about the consequences of second- and third-trimester exposure to ACE inhibitors, and they should also be told that these consequences do not appear to have resulted from intrauterine ACE inhibitor exposure that has been limited to the first trimester. These patients should be asked to report pregnancies to their physicians as soon as possible.

Angioedema: Angioedema, including laryngeal edema, can occur with treatment with ACE inhibitors, especially following the first dose. Patients should be so advised and told to report immediately any signs or symptoms suggesting angioedema (swelling of face, eyes, lips, or tongue, or difficulty in breathing) and to take no more drug until they have consulted with the prescribing physician.

Symptomatic Hypotension: Patients should be cautioned that lightheadedness can occur, especially during the first days of therapy, and it should be reported. Patients should be told that if syncope occurs, ALTACE should be discontinued until the physician has been consulted. All patients should be cautioned that inadequate fluid intake or excessive perspiration, diarrhea, or vomiting can lead to an excessive fall in blood pressure, with the same consequences of lightheadedness and possible syncope.

Hyperkalemia: Patients should be told not to use salt substitutes containing potassium without consulting their physician.

Neutropenia: Patients should be told to promptly report any indication of infection (e.g., sore throat, fever), which could be a sign of neutropenia.

Drug Interactions With nonsteroidal anti-inflammatory agents: Rarely, concomitant treatment with ACE inhibitors and nonsteroidal anti-inflammatory agents have been associated with worsening of renal failure and an increase in serum potassium.

With diuretics: Patients on diuretics, especially those in whom diuretic therapy was recently instituted, may occasionally experience an excessive reduction of blood pressure after initiation of therapy with ALTACE. The possibility of hypotensive effects with ALTACE can be minimized by either discontinuing the diuretic or increasing the salt intake prior to initiation of treatment with ALTACE. If this is not possible, the starting dose should be reduced. (See **DOSAGE AND ADMINISTRATION**.)

With potassium supplements and potassium-sparing diuretics: ALTACE can attenuate potassium loss caused by thiazide diuretics. Potassium-sparing diuretics (spironolactone, amiloride, triamterene, and others) or potassium supplements can increase the risk of hyperkalemia. Therefore, if concomitant use of such agents is indicated, they should be given with caution, and the patient's serum potassium should be monitored frequently.

With lithium: Increased serum lithium levels and symptoms of lithium toxicity have been reported in patients receiving ACE inhibitors during therapy with lithium. These drugs should be coadministered with caution, and frequent monitoring of serum lithium levels is recommended. If a diuretic is also used, the risk of lithium toxicity may be increased.

Other Neither ALTACE nor its metabolites have been found to interact with food, digoxin, antacid, furosemide, cimetidine, indomethacin, and simvastatin. The combination of ALTACE and propranolol showed no adverse effects on dynamic parameters (blood pressure and heart rate). The co-administration of ALTACE and warfarin did not adversely affect the anticoagulant effects of the latter drug. Additionally, co-administration of ALTACE with phenprocoumon did not affect minimum phenprocoumon levels or interfere with the subjects' state of anti-coagulation.

Carcinogenesis, Mutagenesis, Impairment of Fertility No evidence of a tumorigenic effect was found when ramipril was given by gavage to rats for up to 24 months at doses of up to 500 mg/kg/day or to mice for up to 18 months at doses of up to 1000 mg/kg/day. (For either species, these doses are about 200 times the maximum recommended human dose when compared on the basis of body surface area.) No mutagenic activity was detected in the Ames test in bacteria, the micronucleus test in mice, unscheduled DNA synthesis in a human cell line, or a forward gene mutation assay in a Chinese hamster ovary cell line. Several metabolites and degradation products of ramipril were also negative in the Ames test. A study in rats with dosages as great as 500 mg/kg/day did not produce adverse effects on fertility.

Pregnancy *Pregnancy Categories C (first trimester) and D (second and third trimesters)* **See WARNINGS: Fetal/Neonatal Morbidity and Mortality.**

Nursing Mothers Ingestion of single 10-mg oral dose of ALTACE resulted in undetectable amounts of ramipril and its metabolites in breast milk. However, because multiple doses may produce low milk concentrations that are not predictable from single doses, women receiving ALTACE should not breast-feed.

Geriatric Use Of the total number of patients who received ramipril in US clinical studies of ALTACE, 11.0% were 65 and over while 0.2% were 75 and over. No overall differences in effectiveness or safety were observed between these patients and younger patients, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out.

Pediatric Use Safety and effectiveness in pediatric patients have not been established.

ADVERSE REACTIONS

Hypertension ALTACE has been evaluated for safety in over 4,000 patients with hypertension, of these, 1,230 patients were studied in US controlled trials, and treated for at least one year. The overall incidence of reported adverse... similar in ALTACE and placebo patients. The most frequent clinical... (possibly or probably related to study drug) reported by patients receiv... in US placebo-controlled trials were headache (5.4%), "dizziness"... fatigue or asthenia (2.0%), but only the last was more common in ALTA... than in patients given placebo. Generally, the side effects were mild a... and there was no relation to total dosage within the range of 1.2... Discontinuation of therapy because of a side effect was required in ap... 3% of US patients treated with ALTACE. The most common ... discontinuation were cough (1.0%), "dizziness" (0.5%), and impotenc... observed side effects considered possibly or probably related to stu... occurred in US placebo-controlled trials in more than 1% of patients ... ALTACE, only asthenia (fatigue) was more common on ALTACE th... (2% vs. 1%). In placebo-controlled trials, there was also an excess of ... ratory infection and flu syndrome in the ramipril group, not attributed ... to ramipril. As these studies were carried out before the relationship ... ACE inhibitors was recognized, some of these events may ... ramipril-induced cough. In a later 1-year study, increased cough ... almost 12% of ramipril patients, with about 4% of patients discontinu... of treatment.

Heart Failure Post Myocardial Infarction Adverse ... (except laboratory abnormalities) considered possibly/probably relat... drug that occurred in more than one percent of patients and more fr... ramipril are listed below. The incidences representing experiences fr... study (1004 ramipril patients, 982 placebo patients, follow-up time 6 to... include hypotension (ramipril 11%, placebo 5%), increased cough (... placebo 4%), dizziness (ramipril 4%, placebo 3%), angina pectoris (... placebo 2%), nausea (ramipril 2%, placebo 1%), postural hypotension, ... placebo 1%), syncope (ramipril 2%, placebo 1%), vomiting (ramipril ... 0.5%), vertigo (ramipril 2%, placebo 0.7%), abnormal kidney function ... placebo 0.5%) and diarrhea (ramipril 1%, placebo 0.4%). Safety data ... trial (4645 patients on ramipril and 4652 patients on placebo) were ... reasons for discontinuation or temporary interruption of ... Discontinuation at any time occurred in 34% of patients on ramipril ... patients on placebo. Permanent discontinuation occurred in 29% of ... ramipril and 28% of patients on placebo. Reasons for stopping incl... (ramipril 7%, placebo 2%), hypotension or dizziness (ramipril 1.9%, pla... and angioedema (ramipril 0.3%, placebo 0.1%). The incidence of cough ... to that seen in the AIRE trial. The rate of angioedema was the same as ... clinical trials (see **WARNINGS**). Other adverse experiences ... controlled clinical trials (in less than 1% of ramipril patients), or rarer ... in postmarketing experience, include the following (in some, a causal ... to drug use is uncertain), events not likely to be drug related and minor ... been omitted.

Body As a Whole: Anaphylactoid reactio... (**WARNINGS**.) **Cardiovascular:** Symptomatic hypotension (reported ... patients in US trials) (See **WARNINGS** and **PRECAUTIONS**), syncope, ... palpitations. **Hematologic:** Pancytopenia, hemolytic anemia and throm... **Renal:** Some hypertensive patients with no apparent pre-existing re... have developed minor, usually transient, increases in blood urea ... serum creatinine when taking ALTACE, particularly when ALTACE ... concomitantly with a diuretic. (See **WARNINGS**.) **Angioneurot...** Angioneurotic edema has been reported in 0.3% of patients in US c... (See **WARNINGS**.) **Gastrointestinal:** Pancreatitis, abdo... (sometimes with enzyme changes suggesting pancreatitis), anorexia, ... diarrhea, dry mouth, dyspepsia, dysphagia, gastroenteritis, hepatiti... salivation and taste disturbance. **Dermatologic:** Apparent hyp... reactions (manifested by urticaria, pruritus, or rash, with or without feve... multiforme, pemphigus, photosensitivity, purpura, pemphigoid, Steva... syndrome, toxic epidermal necrolysis, and onycholysis. **Neuro... Psychiatric:** Anxiety, amnesia, convulsions, depression, hearing los... nervousness, neuralgia, neuropathy, paresthesia, somnolence, tinn... vertigo, and vision disturbances. **Miscellaneous:** As with other AC... a symptom complex has been reported which may include a positi... elevated erythrocyte sedimentation rate, arthralgia/arthritis, my... vasculitis, eosinophilia, photosensitivity, rash and other d... manifestations. Additionally, as with other ACE inhibitors, ... pneumonitis has been reported.

Fetal/Neonatal Morbidity and M... **See WARNINGS: Fetal/Neonatal Morbidity and Mortal...** arthralgia, arthritis, dyspnea, edema, epistaxis, impotence, increase... malaise, myalgia, and weight gain. **Clinical Laboratory Test... Creatinine and Blood Urea Nitrogen:** Increases in creat... occurred in 1.2% of patients receiving ALTACE alone, and in 1.5% ... receiving ALTACE and a diuretic. Increases in blood urea nitrogen leve... in 0.5% of patients receiving ALTACE alone and in 3% of patients recei... with a diuretic. None of these increases required discontinuation ... Increases in these laboratory values are more likely to occur in patien... insufficiency or those pretreated with a diuretic and, based on exp... other ACE inhibitors, would be expected to be especially likely in p... renal artery stenosis. (See **WARNINGS** and **PRECAUTIONS**.) ... decreases aldosterone secretion, elevation of serum potassium ... Potassium supplements and potassium-sparing diuretics should be ... caution, and the patient's serum potassium should be monitored frec... **WARNINGS** and **PRECAUTIONS**.) **Hemoglobin and He...** Decreases in hemoglobin or hematocrit (a low value and a decrease ... 5% respectively) were rare, occurring in 0.4% of patients receiving A... and in 1.5% of patients receiving ALTACE plus a diuretic. No ... discontinued treatment because of decreases in hemoglobin or hemat... **(causal relationships unknown):** Clinically important changes ... laboratory tests were rarely associated with ALTACE administration ... liver enzymes, serum bilirubin, uric acid, and blood glucose have been ... have cases of hyponatremia and scattered incidents of leukopenia, ... and proteinuria. In US trials less than 0.2% of patients discontinued ... laboratory abnormalities, all of these were cases of proteinuria ... liver function tests.

OVERDOSAGE

Single oral doses in rats and mice of 10-11 g/kg resulted in signific... In dogs, oral doses as high as 1 g/kg induced only mild gas... distress. Limited data on human overdosage are available. The most p... manifestations would be symptoms attributable to hypotension, ... hypotensive effect of ramipril is achieved through vasodilation ... hypovolemia, it is reasonable to treat ramipril overdose by infusio... saline solution.

Rx only.

Prescribing Information as of July 2001

Distributed by: Monarch Pharmaceuticals, Inc., Bristol, TN 37620

Manufactured by: Aventis Pharmaceuticals Inc., Kansas City, MO 641...

934098

CI-6173-2

Issued Octob...

ALTACE is available in 1.25-, 2.5-, 5-, and 10-mg capsules.

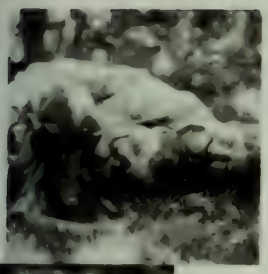


Monarch Pharmaceuticals

Wyeth®

© 2002 Monarch Pharmaceuticals, Inc.

May 2002 1...



sunday morning. No work, all play.

Make the best day of the week even better with Bisquick® pancakes. They're quick to make, less than *15 minutes.* And they'll have you dreaming about Sunday, starting on Monday.



Bisquick ultimate melt-in-your-mouth pancakes.

2 C Bisquick
1 C milk
1 T sugar
2 T lemon juice
2 t baking powder
2 eggs

Stir all ingredients until blended. Cook on hot griddle until edges are dry. Turn; cook until golden.





Betty Crocker®

...what a great *idea.*™

ok for other Bisquick recipes at www.bettycrocker.com

Home front

WHAT'S HAPPENING FOR HOMES



ON TREND

ASIA MAJOR

With its organic shapes and rich palette, Asian design captivates us more than ever. Whether large statement pieces such as furniture (*left*) or smaller accessories (*below*), Asian-style design enhances any decor. And now, it's easier than ever to embrace this decorating trend with the many coast-to-coast shops and their Web sites. Check out Wren in San Antonio, Texas (where we took these photos), www.wrengoods.com; Cargo in Portland, Oregon, 503/209-8346; and Vium in New York City, www.vium.co.kr.





BRING THE LOOK HOME

Embrace a well-traveled look with intriguing appointments throughout your home—including a few Asian pieces—no matter what other leanings your decor may have. Inspired by the bamboo shelves at Wren, we created an interpretation (*left*) using a $1,350 Scandinavian-style unit from Design Within Reach, www.dwr.com. When displaying objects, remember to consider balance, proportion, texture, and color. Among our accessories are Korean items from Vium, including a three-piece lacquered nesting jewelry box with mother-of-pearl inlay.

Introducing a tiny credit card in a protective case.

Neat trick, huh?



troducing **Discover 2GO.**℠ Flip it out of its protective case to use it. Comes with a money clip, a key ain and the same account number as your regular Discover® Card. And every time you use it, you get a ashback Bonus® award. Along with a lot of envious stares and questions. **Discover 2GO.**℠ To get your rd please call 1-800-DISCOVER or visit Discovercard.com

It pays to DISCOVER

Up to 1% based on annual level & type of purchases for Discover Platinum, Classic & Private Issue Cardmembers who participate in the Cashback Bonus program, redeemable in $20 increments. Restrictions apply, see terms for details. © 2002 Discover Bank Member FDIC. www.discovercard.com



IN PERSON

THE DIVA OF DISH

A dish isn't just a dish to Seattle designer Rosanna Bowles. It's a 40th birthday party, an anniversary dinner, or a girls' night out.

Printed with scenes from Italian postcards, French fashion, or retro cocktail recipes, Rosanna's dishes are best-sellers at such retailers as Williams-Sonoma, Crate and Barrel, and Target. But it isn't just trend savvy that makes Rosanna so successful. She also has an intuitive understanding of the way people want to live.



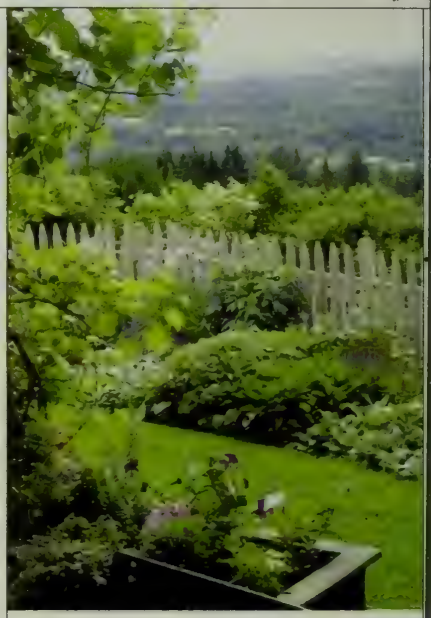
Rosanna plays out her vision in the eponymous shop she opened last spring in what was formerly a Seattle gas station. The shop features her ceramics, glassware, and flatware, alongside antique bistro chairs, vintage hand towels, and campfire songbooks. Tucked into the homey displays are notes that say "Read to your children" or "Dine with your family." It's advice Rosanna takes to heart.

"As a woman, switching gears all the time is difficult," Rosanna says. "But I wouldn't have it any other way."

Rosanna, 6855-35th Ave. NE, Seattle, WA 98115; 206/264-7882; www.rosannainc.com

—SHARON OVERTON





CHECK INN

PASTORAL ESCAPE

Unpack once and let your kids enjoy a variety of supervised activities on a family vacation at The Wildflower Inn resort in Lyndonville, Vermont, just 3 hours north of Boston. On these 570-acre grounds, summer hiking and biking trails give way to cross-country skiing and snowshoeing when the snow falls. This former dairy farm also is a popular site for weddings. Call 800/627-8310, or check it out at www.wildflowerinn.com.



This is the kitchen your dream kitchen dreams about.



Gleaming cooktops floating on granite islands. Ovens hovering three feet above the ground. What's most amazing is that it's all real. Kenmore Elite built-in appliances let you create the kitchen you . Cooktops with sealed gas burners. Radiant cooktops with warming zones. And self-cleaning single or double vens with convection cooking. Whether you dream in black and white, or bisque and stainless steel, you'll be ing of Kenmore Elite. Learn more at kenmore.com or 1.800.310.9795.

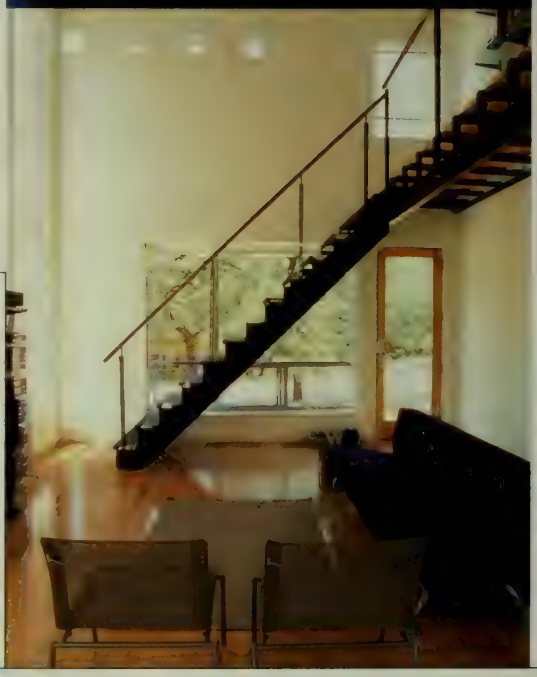
SEARS
Where else?™

ARCHITECTURE

PRE-FABULOUS

Manufactured houses have rarely been known for making architectural statements. But Mike Young and Gala LaBry hired architect Richard Wintersole to design their new "kit" home, which was constructed for $120,000, including all finish materials. Mike got the idea for the home, which is featured in the book *Prefab* by Allison Arieff and Bryan Burkhart (2002), after supervising a warehouse building project. Wintersole came up with the 950-square-foot, loft-style design; then Classic Steel Frame Homes manufactured the framing and shell at its Houston, Texas, plant. The frame, joists, studs, fasteners, roofing, and siding were then trucked to the couple's lot near Fort Worth. "It was a kit of parts," Wintersole says. "The pieces came together like a big set of Tinkertoys." —SHAWN GILLIAM





MANUFACTURED HOMES FULFILL THE NEED TO PROVIDE SHELTER, BUT IN THE PAST SOMEONE FELL ASLEEP AT THE WHEEL WHEN IT CAME TO GOOD DESIGN. **RICHARD WINTERSOLE, AIA**





IN STORE

C.S. POST

If you find yourself motoring along Interstate 70 in central Kansas, stop off at C.S. Post in the small city of Hays. This 21st-century version of a general store, owned by Chuck and Shirley Comeau (*far left*), integrates the "new and wonderful with the rediscovered and unique." There's an emporium of fine goods to choose from, but we found the most surprising merchandise to be what you can order: designer-look upholstery such as the Augusta club chair, $2,040 (*left*). Chairs, sofas, and settees—in a selection of custom fabrics—are available online at www.cspost.com.


This sauce is made with cooked meat.
Weight of meat before cooking is 1/2 LB.*
*Cooking the meat reduced its weight.
Quality Guaranteed
RAGÚ
Rich & Meaty
Meat Sauce
seasoned beef
THIS SAUCE IS MADE WITH COOKED MEAT.
WEIGHT OF MEAT BEFORE COOKING IS 1/2 LB MEAT.*
For some reason they insist on keeping it in the pasta sauce aisle.
RAGÚ
EAT LIFE UP!™
*COOKING THE MEAT REDUCED ITS WEIGHT

GARDENING

IN THE CAN

When not hard at work, a chorus line of watering cans sitting on a bench creates an engaging display, either indoors or out. Here's a jaunty selection of shapely ones, old and new. You'll find #1 ($39) and #5 ($49) at Smith & Hawkin, 800/776-3336; #3 ($24) came from Gardener's Eden, 800/822-9600; and #2 and #4 are fine old-timers with many years yet to come tending pansies and petunias.





SHOPPING LIST

COVERED UP

Aficionados of pajama designer Karen Neuburger's philosophy that "life should be comfortable" can take their sleeping and lounging to new heights with her K•N bedding and home fragrance products. Snuggled among the covers of her latest creation—rose-strewn Coronation (250-thread-count cotton queen sheet sets are $110)—Karen (*below*) is wearing her matching pajamas. K•N products are available at department and specialty stores, or go to www.sleepwear.com.



Don't let seasonal allergy symptoms wear you down

GET REAL RELIEF WITH ALLEGRA — AND THE ALLEGRA EXTRAS PROGRAM

If seasonal allergy symptoms make it hard to enjoy being outdoors, ask your doctor about Allegra. And be sure to join the Allegra Extras Program.

FREE

multi-purpose cushion



Sign up now and get this high-quality cushion to use around the yard or at your favorite sporting event. It's available only when you mail the reply card or call **1-800-269-1262.** As an Allegra Extras member you'll also receive:

- A FREE Welcome Kit with tips to help you manage your seasonal allergy symptoms, and complete facts on the Allegra Extras program.
- A valuable newsletter with updates, tips, and information to help manage your seasonal allergies.

What's more, when your doctor prescribes Allegra, you may qualify for your choice of other offers and "extras" — including a rebate of up to $10 on your prescription.*

Taken once a day, Allegra 180 mg tablets relieve most seasonal allergy symptoms in people 12 and over. Side effects with Allegra 180 mg are low and may include headache, cold, or back pain.

ALLEGRA® extras

JOIN TODAY AND GET YOUR FREE MULTI-PURPOSE CUSHION!

IT'S AVAILABLE ONLY WHEN YOU MAIL THE REPLY CARD OR CALL

1-800-269-1262!

once-daily allegra® fexofenadine HCl 180 mg tablets

Real relief. For real living.

additional special offers visit legra.com

not valid for prescriptions reimbursed d under Medicare, Medicaid or any federal or state health care program, ng any state medical or pharmaceutical nce programs. Void in the following if any third party payer reimburses you for any part of the prescription price: sota, Massachusetts, Michigan, and Island. Offer also void where ited by law, taxed or restricted. nt of rebate not to exceed $10 or whichever is less. See rebate coupon. ails and other restrictions.

e see additional important information on back.

© 2002 Aventis Pharmaceuticals Inc.

ALG-JA-1230-2

ALLEGRA
(fexofenadine hydrochloride)
Capsules and Tablets

INDICATIONS AND USAGE
Seasonal Allergic Rhinitis
ALLEGRA® is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy watery/red eyes.
Chronic Idiopathic Urticaria
ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

CONTRAINDICATIONS
ALLEGRA is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS
Drug Interaction with Erythromycin and Ketoconazole
Fexofenadine hydrochloride has been shown to exhibit minimal (ca. 5%) metabolism. However co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole in two separate studies. Fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal healthy volunteers (n=24 each study). No differences in adverse events or QT interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)

Concomitant Drug	C_{maxSS} *(Peak plasma concentration)*	$AUC_{(0-12h)SS}$ *(Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.
The mechanism of these interactions has been evaluated in *in vitro* *in situ* and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion while erythromycin may also decrease biliary excretion.
Drug Interactions with Antacids
Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsule) within 15 minutes of an aluminum and magnesium containing antacid (Maalox®) decreased fexofenadine AUC by 41% and C_{max} by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.
Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).
In *in vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies dose-related reductions in implants and increases in postimplantation losses were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).
Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively the exposure from the maximum recommended daily oral dose of fexofenadine in adults).
There are no adequate and well controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).
Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.
Pediatric Use
The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended doses.
The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 438 pediatric patients 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials. The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.
The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one trial (n=411), in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo. Along with extrapolation of demonstrated efficacy in patients ages 12 years and above, and the pharmacokinetic comparisons in adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on an extrapolation of the demonstrated efficacy of ALLEGRA in adults with this condition and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar in children to that of adult patients.
The safety and effectiveness of ALLEGRA in pediatric patients under 6 years of age have not been established.
Geriatric Use
Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether the population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the geriatric and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY)

Seasonal Allergic Rhinitis
Adults. In placebo-controlled seasonal allergic rhinitis clinical trials in patients 12 years of age and older, which included 2461 patients receiving fexofenadine hydrochloride capsules at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg capsules twice daily), and that were more common with fexofenadine hydrochloride than placebo, are listed in Table 1.
In a placebo-controlled clinical study in the United States, which included 570 patients aged 12 years and older receiving fexofenadine hydrochloride tablets at doses of 120 or 180 mg once daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 1 also lists adverse experiences that were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at doses of 180 mg once daily and that were more common with fexofenadine hydrochloride than placebo. The incidence of adverse events, including drowsiness, was not dose-related and was similar across subgroups defined by age, gender, and race.

Table 1
Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States
Twice daily dosing with fexofenadine capsules at rates of greater than 1%

Adverse experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%

Adverse experience	*Fexofenadine 180 mg once daily (n=283)*	*Placebo (n=293)*
Headache	10.6%	7.5%
Upper Respiratory Tract Infection	3.2%	3.1%
Back Pain	2.8%	1.4%

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.
Pediatric. Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

Table 2
Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 30 mg twice daily (n=209)*	*Placebo (n=229)*
Headache	7.2%	6.6%
Accidental Injury	2.9%	1.3%
Coughing	3.8%	1.3%
Fever	2.4%	0.9%
Pain	2.4%	0.4%
Otitis Media	2.4%	0.0%
Upper Respiratory Tract Infection	4.3%	1.7%

Chronic Idiopathic Urticaria
Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials, which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

Table 3
Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 60 mg twice daily (n=186)*	*Placebo (n=178)*
Back Pain	2.2%	1.1%
Sinusitis	2.2%	1.1%
Dizziness	2.2%	0.6%
Drowsiness	2.2%	0.0%

Events that have been reported during controlled clinical trials involving seasonal allergic rhinitis and chronic idiopathic urticaria patients with incidences less than 1% and similar to placebo and have been rarely reported during postmarketing surveillance include: insomnia, nervousness, and sleep disorders or paronina. In rare cases rash, urticaria, pruritus and hypersensitivity reactions with manifestations such as angioedema, chest tightness, dyspnea, flushing and systemic anaphylaxis have been reported.
OVERDOSAGE
Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level) and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.
In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.
Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (13% removed) following terfenadine administration.
No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg or more (110 times the maximum recommended daily oral dose in adults and 700 times the maximum recommended daily oral dose in children based on mg/m² and up to 5000 mg/kg in rats (230 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m²). Additionally, no clinical signs of toxicity or gross pathological findings were observed. In dogs, no evidence of toxicity was observed at oral doses up to 2000 mg/kg (300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m²).

Prescribing information as of November 2000

Aventis Pharmaceuticals Inc.
Kansas City, MO 64137 USA
US Patents 4,254,129, 5,375,693, 5,578,610
www.allegra.com
allb1100Aa
ALG-JA-1230-2

READER SHOPPING



"HOME AND FAMILY" ROSE

The "Home and Family" Rose, a spectacular, brand-new hybrid tea rose bred by Weeks Roses, celebrates Meredith Corporation's centennial. It is available *exclusively* to the readers of Meredith Corporation publications, including *Better Homes and Gardens®* magazine. The fragrant, pure white rose features exhibition blooms up to 5 inches across on long stems above rich, dark green foliage. One rose costs $21.95; additional roses to the same address are $19 each. A one-time charge of $11.50 per order will be added for shipping, handling, and tax. Roses will be shipped from Edmunds' Roses at the proper time for planting in your zone (early January to mid-May 2003). Credit cards will be charged in early January 2003. *Sorry, no shipments to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

TO ORDER with your MasterCard, Visa, American Express, or Discover card, call 800/881-4066. Or, visit our Internet site at www.bhgcatalog.com.



Introducing New Pronto® PLUS.

ne maximum strength shampoo kit that kills lice PLUS helps remove their eggs.

nto Plus Lice Killing Shampoo PLUS Natural Extracts & Oils is the only npoo that combines maximum strength lice killing medicine with specially en natural ingredients. And **Pronto Plus Lice Killing Mousse Shampoo S Vitamin E** is also maximum strength and comes in an easy-to-apply, rmelon-scented blue foam. Both kits kill lice PLUS help remove nits from hair. pplication and egg removal are required to ensure complete effectiveness. See abels for important information. And to help remove eggs and prevent scalp tion, try **Pronto Plus Lice Egg Remover PLUS Antiseptic**. So help put a nto lice here, there, and everywhere with new Pronto Plus.

directed. © Del Pharmaceuticals 2002



*Common household germs ©2002 The Clorox Company

MAMA'S NOT WORRIED.
MAMA'S GOT THE MAGIC.™



OUR 2002 Home IMPROVEMENT Contest

MORE THAN $65,000 IN CASH AND PRIZES OFFERED!

There's no better time to give your home a fresh new look. Whether you're redecorating a bedroom or starting a major remodeling job, your home improvement project may win a top award. Plus, your home could be featured in *Better Homes and Gardens*® magazine.



PHOTOGRAPHS BY **BILL HOPKINS** AND **WAGNER INTERNATIONAL PHOTOS, INC.**

PICK YOUR PROJECT

TWO CATEGORIES—11 DIVISIONS

CATEGORY I—REMODELING

Prizes for structural home improvements in each of the following eight divisions:

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodelings
- Interiors
- Additions
- Whole-House Remodelings
- Restorations

CATEGORY II—DECORATING

Solely cosmetic changes to your home's interior in each of the following three divisions:

- Public Rooms: living room, family room, kitchen, dining room, porch, and sunroom
- Whole-House Redecorating
- Private Rooms: bedrooms, bathrooms, and home offices

2002 AWARDS

BEST OF CONTEST: $10,000 CASH plus an 8-day/7-night vacation for four* at Horizons by Marriott Vacation Club in Orlando, Florida. Horizons offers an action-packed and fun-filled vacation experience for the whole family.

*Airfare and meals not included

TWO RUNNERS-UP: $5,000 CASH

CATEGORY PRIZES

1. REMODELING: Prizes given in each of the eight divisions for: ▪ Class A—large projects: $1,500 ▪ Class B—medium projects: $750 ▪ Class C—small projects: $300. Three merit winners in classes A, B, and C of each division win $100.

2. DECORATING: Three awards in each of the three divisions: ▪ First Place: $1,500 ▪ Second Place: $750 ▪ Third Place: $300.

HOW TO ENTER

1. RIGHT NOW: To receive an official entry packet, call 1-866-509-1690, Monday–Friday 8 a.m.–7 p.m. CST, or mail the form (or a photocopy) *right*, postmarked by November 1, 2002; or download online for free at www.bhg.com/hic2002. Get a head start by saving floor plans, before and after photos, and receipts that could help make your project a winner.

2. WHEN YOUR PROJECT IS FINISHED: Send us the final entry form. All final entries must be postmarked by February 3, 2003.

ENTRY JUDGING

Entries will be judged on appearance, function, and cost-effective use of materials. Any home improvement/decorating project completed in 2002 is eligible, no matter how big or small. It's also eligible whether all the work was completed by yourself or by professional contractors. Entrants must be U.S. residents, 18 years of age or older. Judges' decisions are final. Void where prohibited. See page 138 for complete rules.

WINNERS

Better Homes and Gardens® magazine will select winners on or about June 2, 2003. Winners will be notified by mail. A selection of the top winners will be featured in upcoming issues.

You may qualify to win $1,000 from each of these cosponsors when you use their products and services: ▪ Ace Hardware ▪ Andersen Windows® ▪ DuPont Stainmaster® ▪ GE Profile Appliances ▪ Heat-N-Glo ▪ KraftMaid Cabinetry ▪ Lennox Industries ▪ Marvin Windows and Doors ▪ Minwax®

MORE ABOUT H.I.C. RULES >> PAGE 138 OR VISIT OUR WEB SITE >> WWW.BHG.COM/HIC2002

BETTER HOMES AND GARDENS®

2002 HOME IMPROVEMENT CONTEST

HOME IMPROVEMENT SURVIVAL KIT AND ENTRY PACKET ORDER INFORMATION

ORDER ONLINE: Download an entry form and rules brochure, at no cost, at www.bhg.com/hic2002.

ORDER BY PHONE: Call 1-866-509-1690, Monday–Friday 8 a.m.–7 p.m. CST and use your MasterCard or Visa.

ORDER BY MAIL:

❑ Please send only the official entry packet. Enclosed is a check or money order for $3.00 for shipping and handling.

❑ Please send the Home Improvement Survival Kit and an official entry packet. Enclosed is a check or money order for $23.49 ($19.99, plus $3.50 shipping and handling for both the Kit and entry packet).

SEND THIS FORM TO: *BETTER HOMES AND GARDENS*®, HOME IMPROVEMENT CONTEST, P.O. BOX 36197, DES MOINES, IA 50315-0310. MUST BE POSTMARKED NO LATER THAN NOVEMBER 1, 2002.

Please print:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Allow six to eight weeks for delivery. If ordering only the entry packet, the S&H charge is waived for residents of AZ, MD, CO, CT, and VT. Please do not send photos or project plans with this order form. Send only one order form per family. See page 138 for complete rules.

THE OFFICIAL HOME IMPROVEMENT SURVIVAL KIT



Presented by our gold cosponsors: Ace Hardware, Andersen Windows®, DuPont Stainmaster®, GE Profile Appliances, KraftMaid Cabinetry.

PRIORITIZE, ORGANIZE, AND GET BUSY!

The Official Home Improvement Survival Kit will help keep your life in order from start to finish during your remodeling or redecorating project. Carry everything from fabric swatches to paint chips in this sturdy box with handy pocket folders.

PLUS: You will also receive helpful tips and information from *BH&G* editors for each step of your home improvement.

SPECIAL OFFER: The Home Improvement Survival Kit is just $19.99, plus shipping and handling. Order information can be found on this page.

PLEASE NOTE: Do not send the Kit with any final entry submissions. Purchase of the Kit does not influence decision of Contest judges.



Advair is clinically proven to increase symptom-free days.

So you can do more of the things you want to do. That's because ADVAIR is the *first and only* product approved by the FDA to effectively treat the two main components of asthma: airway constriction and inflammation. All with one easy-to-use[1] DISKUS device. The clinical results were experienced by people taking ADVAIR 100/50, compared with people taking either fluticasone propionate 100 mcg or salmeterol 50 mcg (inhalation powders) alone.

ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. People switching from an oral steroid, like prednisone, to ADVAIR, which contains an inhaled steroid, need to be especially careful. While adjusting to the switch, your body may not be as able to heal after surgery, infection, or serious injury. If you have heart or blood pressure problems, tell your doctor. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. See your doctor if your asthma does not improve.

ADVAIR is for patients 12 and older. Ask your doctor if it's right for you. For more information, visit us at **ADVAIR.com or call 1.877.4.ADVAIR.**

Only ADVAIR treats both.


Constriction


Inflammation

Life should take your breath away, not asthma.™

ADVAIR DISKUS® 100/50
(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)



Please see important information on the following page.

ADVAIR DISKUS 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

WHAT IS ADVAIR DISKUS?

ADVAIR is the brand name of a twice-a-day asthma product that contains two medications, fluticasone propionate and salmeterol. DISKUS is an inhalation device used to deliver ADVAIR. Fluticasone propionate, an inhaled anti-inflammatory belonging to a group of medicines commonly referred to as corticosteroids, works by reducing inflammation (swelling and irritation) of the airways. Salmeterol, a long-acting, inhaled bronchodilator belonging to a group of medicines commonly referred to as beta-agonists, works by helping to prevent bronchospasm (constriction of the muscles surrounding the airways). There are three strengths of ADVAIR DISKUS that contain 100, 250, or 500 mcg of fluticasone propionate per dose and each contains 50 mcg of salmeterol per dose.

What should I know before taking ADVAIR?

ADVAIR should not be used for relief of sudden asthma symptoms. Your doctor will prescribe a fast-acting inhaler (such as albuterol) to relieve sudden symptoms that may occur despite regular use of ADVAIR.

ADVAIR should not be used to treat a severe episode of asthma requiring emergency medical treatment.

YOU SHOULD NOT START TAKING ADVAIR IF YOUR ASTHMA IS BECOMING SIGNIFICANTLY OR RAPIDLY WORSE, WHICH CAN BE LIFE THREATENING. Serious respiratory events, including death, have been reported in people who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events or if it simply failed to relieve the worsening asthma. In most cases these occurred in people whose asthma was rapidly worsening. They have also occurred in a few patients with less severe asthma.

If you are using your fast-acting inhaler more frequently or are taking more doses, it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately. If you've been using a fast-acting inhaler regularly (e.g., 4 times a day), your doctor will tell you that this is no longer necessary once you are taking ADVAIR, and that you should use your fast-acting inhaler for sudden symptoms only.

WARNING: ADVAIR should not be used to switch from an oral steroid like prednisone to an inhaled steroid. People switching from an oral steroid to ADVAIR, which contains an inhaled steroid, need to be especially careful. Although inhaled steroids may provide control of asthma symptoms, while adjusting to the switch, your body is not as able to heal after surgery, infection (e.g., stomach flu), or serious injury. You should carry a warning card indicating you may need oral steroids during periods of stress or a severe asthma attack.

You should not take ADVAIR if you have had an allergic reaction to salmeterol, fluticasone propionate, or lactose in the past.

Important Safety Considerations with ADVAIR:

Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening, and if it occurs, you should stop taking ADVAIR and contact your doctor immediately.

In rare cases, people are allergic to ADVAIR. If you immediately experience choking, difficulty inhaling, rash, hives, itching, or welts on the skin, you may be having an allergic reaction. Stop using ADVAIR and contact your doctor immediately.

Salmeterol is a beta-agonist belonging to a class of drugs that can affect the circulatory system in some patients as measured by heart rate and blood pressure and/or cause symptoms like heart fluttering, chest pain, rapid heart rate, tremor, or nervousness. These symptoms are uncommon at the recommended dosage. If they occur, ADVAIR may need to be stopped. Changes may also occur in the electrocardiogram (ECG), although the importance of this is not known.

Your doctor may be cautious about giving you ADVAIR if you have heart disease, especially coronary artery disease, irregular heartbeat, or high blood pressure. ADVAIR should also be used with caution by people with seizures or overactive thyroid gland, and those who are unusually responsive to this class of drugs.

When given intravenously, albuterol, a drug with a similar chemical structure to salmeterol, can worsen diabetes. These drugs may cause low blood potassium in some people, which may lead to side effects like an irregular heart rate. Significant changes in blood sugar and/or potassium were rare in clinical studies with ADVAIR at recommended doses.

Taking steroids can affect your body's ability to make its own steroid-like hormones, which are needed during infections and times of severe stress to your body, such as an operation. Although much more common with oral steroids, these effects can be seen with inhaled steroids, especially when taken at higher than recommended doses. Inhaled steroids often permit control of asthma symptoms with less systemic side effects. Because patients' sensitivity to steroid side effects varies, talk to your doctor about using the lowest strength of ADVAIR for your asthma.

Tell your doctor if you have been exposed to or currently have chicken pox or measles. Chicken pox and measles, for example, can be more serious or even fatal in susceptible people taking corticosteroids.

Inhaled corticosteroids may cause a reduction in growth velocity. Talk to your doctor about using the lowest strength of ADVAIR for your asthma.

ADVAIR should be used with caution, if at all, in people with tuberculosis, herpes infections of the eye, or other untreated infections.

People taking ADVAIR may develop yeast infections of the mouth and/or throat that should be treated by their doctor.

If you have been switched from an oral steroid to ADVAIR, allergy symptoms, eczema, or arthritis may be uncovered. During oral steroid withdrawal, patients may experience joint/muscle pain, tiredness, or depression, even though their asthma symptoms may be the same or better.

In rare cases, people taking ADVAIR may develop serious conditions that often require oral steroid treatment. Symptoms can include rash, worsening breathing problems, heart complications, and/or a feeling of "pins and needles" or numbness in the arms and legs. These conditions are usually, but not always, associated with reduction/withdrawal of oral steroids following the introduction of ADVAIR. Although ADVAIR has not been shown to cause these conditions, you must tell your doctor right away if you develop any of these symptoms.

Rare instances of glaucoma, increased pressure in the eyes, and cataracts have been reported with inhaled corticosteroids, including fluticasone propionate.

How should I use ADVAIR?

ADVAIR should never be taken more than one inhalation twice daily.

You may see a benefit within the first 30 minutes after taking your first dose of ADVAIR, but the full benefit may take 1 week or longer. Each dose of ADVAIR will last for 12 hours or longer.

If you are taking ADVAIR regularly, you should not take additional salmeterol for the treatment of exercise-induced symptoms or for any other reason.

What should I know about the DISKUS device?

When using ADVAIR, remember • Never breathe into or take the DISKUS apart • Always use the DISKUS in a level position • Never wash any part of the DISKUS and always keep it dry • Discard **1 month** after removal from the foil overwrap.

Do not use ADVAIR with a spacer device.

Can I take ADVAIR with other medications?

When taking ADVAIR, take all medications exactly as prescribed.

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monoamine oxidase (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVAIR to have an even greater effect on the circulatory system.

No drug interaction studies have been performed with ADVAIR. In clinical studies, there was no [illegible] in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline). There were no d[illegible] in steroid side effects whether ADVAIR was taken with or without FLONASE®.

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken w[illegible] amounts of albuterol. However, the effect of using ADVAIR while taking more than 9 puffs a day o[illegible] has not been studied.

Generally, people with asthma should not take beta-blockers because they counteract the effect[illegible] agonists and may also cause severe bronchospasm. However, in some cases, for instance, followin[illegible] attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made[illegible] ADVAIR, especially at higher than recommended doses. Caution should be used when these drugs[illegible] together.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungus med[illegible] other drugs broken down by the body in a similar way. These medications can cause ADVAIR to ha[illegible] steroid side effects.

What are the possible side effects of ADVAIR?

In studies with asthma patients taking either placebo, ADVAIR DISKUS 100/50, ADVAIR DISKUS[illegible] fluticasone propionate 100 mcg, fluticasone propionate 250 mcg, or salmeterol 50 mcg, the si[illegible] more common with either strength of ADVAIR than placebo (which may or may not have been rela[illegible] drug) were upper respiratory infection (14% for placebo, 27% for ADVAIR DISKUS 100/50, 21% f[illegible] DISKUS 250/50, 29% for fluticasone propionate 100 mcg, 25% for fluticasone propionate 250 mcg, [illegible] for salmeterol 50 mcg); sore throat (6%, 13%, 10%, 7%, 12%, and 8%, respectively); upper r[illegible] inflammation (5%, 7%, 6%, 7%, 8%, and 8%); sinus infection (4%, 4%, 5%, 6%, 1%, and 3%[illegible] ness/voice change (<1%, 5%, 2%, 2%, 4%, and <1%); yeast infection of the mouth (0%, 1%, 4%[illegible] and 0%); viral respiratory infections (3%, 4%, 4%, 4%, 10%, and 6%); bronchitis (2%, 2%, 8%[illegible] and 2%); cough (2%, 3%, 6%, 0%, 0%, and 3%); headaches (7%, 12%, 13%, 14%, 8%, and 1[illegible] sea and vomiting (1%, 4%, 6%, 3%, 4%, and 1%); stomachache (1%, 4%, 1%, 0%, 2%, and [illegible] rhea (1%, 4%, 2%, 2%, 2%, and 1%); gastrointestinal flu (2%, 3%, 0%, 3%, 1%, and 2%); yeast[illegible] unspecified site (1%, 3%, 0%, 1%, 4%, and 0%); and muscle pain (3%, 4%, 2%, 1%, 5%, and[illegible]

Side effects that occurred in 1% to 3% of people taking ADVAIR were swollen glands, muscle inju[illegible] ken bones, cuts, burns and bruises, allergy symptoms, ear, nose, and throat infections, nosebl[illegible] infections, stomach pains, intestinal problems (e.g., appendicitis, pain, infections), sores or pa[illegible] mouth, toothache, abnormal liver function tests, lung infections (e.g., pneumonia), muscle an[illegible] aches and pains/stiffness, sleeping problems, tremors, feeling of pinched nerves, viral and bacte[illegible] tions, fluid retention, unusual taste, skin infections, hives, skin itching/flakiness, and sweating.

The adverse events in a study with ADVAIR DISKUS 500/50 were similar to those above.

Other reported side effects with ADVAIR include: signs of steroid excess (e.g., weight gain, skin[illegible] diabetes), paleness, agitation, aggression, sun-sensitivity rash, menstrual problems, pelvic pain, [illegible] nal pain/infections.

The long-term effects of ADVAIR are not fully known. However, some patients have received inh[illegible] casone propionate continuously for 3 years or longer. No differences in the type or severity o[illegible] events were observed after long- (2 years) versus short-term treatment with fluticasone propiona[illegible]

What if I am a child or elderly?

The safety and efficacy of ADVAIR in children less than 12 years of age has not been established. [illegible] in one 12-week study in patients 4 to 11 years of age, side effects were similar to those seen in p[illegible] years of age and older.

Studies have shown that inhaled corticosteroids may reduce growth rates in children with asthma[illegible] occur even if there are no other signs of systemic effects of the medication. The long-term effe[illegible] reduction in growth rate from inhaled corticosteroids including the impact on final adult height are [illegible] The potential for "catch up" growth after stopping inhaled corticosteroids has not been adequatel[illegible] Your doctor may monitor the growth rate of children or adolescents taking ADVAIR. The potent[illegible] effects of long-term treatment should be weighed against the clinical benefit. Each patient shoul[illegible] ed to the lowest strength that effectively controls their asthma.

In clinical studies, the overall safety of ADVAIR in people with asthma over 65 was similar to that [illegible] people. No change in dose is needed in older people. Special caution should be used in older p[illegible] heart disease.

What if I am pregnant or nursing?

You should consult with your doctor before taking ADVAIR if you are pregnant or nursing.

There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Sa[illegible] known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast[illegible] other corticosteroids have been detected in human breast milk. Talk to your doctor about the be[illegible] risks of using ADVAIR during pregnancy, labor, or if you are nursing.

What happens if I take too much ADVAIR?

Increasing doses of ADVAIR were associated with a higher frequency of tremor, nervousness, and [illegible] tering. Deaths have been reported with the excessive use of the class of drugs to which salmeter[illegible] Doses of inhaled or oral salmeterol 12 to 20 times higher than recommended have been assoc[illegible] significant effects on the heart.

Overdosing with ADVAIR is potentially dangerous. If you overdose with ADVAIR, stop taking the r[illegible] and seek immediate medical attention. Signs and symptoms of chronic overdose with fluticasone [illegible] are those of steroid excess (e.g., weight gain, diabetes). The expected signs and symptoms of o[illegible] with salmeterol are similar to those for other beta-agonists and include irregular or rapid heart[illegible] vousness, tremor, headache, muscle cramps, seizures, and chest pain.

What other important tests were conducted with ADVAIR?

Like most prescription drugs, ADVAIR was required to be tested on animals before it was allowed f[illegible] use. There is no evidence of enhanced toxicity with ADVAIR compared with the components, ad[illegible] separately. Fluticasone propionate, like other corticosteroids, has been associated with birth [illegible] animals (e.g., cleft palate and fetal death). In animal studies with doses much higher than th[illegible] humans, salmeterol was associated with uterine tumors. No effect on fertility in rats was seen at [illegible] the maximum recommended daily dose for salmeterol. Your healthcare professional can tell you m[illegible] how drugs are tested on animals and what the results of these tests may mean about safety for [illegible]

If you have any further questions about ADVAIR, talk to your doctor, visit our We[illegible] ADVAIR.com, or call 1.877.4.ADVAIR.

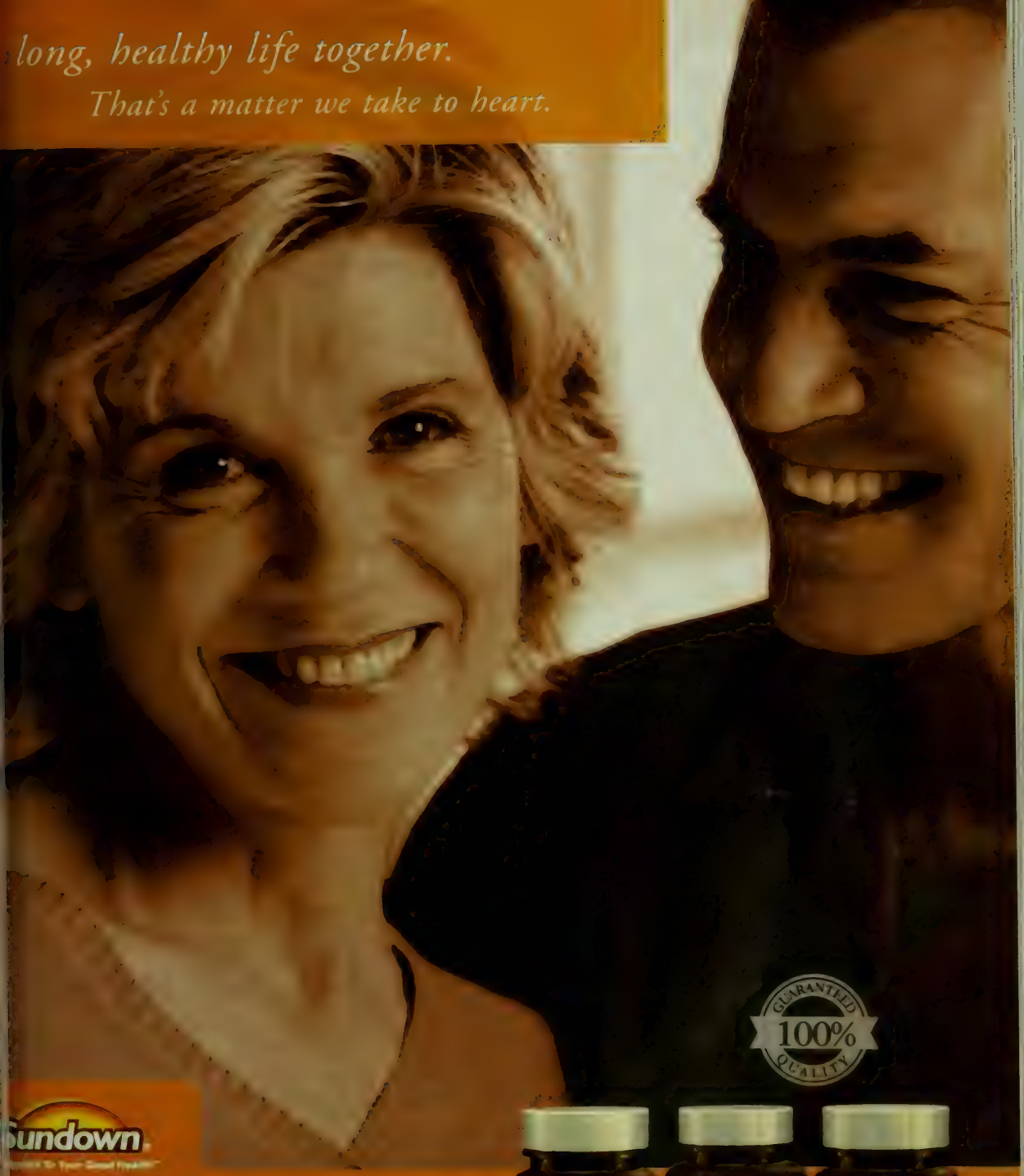
Reference: 1. Boulet et al. Comparison of Diskus® inhaler, a new multidose powder inh[illegible] Diskhaler® inhaler for the delivery of salmeterol to asthmatic patients. *J Asthma*. 1995;3[illegible]

GlaxoSmithK[illegible]

© 2002 The GlaxoSmithKline Group of Companies All rights reserved. Printed in USA. ADR764R0 Iu[illegible]

long, healthy life together.

That's a matter we take to heart.

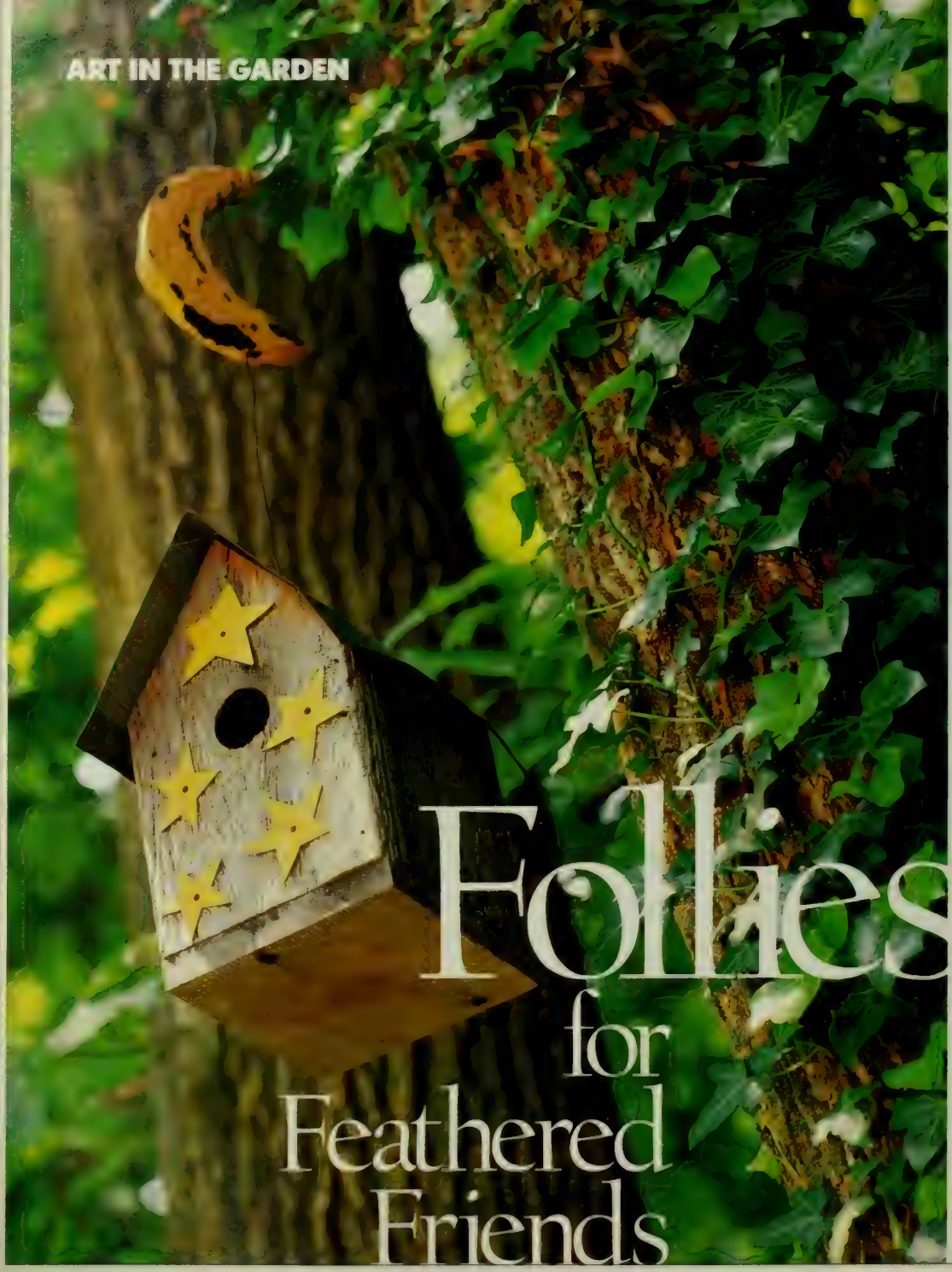


GUARANTEED 100% QUALITY

Sundown



vest in your heart. Live life to the fullest. Trust ndown to enhance your heart health with quality tritional supplements like Co Q-10, Fish Oil and lic. Sundown is also a great source of information n choosing the vitamins, minerals and herbs that ll benefit you the most. Find out how to live heart althy at www.sundownnutrition.com

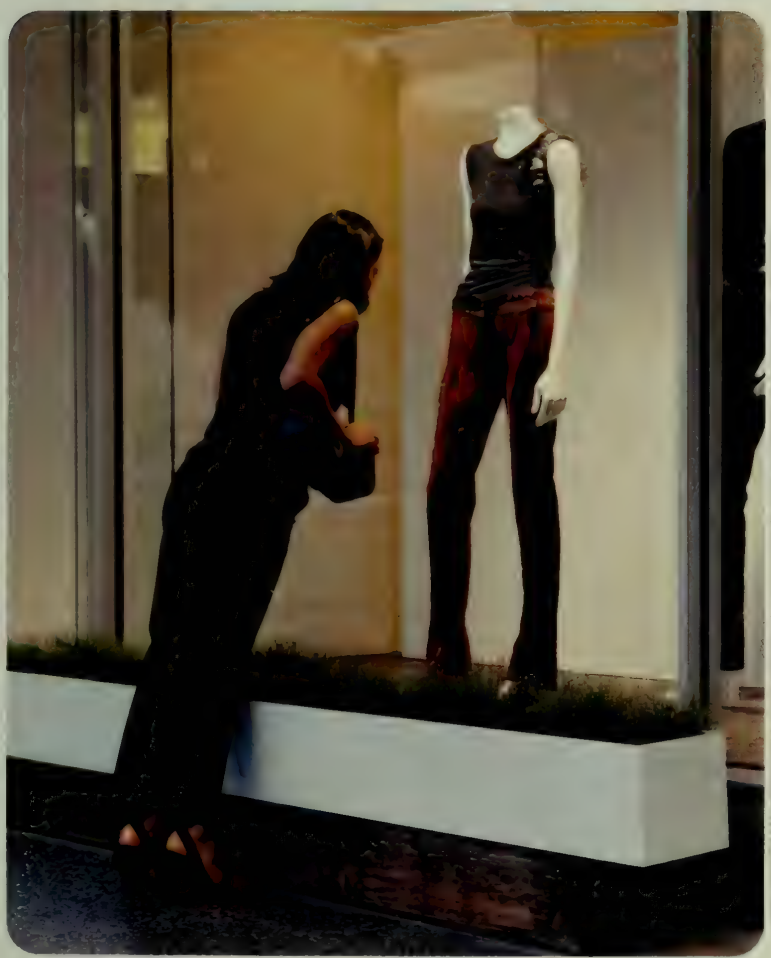


Follies for Feathered Friends

RELAX ON YOUR PORCH WHILE THE BIRDS SING "THANK YOU" FROM THEIRS.

BY **MARK KANE** PHOTOGRAPHS BY **MATTHEW BENSON** PRODUCED BY **LYNN MCBRIDE**

Funny how something without a head can call your name so loudly.



Citi Cards come with tools

to help you live within your means.

Like billing dates you set yourself.

And Account Online, which lets you manage your account from almost anywhere,

to make sure nothing sneaks up on you.

Just a couple of ways Citi helps you use your credit card

wisely.

1-888-CITICARD

citi.com

citi

Live richly.℠



aol keyword: citi citi.com

>> from 90

When Brenda Demetriou left her job seven years ago to spend more time doing what she wanted, she had no idea that some day people would line up to see her garden and buy the birdhouses she designs and builds. "I was a soccer mom before they ever coined the phrase," she says. Then one fateful day she went on a garden tour in Lebanon, a historic town near her Cincinnati home. "I was so inspired by what people had done with small gardens that it changed my life. I wanted something fulfilling that I could do at home." She found it. >> to 94



A moss container nestles in a seatless ladder-back chair (*above*). The little houses in the ivy are for bees, except the checkered house, which is just for fun. Two boards cut on a slant make the front and back of a checkerboard cottage (*right*).


nfidence
Illumination
Collection
Vanity Fair®
celebrate confidence
Available in fine department stores.
Visit Vanity Fair online at www.vanityfairlingerie.com



"When I started," Brenda says, "I really wanted some very large birdhouses, but I couldn't find any that I liked or could afford. So I decided to make them." From that frugal decision has grown a small business. Now she makes many styles, and handles custom orders. One special job was a miniature of a pawnshop belonging to a customer's father. She'll match wallpaper too—half of her birdhouses go indoors, not into a garden.

Eventually, Brenda got help from a woodworker who cuts the walls, floors, and roofs. But she doesn't mass-produce her birdhouses. She likes to maintain control of the quality, and she enjoys making them by hand. The beehouses, which are assembled from scraps, are shaped like tiny birdhouses. "They have a small hole drilled about 1/4 inch deep. I like to tuck them into containers and pots of flowers, and I find that the bees really do use them." Meanwhile, sparrows, wrens, and other birds nest in the 30-some birdhouses in her own garden.

By assembling several boxes and making steeply pitched roofs, Brenda created a Victorian mansion (*left*). She has the copper or steel for the roofs cut and bent by a sheet metal shop.



CAUTION:
This BBQ-bursting snack won't weigh you down.
Operate a pogo stick at your own risk.

No matter how many you plow through, flavor-packed Quakes™ won't ever weigh you down.

Go Ahead Snack Away™

www.quakerquakes.com

QUAKER
Quakes™
Rice Snacks
BBQ
Great Taste In Every Crunch!



The rusting steel roof of this birdhouse (*left*) will keep out the rain—and look good doing it. The wood strip across the top adds a design element, while sealing the roof's ridge against leakage.

PUT UP A STRONG ROOF

"A birdhouse is only as strong as its roof," Brenda says. She made the roofs of her first birdhouses from scrap wood or shakes (cedar shingles). Split shakes have rough faces, and sawn shakes are smoother. If you choose wood, Brenda recommends that you cover the seam at the ridge by tacking on a strip of copper. Better still, a roof made from one sheet of metal won't leak, and Brenda favors copper or galvanized steel for this task. Metal roofs can be painted, but you must start with a base coat of a paint that is designed to adhere to metal. Then finish with exterior paint. Steel will eventually rust, but that just adds an appealing patina. Copper darkens to shades of brown. One last tip: Fasten the bottom with screws so you can remove the roof occasionally for cleaning. >> on 96

Hoover Cleaning Solutions



Hoover cleaning solutions are specially formulated to maximize the effectiveness of Hoover® SteamVac™ cleaners.

There is a Hoover cleaning solution for just about every cleaning need: Pre-Cleaner, Carpet/Upholstery Detergent, Bare Floor Cleaner, Carpet/Upholstery Protector, Pet Stain and Odor Remover.

Hoover cleaning solutions are available in the floorcare department of your favorite Hoover retailer and selected supermarkets.

MANUFACTURER COUPON EXPIRES 6/30/03

$1 OFF

Purchase any 32 oz. or larger bottle of Hoover® Cleaning Solution or Detergent

VOID IF ALTERED, TRANSFERRED, SOLD, REPRODUCED OR EXCHANGED.

CONSUMER: Present this coupon for $1.00 off the purchase of a 32 oz. bottle of Hoover Pre-Cleaner or a 64 oz. bottle of Carpet/Upholstery Detergent. Limit one coupon per purchase. RETAILER: You will be reimbursed $1.00 plus 8¢ handling if used according with other stated terms. Coupon void if taxed, prohibited or restricted by law. Invoices showing purchase of sufficient stock to cover coupons must be shown on request. Sales tax must be paid by consumer. Good only in USA. Cash value 1/100 cent. Send coupon to: The Hoover Company, CMS Dept. # 73502, 1 Fireroth Drive, Dept. No. 17, North Canton, Ohio 44720. Coupon expires 6/30/03.

5 73502 21076 0 (8100) 0 21011



Brenda used a wooden dowel rod to seal the roof ridge of this birdy condo. All of the apartments are occupied.

ART IN THE GARDEN >> from 95

Brenda gives all her birdhouses custom paint jobs and has done many styles, including polka dots, checkerboards, and floral patterns. "I use a good exterior paint for the base coat and water-based acrylics for the designs. I find that they hold up very well."

Tastes have changed with the times. "People liked rustic and distressed birdhouses when I started. Now they like a cleaner look." Brenda's interests have changed too. "I have started making larger birdhouses—condos. They have the same design but different finishes and roofs."

Every year, Brenda opens her backyard garden, sets out lemonade for all, and welcomes crowds of people to admire her birdhouses and make a purchase, perhaps. She says, "I pride myself on not charging for entrance. I learned from people who opened their gardens: The joy of having a garden is sharing it with others."

MORE ABOUT GARDEN ART WWW.BHG.COM/BIRDHOUSES

BIRDHOUSE PLANS

Build the nine designs for birdhouses, bird feeders, and beehouses shown in this story, plus three *bonus* designs—an even dozen in all—with our **Birds and Bees by the Dozen Project Plan.** The professionally drawn blueprints come with photos of each project; lists of materials; construction drawings; full-size patterns, if appropriate; and clearly written instructions to take you step-by-step through each individual project. The birdhouse designs range from 4×2×6 inches to 20×20×24 inches; bird feeders are 10×10×12 inches and 16×16×12 inches; beehouses are 2×2×6 inches and 2×4×6 inches. The plan costs $29.95, which includes shipping, handling, and applicable sales tax. Call toll free 800/881-4066 to order, or visit www.bhgcatalog.com on the Web.

It's a dirty shame...

O MUCH DIRTY WATER STAYS IN YOUR CARPET AFTER YOU DEEP CLEAN IT.



UNTIL NOW.

Introducing the Hoover® SteamVac™ V2™.
The next generation of cleaning with V2™ Technology.

V2™ Technology improves SteamVac™ by concentrating water suction into dual "V" shaped paths instead of a single path. The result is focused cleaning power from edge to edge. So you remove more dirty water. It also has SpinScrub™ brushes to thoroughly scrub carpet fibers. And a rinse feature that rinses out soapy residue for a clean, fresh carpet.



Exclusive SpinScrub™ brushes working together clean carpets better.

HOOVER®

the work out
housework

www.com



| ARIZONA |

Baker Brothers
Phoenix, AZ 602-277-5592
Chandler, AZ 480-893-9091
Phoenix, AZ 602-493-5780
Scottsdale, AZ 480-946-6647
Surprise, AZ 623-583-2682

| CALIFORNIA |

Alden's Carpet
Costa Mesa, CA 949-646-2355

Carpet Emporium
Irvine, CA 949-552-8850
Laguna Hills, CA 949-455-0099
Anaheim, CA 714-637-4000

Carpeteria
Elk Grove, CA 916-478-2717

City Carpets
San Rafael, CA 415-454-4200

Coles Carpet
El Cajon, CA 619-442-3277
San Diego, CA 619-276-5140
San Marcos, CA 760-741-1001

CarpetMax Flooring Center
Thousand Oaks, CA 805-371-8877
Ventura, CA 805-643-6613

MMM Carpets
Santa Clara, CA 408-988-4661
Concord, CA 925 798-5700
Fremont, CA 510-494-8240
San Jose, CA 408-266-8171
San Mateo, CA 650-572-9533
Santa Cruz, CA 831-466-9170
Daly City, CA 650-994-4000

Sterling Carpet
Anaheim, CA 714-533-6500

| COLORADO |

Academy Carpets
Colorado Springs, CO 719-637-9090

EMW Carpets & Furniture Co., Inc.
Denver, CO 303-744-2754

| DELAWARE |

Robinson's Carpet
Claymont, DE 302-798-9577
Wilmington, DE 302-993-1106

| FLORIDA |

The Carpet Market
Stuart, FL 561-692-9970

Carpets by French
Dunedin, FL 727-736-5669

The Flooring Center
Orlando, FL 407-660-8400

| GEORGIA |

Carpets of Dalton
Dalton, GA 706-277-3132

Poppell Brothers, Inc.
Savannah, GA 912-925-3638

| HAWAII |

American Carpet One
Honolulu, HI 808-832-2000

| IDAHO |

RC Willey
Meridian, ID 208-288-4120

| ILLINOIS |

Carpet Weavers
Bloomington, IL 309-663-4300
Kankakee, IL 815-933-1153
Champaign, IL 217-398-1800
Decatur, IL 217-876-9800
Pekin, IL 309-353-5244
Peoria, IL 309-693-7300
Springfield, IL 217-787-0600

| IOWA |

Bellevue Furniture Mart
Clive, IA 515-727-6500

| KANSAS |

Star Flooring & Decorating
Wichita, KS 316-946-1630
Hutchinson, KS 620-669-8900
Salina, KS 785-452-9111

| KENTUCKY |

Sam Kinnaird's Flooring
Louisville, KY 502-244-8606
Louisville, KY 502-894-8100
Lexington, KY 859-277-0000

| MASSACHUSETTS |

B&D House of Carpets
Burlington, MA 781-272-0970

Kent's Carpetland
Hyannis, MA 508-778-0393
Rockland, MA 617-472-3300

| MICHIGAN |

A.R. Kramer Flooring
Livonia, MI 734-522-5300
Canton, MI 734-844-1800

Floor Covering Brokers
Traverse City, MI 231-946-3661

Riemer Floors
Bloomfield Hills, MI 248-335-3500

| MINNESOTA |

Flooring Expo
Coon Rapids, MN 763-323-7456
Maple Grove, MN 763-416-4091

| MONTANA |

Pierce Flooring & Design
Missoula, MT 406-543-8224

| NEBRASKA |

Nebraska Furniture Mart
Omaha, NE 402-397-6100

| NEVADA |

Carpeteria
Las Vegas, NV 702-870-0202
Las Vegas, NV 702-839-5070
Las Vegas, NV 702-459-0202
Las Vegas, NV 702-458-4727

| NEW MEXICO |

Floor Mart
Albuquerque, NM 505-345-8696
Santa Fe, NM 505-471-8908
Farmington, NM 505-326-7911

| NEW YORK |

Custom Carpet
Amherst, NY 716-836-0308

| NORTH CAROLINA |

Brentwood Carpets
Raleigh, NC 919-87

| NORTH DAKOTA |

Tollefson's Carpetla
Minot, ND 701-852-

| OHIO |

Flooring Expo
Lyndhurst, OH 440-
North Olmsted, OH 44

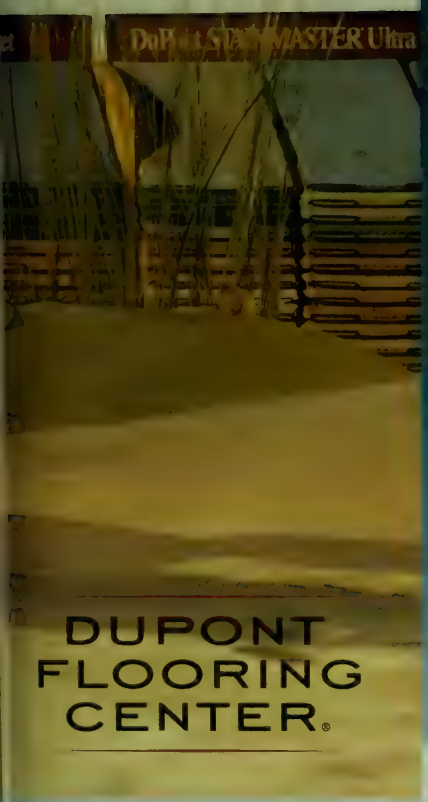
Levi's 4Floors
Columbus, OH 614-
Columbus, OH 614-
Hilliard, OH 614-87
Columbus, OH 614-

McSwain Carpets
Dayton, OH 937-43
Beavercreek, OH 93
Cincinnati, OH 513-
Cincinnati, OH 513-
West Chester, OH 513-

| OKLAHOMA |

Floor World
Oklahoma City, OK 40
Midwest City, OK 40

Get into a DuPont Flooring Center® and get away from it all.





The *UltraRelaxing Getaway* Offer

Enjoy a complimentary getaway when you purchase DuPont™ STAINMASTER® Ultra Life® carpet at a participating DuPont Flooring Center.® Imagine yourself on a sunny beach, by a mountain lake, or on a serene golf course. Whatever destination you choose, your ultra-relaxing getaway is complimentary when you purchase DuPont™ STAINMASTER® Ultra Life® carpet. Visit a DuPont Flooring Center® for complete details.

TSYLVANIA |
ons
csburg, PA 717-697-9423
ord, PA 717-624-3033

CAROLINA |
arpets
, SC 803-779-5606
, SC 803-419-4850
, SC 803-951-8911

SEE |
en Interiors
TN 615-771-0128

|
ors
nio, TX 210-734-5006
nio, TX 210-496-5006
ls
214-631-0704
TX 214-631-0704
, TX 214-631-0704
. TX 214-631-0704
floors
512-452-5791
512-257-2225

Roberts Carpet & Fine Floors
Houston, TX 713-468-1300
Conroe, TX 936-271-0000

| UTAH |
RC Willey
Salt Lake City, UT 801-461-3800
Murray, UT 801-261-6800
Taylorsville, UT 801-967-4800

| VIRGINIA |
Capitol Floors
Richmond, VA 804-360-1600
Kemper Carpet
Fairfax, VA 703-503-8880

| WASHINGTON |
Carpet Exchange
Seattle, WA 206-624-7800

| WISCONSIN |
Master's Floor
Covering Center, Inc.
Green Bay, WI 920-432-5501
Appleton, WI 920-731-3231
Sturgeon Bay, WI 920-743-3900



SET YOUR TABLE WITH VINTAGE HOTEL AND RESTAURANT WARE.

Room Service

By **KARLA KLEIN ALBERTSON** Photographs by **LARK SMOTHERMON** Produced by **GINA HARRELL**

From Al's burger joint to the Oak Room in New York's famed Plaza Hotel, restaurants like a signature dish, that is, plates emblazoned with the establishment's name or insignia. Whether the meal is called the daily special or the *plat du jour*, one thing is consistent: The serving dishes have to look good and last through thousands of uses.

Their durability, in fact, is what has long kept restaurant dinnerware in circulation—not in kitchens, but at flea markets and antiques stores. That's where collectors interested in culinary history snatch up the nostalgic patterns of diners, railroads, cruise lines, and even military units. Still up to serving meals, these plates, platters, and utensils work for their keep. Full sets are rarely available and thus costly, but because the designs are stylishly basic, you can mix and match pieces with your own tableware.

Different fare In addition to nonspecific stock patterns, artists at dinnerware companies created custom patterns, which identified a restaurant's name and logo using distinctive color and design.



WE CAN HELP YOU
COOK UP A KITCHEN.
DINNER? YOU'RE ON YOUR OWN.

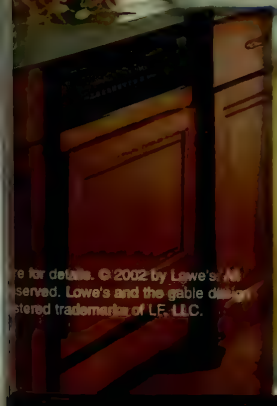
We install professional licensed installers

Let our design specialists help you design the kitchen of your dreams. They'll help you choose from a showroom full of brand name kitchen cabinetry and countertops like Kraftmaid™, American Woodmark®, Corian® and Formica®. So you're guaranteed to get the exact look you want. For a kitchen that really cooks, stop by Lowe's today. Or visit lowes.com for more information.

LOWE'S
Home Improvement Warehouse

Improving Home Improvement

EVERYDAY LOW PRICES. GUARANTEED!*







...e for details. © 2002 by Lowe's. All ...served. Lowe's and the gable design ...stered trademarks of LF, LLC.





The production of commercial tableware began in the late 1800s, and by 1920 potteries had perfected a vitrified china—fired at high temperatures—which would not chip or stain in heavy use. In the United States, china was produced in areas with good supplies of raw materials. Well-known firms that supplied commercial wares throughout the 20th century included Shenango China of New Castle, Pennsylvania; Mayer China of Beaver Falls, Pennsylvania; Homer Laughlin of East Liverpool, Ohio, and Newell, West Virginia; and Buffalo China of Buffalo, New York.

Formality reigns Fine restaurants and hotels used elegant china wares with discreet logos. Though from different origins, a salad and dinner plate with gold-leaf bands (*left*) mix well with a metallic-gold charger. The blue anchor of naval china (*opposite, top*) stands out on a dinner plate with a solid blue band.

Maker's mark Backstamps are useful for dating a piece. The names of the artist and local supplier often appear together (*above*). Newer pieces may also bear trademark images of the manufacturer (*opposite, bottom*).





TASTE OF HEAVENLY RAISIN CINNAMON BREAD

prep time: 3 seconds
cooking time: 90 seconds
serves 1

INGREDIENTS

1/2 cup of water or milk
One packet of Quaker® Raisin Cinnamon Swirl Oatmeal

PREPARATION

Empty packet into bowl.
Add boiling water or milk.
Stir. Eat. Enjoy. Repeat.



Oatmeal so good, you'll wonder where we got the recipe.

©2002 QOC





The high production volume of china for hotels and restaurants across the country makes hunting a snap, with prices beginning at a dollar or two and going up to the $20–$60 range for custom patterns. Advanced collectors will pay four-figure prices for pieces with logos or "topmarks" from railroads, steamship lines, military units, and hotels.

RESOURCES >> PAGE 280

MORE ABOUT COLLECTING, WWW.BHG.COM/BHGFLEA

THE SEARCH BEGINS

START A COLLECTION OF DINNERWARE BY LOOKING FOR LOGOS AND COLORS THAT APPEAL TO YOU

AVAILABILITY

Flea markets, antiques malls, local auctions, and such online sources as ebay.com are good hunting grounds. Use Barbara Conroy's guides, *Restaurant China*, Volumes I & II (available from Collector Books; 800/626-5420 or www.collectorbooks.com) for identifications. Network with other enthusiasts at www.restaurantwarecollectors.com.

A Tribute to the Spirit of America

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

A Hamilton Collection Exclusive!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



- **Accompanied by a Certificate of Authenticity**
- **Crafted with sparkling crystalline and hand-decorated**

Shown smaller than actual size o approximately 7" h

collectiblestoday.com

Like brilliant beacons of hope that shine from the heart of every American, New York's "Tribute In Light" honors the proud spirit and unyielding strength of the American people. And now more than ever, it symbolizes our resolve to ensure that the light of freedom continues to shine brightly throughout the world.

Now you can treasure this moving tribute forever with "Where Eagles Soar," a triumph in sculptural art that captures the spirit of America. Accented with sparkling crystalline, this stunning edition combines a dramatic sculptural portrait of our national bird w breathtaking backdrop of the Manhattan skyline.

Available exclusively from Hamilton, "Where E Soar" is issued in a limited edition and accompanied Certificate of Authenticity. From the bald eagle's visage to the inspiring image of New York's twin p of light, each intricate detail shimmers with a brill that shines from every angle.

Our *365-Day Guarantee* assures your satisfaction. show your pride in America, and order today!

The Hamilton Collection
9204 Center For The Arts Drive, Niles, IL 60714-1300
Please Respond Promptly

Please accept my order for **"Where Eagles Soar"** for the issue price of $39.95*. **I need send no money now.** I will be billed with shipment.
Limit: One per collector.

*Add $4.99 for shipping and handling. Deliveries to FL and IL will be billed appropriate sales tax. All orders must be signed and are subject to credit approval. Edition limited to 295 casting days.

Signature _____
Ms./Mrs./Mr. _____
Address _____
City _____ State _____ Zip _____
Telephone (_____) _____

86539-E81

Bring Home Some Holiday Cheer!



A Joyful Yuletide Tradition

t this young boy's family be surprised to see that he's l the perfect Christmas tree and is bringing it home all mself! With his rosy cheeks and eyes bright with ler, he strolls through the woods with his evergreen in Even his puppy senses the excitement, and together hurry home, eager to share their holiday surprise.

senting "O Tannenbaum," a fine bisque porcelain Hummel figurine developed by the fine artisans of Goebel. Each figurine is hand-crafted and hand-painted to their high quality standards, ensuring it is worthy of the Berta Hummel name.

Bring home a little holiday cheer this Christmas with "O Tannenbaum." StudioHummel guarantees your satisfaction, so reply today!

StudioHummel™, Berta Hummel®, and Hummel®, in signature and/or block forms, are registered trademarks of W. Goebel Porzellanfabrik, GmbH & Co. KG, Germany. ©Goebel 2002.

A celebration of life

34922-RSD

StudioHummel™

9204 Center for the Arts Drive Niles, Illinois 60714-9789

Please Respond Promptly

olease accept my order for **"O Tannenbaum."** I need SEND NO EY NOW. I will be billed $19.95* with shipment.

•My satisfaction is unconditionally guaranteed for one full year•

total of $4.99 home delivery fee and applicable state sales tax. Pending credit approval

Name _____
(Please print clearly)

Address _____

City _____

State _____ Zip _____

Phone(_____) _____

34922-E81201

Speaking Volumes



THE SPEECH-LANGUAGE PATHOLOGY PRACTICE AT JULIE TRACY'S CHICAGO HOME MAKES THE GRADE FOR THE CHILDREN WHO ATTEND CLASSES THERE, THANKS TO A SUNNY SECOND-STORY ADDITION.

BY **SHAWN GILLIAM** PHOTOGRAPHS BY **PETER WALTERS** PRODUCED BY **HILARY ROSE**

Announcing the freshest advancement in odor-control since...

Now you can have a fresher house than you've ever imagined. With Fresh Step® Crystals. Its unique odor-locking technology actually ***controls odor five times better*** than the leading clay litter.* And it absorbs wetness on contact. Innovative, contemporary and way ahead of its time. Isn't that the cat's meow?



resh Step® Crystals. The next step in freshness.

P.S. No kitties (or humans) were harmed in the creation of this ad. We would never use a real clothes pin on a kitty's nose

>> from 106

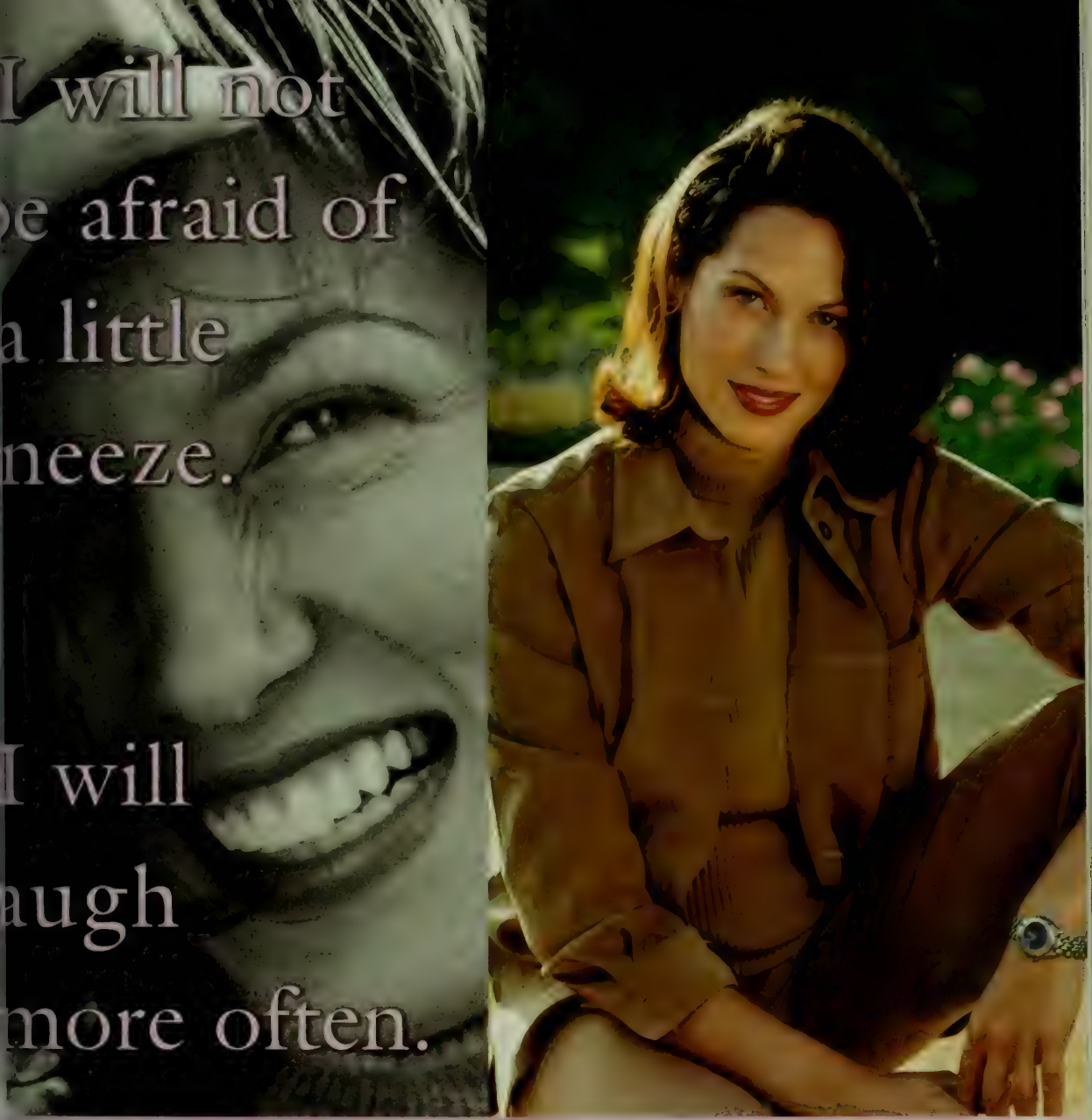
Remodeling projects have a funny way of affecting more than just plumbing fixtures and floorboards. For Julie and Michael Tracy, what began as a straightforward exterior facelift turned into a surprising realization of Julie's personal and professional goals. "We were hoping we could have a porch, but somewhere along the way we came up with the idea of a room over the garage," Julie says. "About the same time, I started thinking it would be fun if I could have a speech and language practice out of my home, since my kids were at the age where they would be gone all day at school." The Tracys decided to build the kid-friendly room—and soon Julie was welcoming students to learn amid its warmth and her care.

>> on 110





The 400-square-foot classroom/playroom (*above*) built over a garage (*right, top*) also tied into a new pergola and entry portico. Basset hound Molly (*right, bottom*) often plays a key role in Julie Tracy's therapeutic work.



Finally, a Pantiliner designed especially for light loss of bladder control.

Lots of us experience light loss of bladder control, sometimes just when laughing or sneezing. But I've discovered Poise® Pantiliners. They're as thin and discreet as ordinary pantiliners, but with a super-absorbent center to keep you drier. Look for Poise Pantiliners on a different store shelf with other Poise products. And feel free to have a good laugh.



Freedom to be yourself.

www.poise.com Consult your doctor about bladder control problems.

>> from 108

Designing a space that felt nothing like school was Julie's top request for architect Fred Wilson. Pale yellow walls reach to a cathedral ceiling and are fitted with a wide arch-top window and three French doors. "It's flooded with light, and the symmetry of the design makes it very comfortable," Wilson says.

The inviting space accommodates specially designed learning stations. Because the children sometimes have trouble organizing themselves and knowing how to play, Julie laid out areas geared toward different lessons and activities. Felt and magnet boards, reading areas, and play centers, such as one set up as a kitchen, accommodate lessons that Julie customizes to the needs of each child. "The children who come here often have difficulty bringing order into their experiences," Julie says. "A space like the kitchen helps them learn how to take a role and represent their daily lives in a play activity."

Closets, shelves, and proximity to a bath in the original house provide the space with a possible future use as a bedroom or family lounge. But for now Julie sees the features as they relate to children—including her own. When class isn't in session, she spends time here with sons John and Joe. "John wanders into this room constantly," she says. "He loves to be in here."



A short hall (*above*) accesses a 9×20-foot back deck. The door near the kitchen play area (*right*) opens onto a smaller balcony that faces the street.

RESOURCES >> PAGE 280



Don't you wish mornings were just like they used to be?

Pancakes and orange juice on the table.

A school bus rumbling in the distance.

Bright eyes and matched socks.

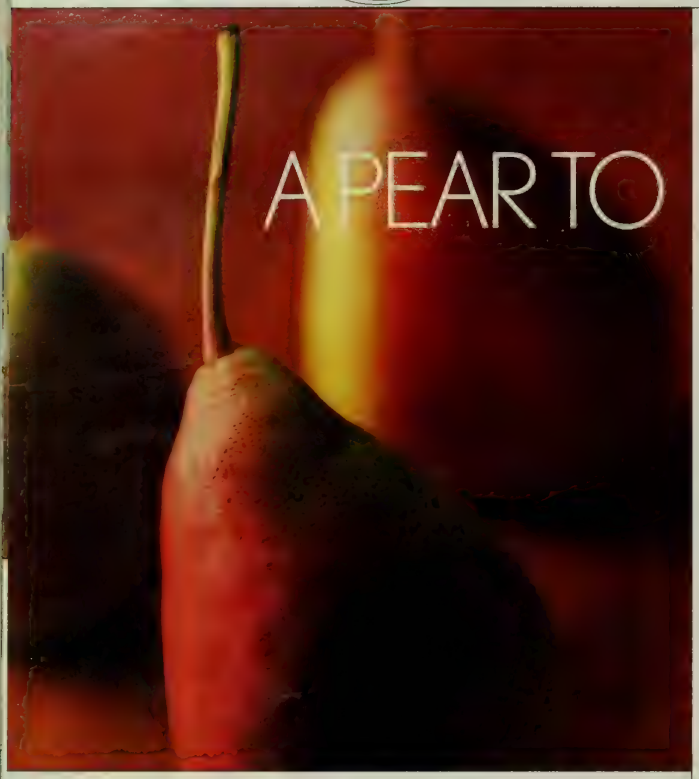
GetReal

ow more than ever, the best start under the sun.

Florida Orange Juice.

In good taste

FOOD AND ENTERTAINING



A PEAR TO REMEMBER

IN THE AISLES

The family resemblance is remarkable, but South African forelle (for-ELL) pears (*left*) have a couple of advantages over their American-raised cousins. Both types of forelles share a drop-dead gorgeous red blush and a juicy applelike crispness. However, the South African pear is twice the size of its petite U.S. counterpart. Best of all, it's one of those rare pears available from summertime through early fall. You might catch the more voluptuous types in produce sections if you hustle. Missed them? There are plenty of the sweetly smaller American forelles coming into their own from October through late winter. Pair up either version with Maytag blue cheese for an incredible taste sensation.



While fresh pears are pretty irresistible, you'll also find bliss in this sublime **Pear Walnut Sauce** (*right*) from Cuisine Perel. It makes a great finishing sauce splashed over poultry, but is also fantastic over salad, cheese, and especially ice cream. Cuisine Perel; www.cuisineperel.com or 800/665-9123. $15. Purchase at specialty shops.



Slather exotic **Spiced Fig Pear Butter** (*above, left*) on gingersnap cookies or hearty crackers with melty Brie cheese. From Earth & Vine Provisions. Check specialty stores, visit the Web site www.earthnvine.com, or call 888/723-8463. $7.

Or try **Lemon Pear Marmellata** (*below*) from Bella Cucina Artful Food. This combo of lemons, pears, and Sicilian Limoncello liquor makes a habit-forming spread on thick toasted bread. To order or for a store near you, call 800/580-5674. $7. —JEANNE AMBROSE



THE BETTER HOSTESS

RUNNER UP

Change the look of your harvest table in an instant with this fast and fabulous napkins-turned-runner trick (*right*). You'll need five oversized linen or cotton napkins and only minutes to tie them, corner to corner, into connecting knots. Stretch runner across table.

P.S. Mix and match as you please—a seasonal hue adds to the look. Linen hem-stitched napkins: Sfferra; Forty Five Ten; 888/567-4510. $16 each.



LAST TIME YOU WERE THIS SATISFIED YOU MARRIED HIM.



NEW DANNON® LIGHT 'N FIT™ CREAMY.

So light, fit and deliciously creamy, there's total satisfaction in every bite. *Dannon Light 'n Fit* Creamy. You know what you want, why compromise?

ANNON®
er every day™

www.dannon.com ©2002 The Dannon Company, Inc.

QUESTION:

My quince are ready and waiting. Could I substitute them for the apples called for in my favorite pie?

ANSWER:

Yes. Quince, unlike apples, are too puckery to eat raw. But, when peeled and cooked with sugar, quince take on a mellow flavor, like that of tart cooking apples.

QUESTION:

What are mulling spices?

ANSWER:

Typical mulling spices—whole cloves, allspice, cinnamon sticks, and/or nutmeg—add an amazing flavor when simmered with apple cider or red wine. Find mulling mixes at the market or make your own.

"Illusions" by Vera Wang for Wedgwood; 800/955-1550. $99/set.



"Diner" from Oneida; 800/877-6667; www.oneida.com. $4/set.



"Vintage" from Marquis by Waterford; 800/955-1550. $39/set.



"Jazz," 12 oz.; JG Durand through ARC International; 800/257-7470. $25 each.





FRESH FINDS

MY FAVORITE TUMBLER

Johanna Grawunder (*above*), a world renowned architect and designer based in Milan and San Francisco, has left her mark on gorgeous buildings, such as Olabuenaga House on Maui, as well as fine crystal for Salviati and others. Now, Johanna goes mass with one of the world's largest glass and crystal manufacturers—JG Durand. She has designed a new line, "Jazz," which includes drinkware, vases, bowls, and more. The tumbler, in particular, sits bold and substantial in the hand. What makes it feel so right?

"A great tumbler has to stop a person, make them live in the present and realize they're holding their wine, their milk, whatever. I prefer one that has plenty of heft, an asymmetric architectural cut, a contemporary design, and a strong texture," says Grawunder.

"My most defining tumbler moment happened years ago. While visiting a good friend, I was served beer in a beautiful Baccarat tumbler and I was changed forever. There's almost a ritualistic quality to drinking something unexpected from something wonderful and grand. In fact, the glass is a major part of the experience, if not the reason you're drinking," says Grawunder.

Try your beverage of choice in this roundup of tumblers (*left*). Tumbler (*above*), "Jazz," 10 oz.; JG Durand through ARC International; 800/257-7470.





Once again, Maytag brings something new to the party.

Jetclean® II, the world's first dishwasher with three full racks to hold all those hard-to-fit items like cupcake pans, casserole dishes and frying pans. And with three full racks and four powerful wash arms, your dishes get clean the first time. Another dependable idea worth celebrating, only from Maytag. For more information, visit maytag.com.

MAYTAG®

FAMILY SERVICE

DINNER WHITES

Beautiful and timeless, practical and basic. This new collection of whiteware is all this and more. The soft scalloped edges, oversized dimensions, and embossed details of these high quality, highly functional serving pieces set them apart and provide long-lasting style. With all this going for them, just think what they'll do for your family's favorites—from Sunday's company pot roast with veggies to Friday's beef and bean chili. That's right, you'll reach for these pretty anytime pieces night after night, dish after dish.

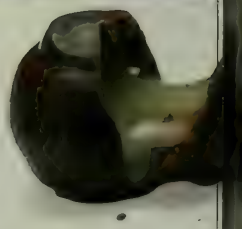


"New Country" platter, Villeroy & Boch; 800/845-5376. $130. Pewter and ceramic soup tureen, Arte Italica through Bedside Manor; 704/554-7727. $326. "Italia" salad bowl with wood servers, Butler's Pantry; Lenox; 800/635-3669; www.lenox.com. $72.



GOOD AS IT GETS

HARVEST CHOCOLATES



When a bounty of harvest flavors lands in the chocolate pot, gastronomic sparks start to fly. The result is a cornucopia of chocolates oozing with the season's favorite offerings. You'll find honey, molasses, and pumpkin pie spice all sitting cozily in their chocolate shells. Buyer beware: Chocolate makers bring these flavors to market only once a year, so make sure you have enough to double dip in the bonbon box.

A pumpkin, cinnamon, clove, and nutmeg filling luxuriates in a milk chocolate cover in **Pumpkin Spice Truffle** (*left, top*). Godiva; www.godiva.com. Five for $12.

The crispy crunch of a **Molasses Puff** (*left, bottom*) with after-dinner coffee sets the mood for a glorious autumn evening. Bissinger French Confections; www.bissingers.com. 1 pound box, $28.

Volcano Island Honey Truffle (*right, top*) is filled with rare Hawaiian organic white honey ripened with nectar from a single grove of native kiawe tree blossoms. Vosges Haut-Chocolat; www.vosgeschocolate.com. Nine for $23.

—STEPHEN EXEL

THIN IS OUT

FAT

IS IN

For women with fine or thin hair, fat hair has arrived. Because now there are new Progaine shampoos, conditioner and styling products from the scientists at Rogaine. Progaine nourishes hair naturally, with wheat amino acids and nutrients, to make hair look fatter and fuller. So now you'll have more good hair days. And you'll never have to be thin again.



the scientists of Rogaine®

NEW PROGAINE®

e does not regrow hair.
Pharmacia Corporation

THE WORLD'S MOST **FATTENING** HAIR CARE.

progaine.com



JUST FOR KIDS

POPOVERS

Call us sentimental softies, but there's something nearing perfection in the kitchen when we watch the little people in our lives tear into piping hot popovers. In truth, there's little that promotes a more heartfelt bonding time between parents and kids than preparing mouthwatering wonders together. Now, a user-friendly kit for making 12 pretty popovers will be delicious fun for you and your family. The kit comes with a ready-to-go mix and two jars of yummy jam—Apricot Cherry Jam and Strawberry Apple Rhubarb Jam. Add four fresh eggs, 2 tablespoons unsalted butter, and 2 cups water to the mix and you're good to go. The easy part is the eating—fill them with the jams, pudding, or ice cream. Popover Mix and Jams; Stonewall Kitchen; 800/207-5267. $19.95.

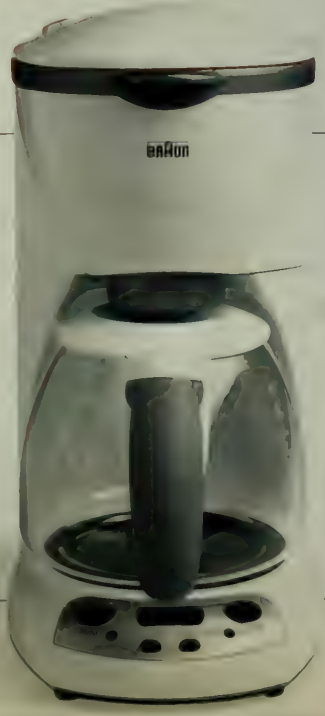


INTO ORGANICS? WATCH FOR THE "USDA ORGANIC" SEAL. THE NEW SEAL MEANS FOODS ARE FREE OF SYNTHETIC PESTICIDES, HORMONES, AND ANTIBIOTICS.

KITCHEN TECH

MORNING PERK

Toothbrushes and shavers—that's often what we look to Braun North America for, but they also manufacture kitchen appliances. Check out the new AromaDeluxe Coffeemaker KF580. You'll love the 10-cup capacity, ergonomic soft-grip handle, push-button filter basket release, pause and serve capability (to interrupt the brewing for a sneak cup), and Brita water filter—all making for one mean machine; 800/272-8611. $99.99.





ou don't sleep like everybody else. Why wake up like everybody else?



Everybody's different. Especially coffee drinkers. So why just add the same old ordinary creamer? International Delight® has 11 unique flavors to make coffee just the way you like it. Which will you have tomorrow? Sleep on it.



ADDING VINTAGE COLOR

YOU CAN'T BUY CHARACTER, BUT YOU CAN RE-CREATE ITS MELLOWED HUES THIS WEEKEND USING EVERYDAY TEA. A TECHNIQUE THAT HAS BEEN PASSED DOWN THROUGH THE GENERATIONS, TEA STAINING QUENCHES OUR CURRENT THIRST FOR VINTAGE COLOR.

BY **KRISTINE KENNEDY** PHOTOGRAPHS BY **ANDY LYONS** PRODUCED BY **CATHERINE KRAMER** AND **PEGGY JOHNSTON**

You can do it!



Christopher Lowell







The Christopher Lowell Home Collection from Flexsteel® makes decorating easy.

Furnishing your home with my Christopher Lowell Home Collection is so easy, so stress-free, so effortless, you'll hardly have to lift a finger. My mix-and-match furniture was designed with pre-coordinated fabrics, so all the hard work is done for you. The furniture is made by Flexsteel® so you know it'll last, and it's designed by me so you know it's chic. Stop by a Flexsteel Christopher Lowell Home Collection retailer near you and relax, because you can do it!



Visit http://flexsteel.com or call 1-800-685-SOFA for a retailer location near you. For more information about Christopher Lowell, visit his site at www.christopherlowell.com.

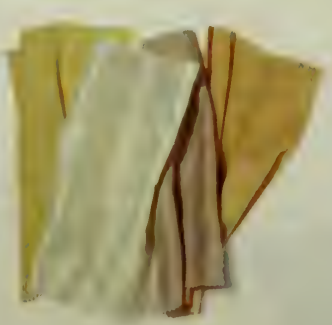
Flexsteel®
America's Seating Specialist



>> from 120

Coloring the silk on curtain panels will add instant old-world elegance. The hues you can achieve through tea staining are subtle, and dupioni silk's characteristic nubbiness and sheen add texture to the pale palette. On the draperies shown here, grayish-purple silk that was dyed with berry tea is banded in golden silk dyed with instant tea. Contrasting trim, made of dark purple glass beads, emphasizes the border effect. Tea-stained items will eventually fade, but you can preserve the color by using alum as a color-setting additive. During the last five minutes of the dyeing process, add a teaspoon of alum (available in market spice sections) or ½ cup of vinegar to the tea bath. Projects exposed to sun are most likely to fade, so curtains should be lined. >> on 124

A wide band of silk stained a different color gives these curtain panels a decorative boost (*above*). Different teas—from green to berry to black—produce various colors on white dupioni silk (*below*).



Important Information About NICOTROL® Inhaler.
Please Read Carefully.
Patient information about NICOTROL Inhaler (nicotine inhalati system) 10 mg per cartridge (4 mg delivered). Please read this inf mation before you start using NICOTROL Inhaler. Also, read t Patient Information Leaflet each time you renew your prescriptio just in case anything has changed. This information is not intend to take the place of discussions between you and your doctor. Y and your doctor should discuss NICOTROL Inhaler as part of yo plan to stop smoking. Your doctor has prescribed NICOTROL Inha for your use only. Do not let anyone use your NICOTROL Inhaler.
What is NICOTROL Inhaler?
NICOTROL Inhaler is indicated as an aid to smoking cessation helps you quit smoking by reducing your urge to smoke. Success quitting with nicotine replacement therapy (such as NICOTR Inhaler) usually involves behavior change. People who u NICOTROL Inhaler with a comprehensive behavioral smoking ces tion program are more successful in quitting smoking. This progr can include support groups, counseling or specific behavior char techniques as well as NICOTROL Pathways to Change® self-h materials. Call 1-800-699-5765 if you did not get your free Pathwa to Change® handbook from your doctor.
Who should use NICOTROL Inhaler?
Patients with these conditions should consult their doctor bef using this product: • heart problems (recent heart attack, irregu heartbeat, severe or worsening heart pain) • stomach ulcers • h blood pressure • diabetes requiring insulin • wheezing or asth • overactive thyroid • allergies to drugs • kidney or liver dise • accelerated hypertension.
How does NICOTROL Inhaler work?
As you inhale or puff through the mouthpiece, nicotine turns int vapor and is absorbed into your mouth and throat.
How should I use NICOTROL Inhaler?
Use NICOTROL Inhaler longer and more often at first to help con cigarette cravings. Less nicotine per puff is released when you the Inhaler versus a cigarette. Try different schedules to help con cravings. Puffing on the Inhaler for 5 minutes at a time will give enough nicotine for 4 uses. Nicotine in cartridges is used up a about 20 minutes of active puffing. In a few days you'll find w works best and know when nicotine in the cartridges is used. Your doctor may adjust the number of Inhaler cartridges during first few weeks. As your body adjusts to not smoking, your do will either tell you to stop using the Inhaler or slowly reduce dose. Do not use more than 16 cartridges each day unless direc to do so by your doctor.
When should I stop smoking?
Stop smoking as soon as you start using NICOTROL Inhaler.
How long should I use NICOTROL Inhaler?
Do not use NICOTROL Inhaler longer than 6 months.
Can I smoke while using NICOTROL Inhaler?
Do not smoke or use any other tobacco products, or other prodi containing nicotine, at any time while using NICOTROL Inhaler.
What else do I need to discuss with my doctor?
Tell your doctor about any medicines you are taking – the dose may need to be changed. Check with your doctor before taking new medicine while using NICOTROL Inhaler.
Are there special concerns for women?
Do not use if you are pregnant (or think you may be pregnant nursing unless your doctor tells you to do so. Nicotine in any f can cause harm to your unborn baby. Only you and your doctor decide if the benefits of using NICOTROL Inhaler to stop smo outweigh the risk of using this medicine.
What are the possible side effects of NICOTROL Inhaler?
Like all prescription drugs, NICOTROL Inhaler may cause effects. Many people experience mild irritation of the mouth or th (40% active vs. 18% placebo), and cough (32% active vs placebo) when they first use NICOTROL Inhaler. Stomach upset occur (18% active vs. 9% placebo). In clinical studies, the freque of cough, mouth or throat irritation declined with continued us NICOTROL Inhaler.
Is there a chance I could become addicted to NICOTROL Inhal
Nicotine from any source can be toxic and addictive. Depend might occur from transference of tobacco-related nicotine dep ence to NICOTROL Inhaler.
Can a nicotine overdose occur with NICOTROL Inhaler?
Nicotine overdose can occur. If symptoms of overdose occur a doctor or Poison Control Center immediately. Overdose sympt include: bad headaches, dizziness, upset stomach, drooling, vo ing, diarrhea, cold sweat, blurred vision, hearing difficulties, m confusion, weakness and fainting.
How should I store NICOTROL Inhaler?
When not in use, always store mouthpiece and cartri in plastic case, out of reach of children and pets. Store cartridg room temperature, not to exceed 77°F. If you keep cartridges car, be careful, interiors heat up quickly. Protect from light. C mouthpiece regularly with soap and water. Keep NICOTROL In out of reach of children and pets. NICOTROL Inhaler is a child re ant product. Please read carefully the instructions regarding h open, close and lock. NICOTROL Inhaler can cause serious illne children and pets – even in very small amounts. If a child chew or swallows NICOTROL Inhaler cartridges, call a doctor or P Control Center. After a cartridge is used, throw away out of rea children and pets. Even used cartridges contain enough nicoti seriously harm children and pets. The Patient Information Le provides a summary of information about NICOTROL Inhaler. I have any questions or concerns about either NICOTROL Inha smoking cessation, talk to your doctor. In addition, talk to pharmacist or other healthcare provider. Pharmacia. Peapac 07977. © 2002 Pharmacia Corporation. Pathways to Change® trademark of Johnson & Johnson-Healthcare Systems Inc. under license by Pharmacia. NICOTROL® Inhaler is a regis trademark of Pharmacia.



Helps you beat cigarette cravings one at a time.

You're more likely to succeed with Nicotrol Inhaler.

When you're trying to quit smoking, you're fighting a battle all day, every day. That's why there's Nicotrol Inhaler—a prescription product that must be used as part of a comprehensive behavior modification program. It helps you beat cigarette cravings one at a time by providing just enough nicotine to reduce nicotine cravings. And every craving you beat is something to celebrate.

Use more when your cravings are tough, less when your cravings are less. Clinical studies have shown that people were more likely to succeed with Nicotrol Inhaler versus an inhaler without medicine. To learn more, ask your doctor, call **1-800-INHALER** or visit **www.nicotrol.com.**



Before using Nicotrol Inhaler, you must stop smoking. Therapy is not to exceed 6 months. Do not use with other products containing nicotine. The most common side effects are mild throat or mouth irritation, cough and upset stomach.

Nicotrol Inhaler may not be for everyone. If you are pregnant or nursing, or have asthma, you are encouraged to first try other methods to quit smoking, like educational or behavior modification programs. It's important to tell your doctor if you have heart or lung disease, or are taking other prescription medicine.

Nicotrol® Inhaler

(nicotine inhalation system)

Please see important information on the next page.

© 2002 Pharmacia Corporation

Armstrong
Your ideas become reality

Point



Click



Yes!



Design a Room
interactive room viewer



Choose from more than 20 rooms online. Point your mouse at literally hundreds of beautiful flooring choices. Just click, click, click to choose the right flooring...and the colors for your walls...and cabinets, too. As you design your perfect room, see exciting possibilities come to life.

www.armstrong.com

Vinyl · Ceilings · Wood
Linoleum · Laminate

© Armstrong. Designs copyrighted by Armstrong.



>> from 122

Floral fabrics—mainstays of cottage style—make good candidates for tea staining. Part of cottage style's appeal is its patina and the feeling of familiar comfort it imparts. To cultivate that feeling, use tea to take the edge off a too-bright, new fabric, so the fabric will blend in with authentic vintage textiles. Here, the 100 percent cotton floral is fashioned into a loose-fitting slipcover. Tea staining is only effective on all-natural fabrics, such as pure silk, wool, or cotton. Be aware that when you dye an already-stitched item, the polyester-cotton blend threads will appear lighter than the fabric. So, it's best to dye the fabric first, then stitch the item using thread that matches the darker fabric color. For this slipcover, we cut the fabric into 3-yard sections, tea stained them, then pieced the slipcover together.

>> on 126

This slipcover (*above*) appears aged thanks to the over-dyeing technique, which uses tea to dull the colors of an already patterned fabric, such as this all-cotton floral (*below*). All fabrics, even upholstery fabrics, need to be laundered before dyeing to remove sizing and other surface chemicals. Don't use fabric softener.



Armstrong

Your ideas become reality



LINOLEUM.

CREATED IN 1863 BY FREDERICK WALTON.

REDISCOVERED IN 2002 BY JEANNE AND MARTY McDERMOTT.



After all these years, the formula for genuine linoleum remains unchanged. It's still equal parts style and substance – rich, vibrant colors in perfect balance with the natural elements that have always been its foundation. And the sheer number of its design possibilities more than assures the continued success of genuine linoleum into the future. For patterns and colors placed together by an individual create more than a room. They fashion an enduring statement of who you are.

www.armstrong.com

Vinyl · Laminate

Linoleum · Ceilings

featured: Marmorette™ Linoleum, 19086 Oak Brown and 19078 Bamboo Tan.
information, call 1-888-ARMSTRONG. © Floor design copyrighted by Armstrong.



WIN!

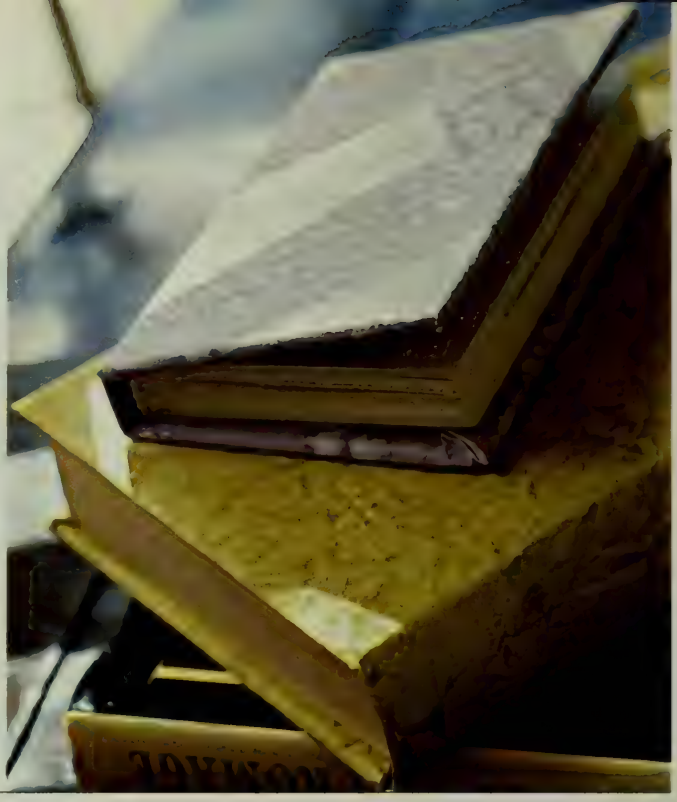
FREE PISTACHIOS for a Year!

Log on to www.pistachios.org to enter.

CALIFORNIA PISTACHIOS®

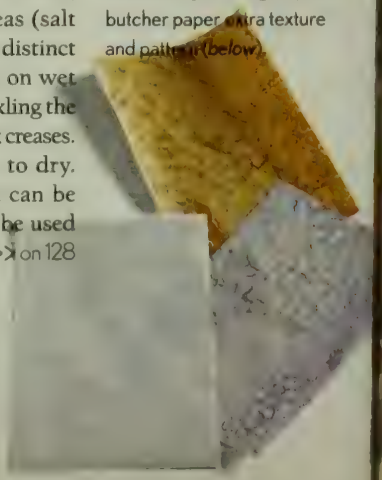
Grab a handful!

No purchase necessary. US and Canadian residents only (excluding Quebec). Void in Quebec and where prohibited. Promotion ends February 28, 2003. See www.pistachios.org for official rules.



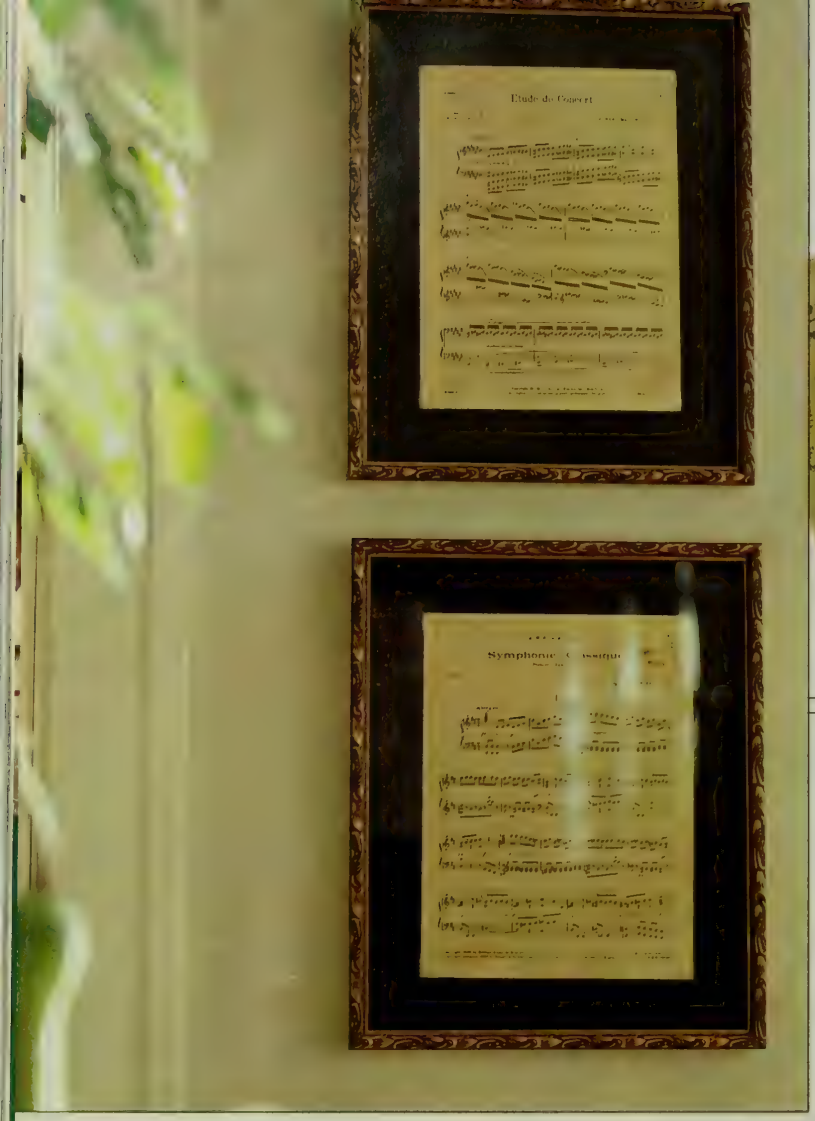
WEEKEND DECORATING >> from 124

Quilters and hooked-rug makers have reintroduced the centuries-old tea staining process as a way of making their new fabrics look like antiques. Contemporary artisans are taking tea staining one step further and using paper, instead of fabric, to interesting effect. Tea staining paper is a lot like painting: You lay the paper flat and apply strong tea by brushing, spraying, or splattering one tea color on top of another. To create a mottled look, sprinkle kosher salt on wet areas (salt concentrates the color). To make distinct rings, sprinkle rubbing alcohol on wet areas (alcohol repels color). Crinkling the paper before dyeing produces dark creases. Lay wet papers on newspaper to dry. Because the tannins in the tea can be corrosive, the paper should not be used to cover valuable books. >> on 128



Use the decorative paper to wrap presents or cover books (*above*), folders, and storage boxes. By crinkling the paper before staining it, or adding drops of rubbing alcohol afterward, you can give plain butcher paper extra texture and pattern (*below*).


Because popcorn is so overrated.
CALIFORNIA PISTACHIOS
Grab a handful!





>> from 126

Delicate as it is, sheet music is unlikely to survive the rigors of time. If you have a song that has special meaning, tea staining allows you to artfully age the new sheet music for display. Begin by buying inexpensive sheet music. Brew a strong mixture of instant tea, using approximately 1 tablespoon of tea per 1 cup of water. Pour the tea into a cookie sheet with raised edges or into another wide, shallow pan. Lay sheet music in the tea and let it stand for 30 minutes. Remove the sheet music and dry flat on newspaper. Any tea-stained paper may dry with puckers or curled edges. You can flatten the paper by ironing it—just be sure to use a low heat setting and to put another sheet of paper between the iron and the paper. Frame the sheet music, or try showcasing it under a glass tabletop or decoupaging it on plain furniture.

Antique sheet music has imperfections, such as irregular dark spots. Here's how to duplicate the flaws: Sprinkle dry tea leaves on newspaper, then lay wet, tea-stained sheet music on top of it. The sheet music will soak up the dry tea to make spots.

HOW DO YOU TAKE YOUR TEA?

CONCOCT A RECIPE

- For all of our projects, we began with 1 cup of loose tea leaves per 6 cups of water, then adjusted from there. Bundle the tea in cheesecloth and boil in a big pot. Remove the cheesecloth. (You could also use tea bags or powdered teas, which dissolve.) Soak fabrics directly in the pot, adding alum or vinegar last. When desired color is achieved, rinse the fabric under running water or in a washing machine's rinse cycle. Dry on a clothesline. Spray, paint, or splatter on the tea if using paper.
- Experiment with different types of tea, concentrations of tea, and soaking times. After staining fabric, rinse it once and dry one corner to see the color. If it's not "done," wet the corner again and return fabric to the pot.
- While the process is called tea staining, you can also use ground coffee or instant coffee for a richer or darker effect.
- No matter what your project, expect tea staining to produce splotchy or uneven tones.


celebrate the season
with gifts & ideas to take you
from harvest to holiday
Spiegel
talian ceramic pedestal bowl & vase, just $29 each.
1 800 SPIEGEL or visit spiegel.com to get your Holiday catalog.
find your page...



Fragrant bulbs

AMONG THE BULBS THAT BLOOM IN SPRING ARE A SELECT GROUP WHOSE FLOWERS PERFUME THE GARDEN. PLANT THEM NOW FOR A SWEET SEASON.

Tulips, daffodils, and the other bulbs of spring are known for their reliable performance and traffic-stopping colors. If you slow down to a strolling pace, or cut a few flowers for a vase in the kitchen, you'll notice that many of them also have a wonderful fragrance. As you buy bulbs to plant this fall, make sure your shopping list includes a few varieties known for their floral perfumes. A sampler of some of our favorites follows. Plant them or your own favorites along garden paths, next to a bench, or near the porch or patio, where you can catch their fragrance as you come and go. Next spring, you'll welcome the intoxicating sweetness of hyacinths; the clean scent of certain tulips; and the musky or spicy aromas of daffodils. Plant a few extra bulbs to clip blooms for bouquets; subtle scents are often amplified as the petals warm to indoor temperatures.

BY **DOUG HALL** PHOTOGRAPHS BY KING AU, BOB GREENSPAN PRODUCED BY **MARTY ROSS**


Cottonelle®
Wetter is better for a Cottonelle® clean!
Feel the clean with Cottonelle Fresh® moist wipes!
Cottonelle
Fresh
Folded Wipes
Cottonelle



To all the other butter cookies out there:

Checkmate.



PEPPERIDGE FARM

Never Have An Ordinary Day.®





FRAGRANT BULBS >> from 130

1. ACTAEA DAFFODIL One of the last daffodils of spring, Actaea has been a garden favorite since 1927. No small factor in its enduring popularity is a spicy aroma that intensifies on calm days. Each 3-inch flower has a dainty golden cup, rimmed in scarlet and displayed against sparkling white petals. Actaea, like so many varieties of daffodil, will return year after year in ever-increasing numbers, rewarding your initial investment many times over. And if that isn't enough to recommend it, keep in mind that daffodils of all types are virtually deer- and rodent-proof.

2. SIR WINSTON CHURCHILL DAFFODIL Double-flowered daffodils swap their traditional cupped-flower shape for a ruffle of extra petals, giving them the look of tiny roses. In Sir Winston's case, the blossoms are creamy white and flecked with orange, borne several to the stem. This variety is sturdy and reliable, even when the weather takes a turn for the worse, which so often happens in spring. >> on 134


If you're going to have a cookie, have a cookie.
PEPPERIDGE FARM
Chessmen
Geneva
Milano
Never Have An Ordinary Day.™

FRAGRANT BULBS >> from 132

1. DAYDREAM TULIP Daydream's color changes daily as each bloom matures, from soft yellow to luminous tangerine. Its delicate scent hints of tea roses and lemon. In the *BH&G®* Test Garden, this tulip is paired with Ambergate daffodils—a combination that harmonizes in hue as well as fragrance.

2. FOKKER FAN FAN TULIP Most lily-flowered tulips dance through flowerbeds like graceful ballerinas; Fokker Fan Fan is more like a whirling dervish. On sunny days, it throws its pointed petals open wide to form a pinwheel of fiery colors. The scent is fresh and citrusy with a suggestion of spice. Looking for a tulip you can cut? This one has strong, straight stems.

3. BABY MOON DAFFODIL Diminutive in every respect, Baby Moon's tiny golden blossoms sparkle like a constellation against its grassy foliage. Plant daffodils of this size in generous clumps—a half-dozen bulbs just won't do—and place them at the front of the border, where you can easily sample their surprising intensity. >> on 136







You took a nice shot.
Now get the shot you meant to take.

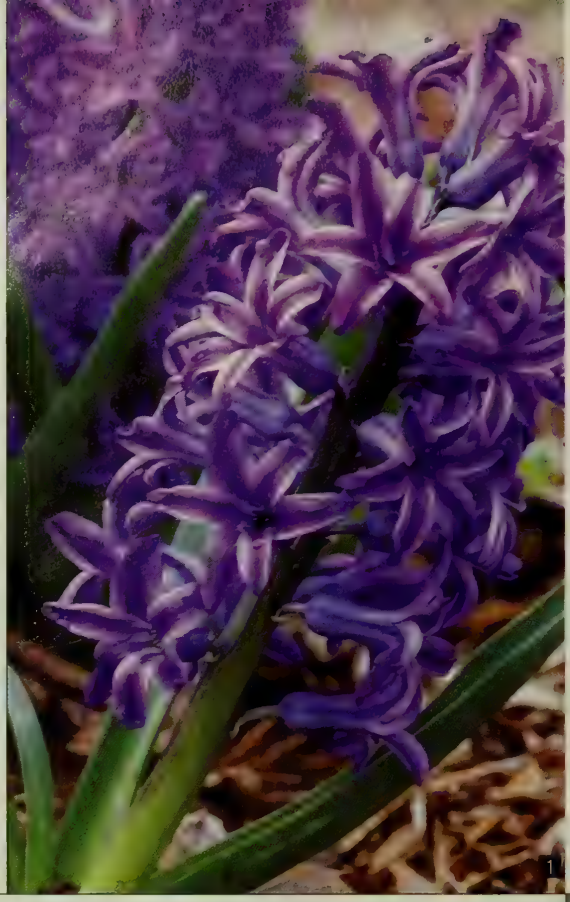


KODAK Picture Maker lets you crop, enlarge, add borders, even change from color to black and white. Make your own gifts without negatives from a photo or digital camera in just 5 minutes. For a location near you, visit kodak.com/go/picturemaker.

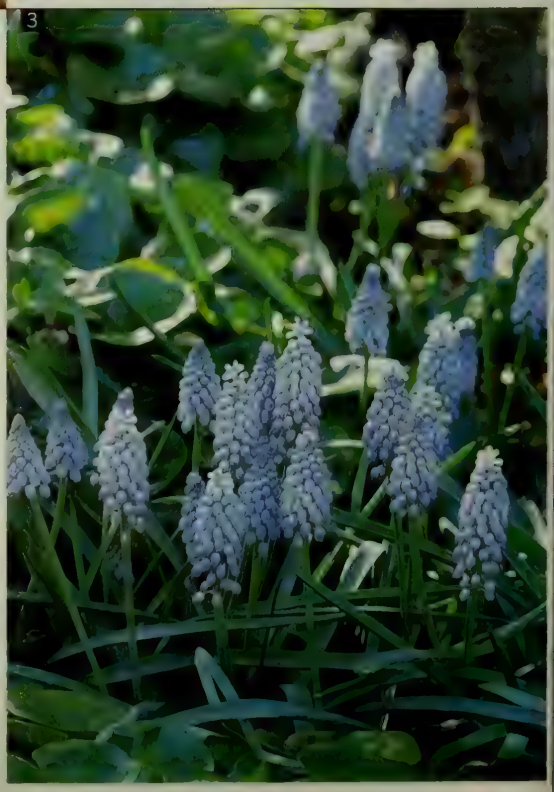




Share Moments. Share Life.™







FRAGRANT BULBS >> from 134

1. BLUE JACKET HYACINTH It's not officially spring until the rich perfume of hyacinths permeates the garden. Hyacinths come in pastels and jewel-box colors, and all are exceptionally fragrant. Indoors the scent can be overpowering, but in the garden it is always welcome, even to those who find the blooms frumpy looking.

2. PERSIAN PEARL TULIP This extra-early tulip has a complex, spicy scent that one visitor to our Test Garden described as "crushed ripe berries and browned butter." That's more than you might expect from a tulip that grows only 4 inches tall.

3. VALERIE FINNIS MUSCARI Muscari, or grape hyacinths, have a light and refreshing fragrance that's well worth a muddied knee. A few of the 6-inch flower spikes make a charming bouquet in a slender vase. We tucked bulbs of the powder-blue variety Valerie Finnis among clumps of European wild ginger, whose round, glossy leaves are in perfect scale with the muscari blooms.

ORDER FRAGRANT BULBS >> PAGE 138
RESOURCES >> PAGE 280

MORE ABOUT SPRING BULBS, WWW.BHG.COM/BHGBULBS



WALKING the walk

THE WOOD BROTHERS OF DALLAS RENOVATE OLD BUILDINGS FOR NEW PURPOSES—SUCH AS THE FORMER POWER STATION THEY NOW CALL HOME.

BY **KRISTINE KENNEDY** PHOTOGRAPHS BY **COLLEEN DUFFLEY** PRODUCED BY **DIANE CARROLL**

THE BROTHERS' SEPARATE APARTMENTS HONOR A SHARED ARCHITECTURE BUT CONVEY THEIR PERSONAL TASTES.



The PowerStation is how Brandt and Brady Wood refer to the 1919 building they call home. Literally, the name refers to the building's historical use as an electric trolley car substation for the Dallas Power and Light Company. The substation had been defunct for 50 years when the brothers, along with Brady's wife, Megan, bought the downtown Dallas structure and converted it into three residential apartments.

Though only in their mid-thirties, the brothers are so accomplished within Dallas' business and redevelopment communities that they give the entrepreneurship lecture for Southern Methodist University's MBA program. The brothers' business, The Entertainment Collaborative (The EC), is a hospitality and real estate company that currently includes two restaurants, two music venues, a lounge/club, and more than 20 pieces of real estate.

But for Brandt, 34, and Brady, 36, their efforts aren't just about the money. They want to give Dallas what they grew up with in New Orleans—a successful commingling of restaurants, bars, clubs, offices, and homes, within diverse historic neighborhoods. >> on Z4

"My space really wanted to have two (seating) groups," says Brandt of the living room (*page Z1* and *left*). Each grouping is anchored by a 1950s tufted vinyl sofa, identical except that one is cream and the other is black. From left to right (*below*): Brandt, Megan, and Brady—holding their daughter, Honor, photographed last June when the baby was just two weeks old.



BETTER BY DESIGN >> from Z3

In their mission to attract residents to redeveloping areas, Brandt and Brady not only talk the talk, they walk the walk. The PowerStation has been their home for 4 years. "It felt natural to live in an urban area," Brandt says. "I think the feeling here is that we were pioneering."

Megan, now a doctor, was an architect when they bought the building in 1997. She worked out the layout for The PowerStation's renovation, and architect Ron Wommack drew up the construction documents and the lighting plan.

The completed spaces are closer in size to an average house than a typical apartment. The bottom floor, which has 30-foot ceilings, is divided into two dwellings, one for Brandt and the other owned by a family friend. These lower apartments are each about 2,200 square feet. The 2,500-square-foot top floor, which spans the entire building, belongs to Brady and Megan. >> on Z6



"The kitchen is just a clean-lined, simple design, so it fits into the space without calling too much attention to itself," says Brandt (*top*), who likes to cook wild game and Gulf Coast seafood. Brandt's dog, Reddy (*above*), snoozes on the cool concrete floor.

Your other furniture will fear for its life.



Catalina Sofa

L A Z B O Y

The new look of comfort™

by Incorporated lazboy.com 1-800 MAKE A HOME

BETTER BY DESIGN >> from Z4

Throughout the renovation, the Woods' motto was: Let the building do the talking. "The original elements were what we loved about the space, and we didn't want to cover that up," Brady says. The original brick walls, ceilings, and concrete floors were left exposed with all their blemishes. Both brothers feel that the building's architecture dictated its interior design. "It tells you what to do, you don't tell it," says Brady. "We let it show its best character by embellishing it with nothing more than what is necessary for living," says Brandt.

For Brandt, what's necessary is a mix of mid-century furniture, family pieces, fine art, and a few ornate flourishes. "The biggest influence on me is New Orleans and its eclectic diversity. The music culture, the festival culture, the African-, French-, and Spanish-American cultures," Brandt says. >> on Z8



French-style chairs, a gift from Brandt's father, surround a six-sided piece of glass perched on concrete plumbing conduit (*below*). "I bought it from a concrete yard for 20 dollars," he says. "It wasn't easy to get it into the house." The chandelier (*right*) is a Spanish Art Deco piece.



Liberal married a conservative.

servative married a liberal.

Agreed on a door that can survive the occasional storm.



oors make a statement on their own. Matching elegance with strength, Marvin doors stand up to weather, d differences of opinion. And since they're built to your exact specifications, you'll know they're always earn more at **www.marvin.com** or call **1-800-268-7644** (in Canada, 1-800-263-6161) for a catalog.

Marvin Windows and Doors. All rights reserved. ®Registered trademark of Marvin Windows and Doors.

MARVIN
Windows and Doors
Made for you.®

BETTER BY DESIGN >> from Z6

The amalgam of Brandt's influences has given him the freedom to experiment with his eclectic assortment of pieces. His background has given him "the ability to use contemporary and antique furnishings in the same room and achieve harmony," he says.

While Brandt's overall interior design is grounded in clean-lined 1950s furniture, he's not afraid to mix modern with Art Deco, rubber with carved wood. To him, it feels serene, feels like home. "Our business has so much stimulation, so much contact with people, so many working parts—I needed a sanctuary," Brandt says.

>> on Z10



Thirty-foot ceilings allowed for a second-level mezzanine where Brandt's bedroom (*above*) overlooks the living area. When he wants privacy, remote-control blinds wall off the room. Off the bedroom is a short hallway (*right*), where the image of the vintage chair is reflected in a floor-to-ceiling mirror.


"When my windows throw me a curve, Hunter Douglas straightens it all out."
"I have tall windows. I have small windows. I even have windows that go across the ceiling. But I have never had a window that Duette® honeycomb shades from Hunter Douglas couldn't cover. Beautifully. With the widest range of shapes, sizes and possibilities imaginable. The greater the challenge, the more I appreciate Duette."
HunterDouglas
window fashions
hunterdouglas.com

BETTER BY DESIGN >> from Z8

If Brandt's design goal is serenity, Brady and Megan's goal is simplicity. "I'm pretty much a minimalist," Megan says. "I like a space that allows you to appreciate the art and the architecture." Taking precedence over furniture are open floor expanses, 270-degree views of Dallas, and big walls for hanging art. The couple have several pieces in storage that they chose not to use. "I don't think the space wants any more furniture," says Brady. "To me it feels full. We're not into clutter." >> on Z12



Brady and Megan were just 30 and 26 when they decorated this space, and budget was an issue. A white Knoll coffee table and Berno chairs (*above*) were purchased from vintage furniture shops. New aluminum chairs (*right*) fit the retro style.



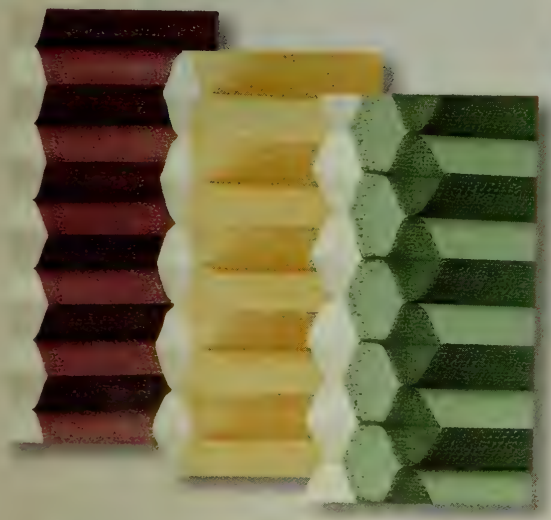
window covering in the world?"

"Talk about convenience. Battery operated Duette with PowerRise® lets me raise and lower my shades with just the touch of a button."

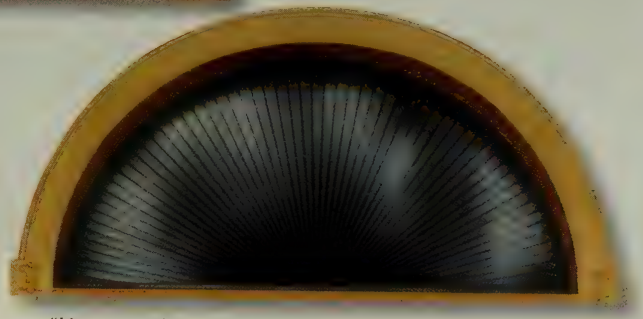




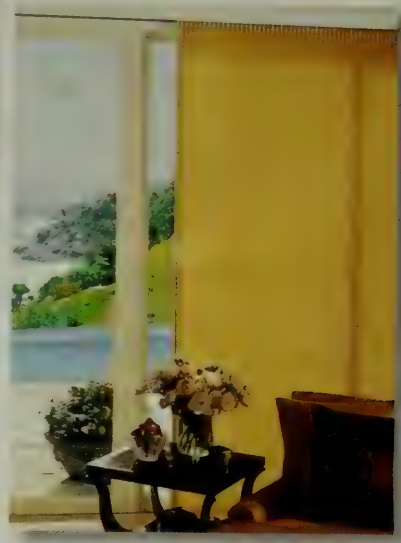
"The cordless LiteRise® lifting system eliminates the pull cord, making my shades even easier to operate and safer for my children."



"With single, double and triple honeycomb layers, and four translucency levels ranging from opaque to sheer, Duette® offers stylish solutions to meet my most challenging light control and energy efficiency needs."



"I have a variety of window shapes in my home. Thankfully, Duette gives me lots of options for covering them."



"Vertiglide™ puts the beauty of Duette in a new perspective -- vertical. It's the perfect choice for coordinating my French and patio doors with the rest of the room."



Get your free idea-filled 24-page *Solutions* lifestyle magazine.

hunterdouglas.com/solutions or 1-800-32-STYLE

HunterDouglas

window fashions

hunterdouglas.com/solutions

Where Great Rooms Begin.

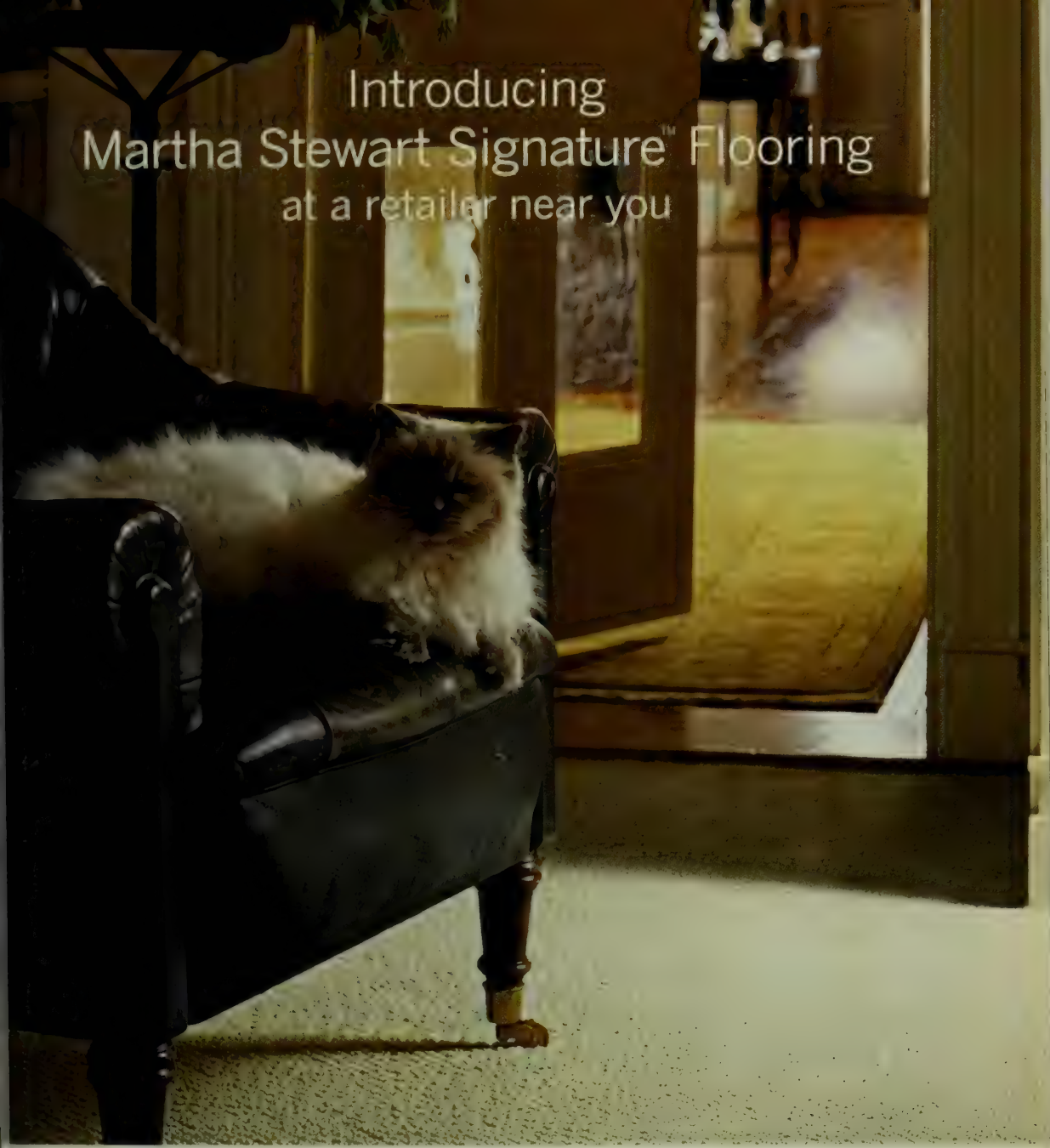
©2002 Hunter Douglas Inc. ® and ™ are trademarks of Hunter Douglas Inc.

BETTER BY DESIGN >> from Z10

By "clutter," Brady also means visual clutter. "There's a beautiful red-orange color in the brick, and we didn't want to detract from that color," Brady says. So, everything in the foreground—a gray rug, gray chairs, dark gray sofa, and white tables—is muted. Brady and Megan's main focus is on the art and architecture. "All we really care about is light and space," Brady says. "How much money you throw at the crown molding doesn't interest us." They left the old station's hoist chains dangling from ceiling to floor, and used fake grass to fill openings where cables and pulleys used to move through the floor. >> on Z14



The Woods turned The PowerStation's industrial quirks into design attributes. Retaining the substation's original chains (*above*) adds a sculptural effect to the dining area. The spare table design is contrasted by the darker and more fluid Arne Jacobsen chairs (*right*), purchased from an Esprit clothing store going out of business.



AUTIFUL HOME STARTS FROM THE GROUND UP. That's why Martha Stewart
ure now offers flooring designed to coordinate with our paint colors, fabrics, and—
ole in early 2003—furniture. Choose from carpet, area rugs, hardwood, laminate,
m, tile, and stone. It's all part of the Martha Stewart Signature™ decorating system
elps you create, step by step, the home you've always dreamed of. Visit a Certified
Stewart Signature Retailer today, and you'll see just how beautiful your home can be.

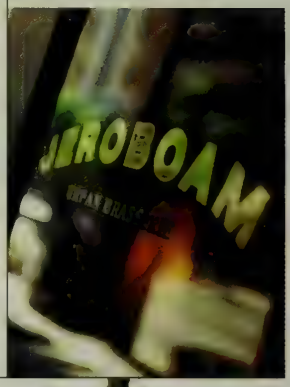
MARTHA
STEWART
SIGNATURE

TO FIND A CERTIFIED MARTHA STEWART SIGNATURE RETAILER LOCATION NEAR YOU,
CALL 800-950-7130 OR VISIT MARTHASTEWART.COM.

tha Stewart Signature partners: P/Kaufmann for fabric, Sherwin-Williams for paint, Shaw for flooring, and, in early 2003, Bernhardt for furniture.

In addition to their apartments, the Woods' downtown projects include the restaurant, Jeroboam, which also exhibits a renewed architecture and restrained interior design. Jeroboam, housed in a 1920's office building, occupies the space of a former Sanger-Harris Department Store. Original marble floors have hardwood accents where the store's display cases used to be. "We like knowing the display cases had been there previously, that the building has a history," says Brady.

With all their buildings, the Woods have taken great pains to make improvements with a light touch. And though their attention is often on physical structures, their intentions are on people. "It's not just about starting a business in a homogeneous sense," Brady says. "I started a bar. I created something that makes people smile, and that's a good feeling."



The Wood brothers keep up their recycling efforts at their restaurant, Jeroboam. About a hundred oak doors from the building's former offices (now apartments) were used as wainscoting and dividers. Reeded glass above the banquettes (*below*) is salvage from The PowerStation.

RESOURCES >> Z16





Behind every door are moments that memories are made of.

lay more than ever, doors are the pathway to those special times that memories are made of. They are a critical design nent that contributes to the quality and enjoyment of the home. Masonite's line of premium mahogany entry systems, make every home more beautiful, more valuable and more elegant.

.masonite.com

Masonite®

Masonite International Corporation

Tarantelli Designs
Transfer Borders, Murals & Designs
"Easy to apply and looks hand painted!"
Press, Wet & Peel!
Free
Border with order
Call 800-699-2130
Satisfaction Guaranteed...Or money back!
Ivy
Ferns
Roses
Fruit
Order: tarantellidesigns.com or 800-699-2130

RESOURCES

SOME OF THE PRODUCTS SHOWN EDITORIALLY IN THE BETTER BY DESIGN SECTION OF *BETTER HOMES AND GARDENS®* MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION, YOU CAN CONTACT THE MANUFACTURERS LISTED BELOW.

WALKING THE WALK

Page Z1: architect—Ron Wommack, 918 Dragon St., Dallas, TX 75207; 214/915-0923. **Knoll tub chairs**—Collage 20th Century Classics, 1300 N. Industrial Blvd., Dallas, TX 75207; 214/828-9888. **"Turkis" rug** (Red)—Voyager Trading Co., 4525 McKinney Ave., Dallas, TX 75226; 214/939-9500. **"Eames" coffee table**—Palazetti; 888/881-1199. **Danish tripod end table** (Walnut)—Century Modern, 2928 Main St., Dallas, TX 75226; 214/651-9200. **"George Nelson" bubble lamps**—Knoll; 800/445-5045; www.knoll.com. **Katy Gannon art**—John Runyon Fine Arts, 4043 Travis St., Dallas, TX 75204; 214/520-2123; www.John@Runyonfinearts.com.

Pages Z2-3: chair by backgammon table—Design Within Reach; for a catalog call 800/944-2233; www.dwr.com. **Leather and chrome benches**—Century Modern (address above). **Custom cube coffee tables,** Zebra wood—David Alchire; 214/827-0673. **Floor lamp**—Castiglioni Flos; 800/939-3567; www.flos.net.

Page Z4: refrigerator—Sub-Zero Freezer Co., Inc.; 800/222-7820; www.sbzero.com. **Range**—Wolf Range Co.; 800/366-9653; www.wolfrange.com.

Page Z6: all items—antique, discontinued, or personal belonging.

Page Z8: John Zinser art—John Runyon Fine Arts, 4043 Travis St., Dallas, TX 75204; 214/520-2123; www.John@Runyonfinearts.com. **Carter acrylic Z table; Johathan Adler pillows**—Smink, 5370 W. Lovers Lane, Dallas, TX 75209; 214/350-0542. **Custom rug**—Storehouse; 888/786-7346. **Yamagucki Butterfly stool; Saarinen table**—Design Within Reach; for a catalog call 800/944-2233; www.dwr.com.

Page Z10: Perobell sofa (Dark Gray)—Palazetti; 888/881-1199. **Knoll coffee table, white Carrera marble**—Collage 20th Century Classics, 1300 N. Industrial Blvd., Dallas, TX 75207; 214/828-9888. **Shag rug** (Light Gray)—Storehouse; 888/786-7346. **Berno side chairs,** recovered—Thirty/60, 2924 Main St., Dallas, TX 75226; or call 214/742-3060.

Page Z12: lamp—Artemide Inc.; 631/694-9292; www.artemide.com.

OUT FRONT

Pages Z20-Z26: Annuals: cleome, coleus, dracaena, helichrysum, impatiens, and nicotiana—available at retail garden shops and nurseries. *Verbena bonariensis*—Select Seeds, 180 Stickney Hill Rd., Union, CT 06076-4617; 860/684-9310; www.selectseeds.com; catalog $1. White Flower Farm, P.O. Box 50, Litchfield, CT 06759-0050; 800/503-9624; www.whiteflowerfarm.com; free catalog. **Salvia Blue Bedder**—Pinetree Garden Seeds, Box 300, New Gloucester, ME 04260; 207/926-3400; www.superseeds.com; free catalog. **Ageratum Blue Horizon**—Pinetree Garden Seeds (address above). Park Seed Co., 1 Parkton Ave., Greenwood, SC 29647-0001; 800/845-3369; www.parkseed.com; free catalog. **Trees:** Korean fir, Weeping Alaska cedar, Carolina silverbell, *Cornus mas*—Forestfarm, 990 Tetherow Rd., Williams, OR 97544-9599; 541/846-7269; www.forestfarm.com; catalog $4. **Perennials:** coneflower (*Echinacea*), *Hosta sieboldiana* Elegans, Sweet woodruff, Japanese anemone, boltonia, obedient plant, feverfew—available at retail garden shops and nurseries. **Epimedium, hardy begonia, hardy hibiscus**—Forestfarm (address above). Earthly Pursuits, 2901 Kuntz Rd., Windsor Mill, MD 21244; 410/496-2523; www.earthlypursuits.net; catalog $3. **Helianthus Lemon Queen**—Select Seeds (address above). Park Seed Co. (address above).



FORM AND FUNCTION

Page Z28: mosaic tile—Bisazza North America; 305/597-4099; Web site: www.bisazza.com.

Page Z30: terra-cotta tile, "Cotto Native"—Maestri Majolicari, through Hastings Tile; 800/351-0038. **Glass mosaic tile,** "Beaulieu" (Seagreen)—Ann Sacks; 800/278-8453; www.annsacks.com.

Page Z32: mosaic tile, "Tratto Fonte Seta"—Ceramica di Treviso, through V.A.C. Group; 888/670-7036; www.ceramicaditreviso.it.

Page Z34: ceramic tile, "Tuscania Turchese," 6x6 with crackle glaze—Senio, through Ceramica D'Italia; 631/234-0220; www.seniocer.it.

he days of girlhood go by fast enough.





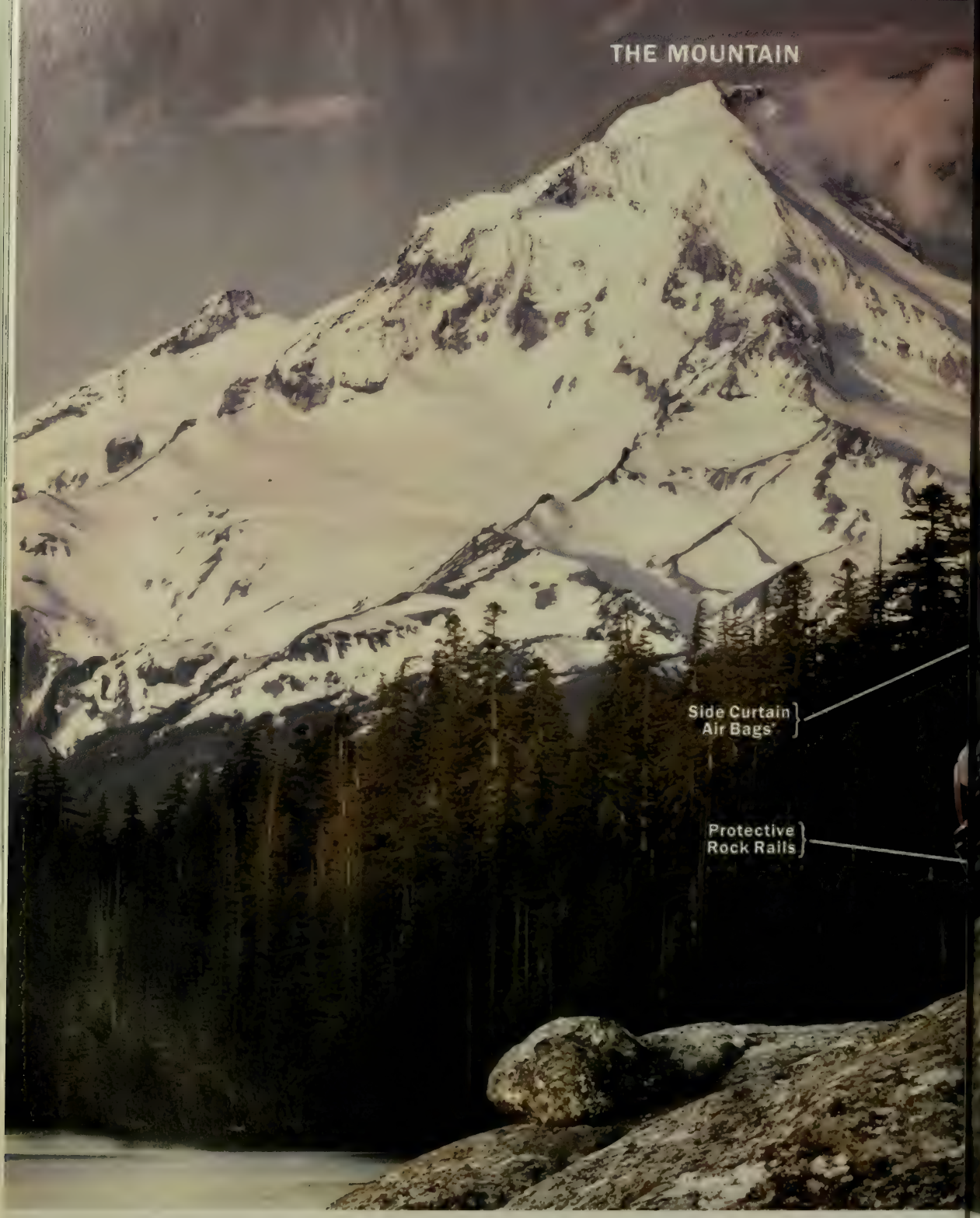
Why rush them?

Our catalogue offers thoughtful, finely crafted books, dolls, clothes, and much more for each stage of your daughter's girlhood. From her preschool days of baby dolls and make-believe through her "tween" years of self-expression and individuality, American Girl celebrates who she is *now*.

FOR A FREE CATALOGUE, MAIL IN THE ATTACHED CARD OR CALL 800·845·0005 AND MENTION CODE 125486I.

American Girl®

SHOP AMERICANGIRL.COM



INTRODUCING THE NEW JEEP GRAND CHEROKEE OVERLAND. THE ULTIMATE JEEP 4x4. It's the height o
wheel drive innovation and capability. With features such as a Tire Pressure Monitoring System,** rain-sensitive w
that will function automatically when windshield moisture is detected, and power-adjustable pedals,** the new Ov

*Always use seat belts. Remember, a backseat is the safest place for children 12 and under. **Optional. Jeep is a registered trademark of DaimlerChrys



drivers to leave worries behind as they forge the trails ahead. And to help navigate those trails is a rugged Up
y Suspension complemented by an aggressive High Output 4.7 litre Power Tech V8 engine. To learn more, call
925-JEEP or visit jeep.com. The new Jeep Grand Cherokee Overland. Taking four-wheel drive to a whole new level.



Out Front

ONCE JUST A LAWN AND A FEW YEWS, A BIG YARD ON A BUSY CORNER IN CINCINNATI HAS BECOME A GARDEN THAT CAPTIVATES THE NEIGHBORHOOD.

BY **MARK KANE** PHOTOGRAPHS BY **MATTHEW BENSON** PRODUCED BY **LYNN MCBRIDE**

LET HOPE RISE.



Join KitchenAid in the fight against breast cancer. Support Cook for the Cure®.

1: Purchase a pink Stand Mixer at CookfortheCure.com, and we'll donate $50 to the Susan G. Komen Breast Cancer Foundation.

2: Visit participating retailers Sept. 29 – Nov. 2, and we'll donate $50 for each select KitchenAid® major appliance purchased.*

3: Host a Cook for the Cure® dinner party. Get details at CookfortheCure.com. And know you made a difference.

The Susan G. Komen Breast Cancer Foundation

COOK FOR THE CURE
PRESENTED BY KitchenAid

r must mail in official certificate to complete donation. Maximum donation $200 per customer. KitchenAid is d to raising up to $1 million in recognition of National Breast Cancer Awareness Month. Cook for the Cure® ered trademark of the Susan G. Komen Breast Cancer Foundation. ®Registered trademark/TM trademark/The pe is a trademark of KitchenAid U.S.A. ©2002. All rights reserved. Contact KitchenAid at 1-800-422-1230 Aid.com. For breast health or breast cancer information, contact the Komen Foundation at 1-800-I'M-AWARE org

KitchenAid

FOR THE WAY IT'S MADE.

BETTER BY DESIGN >> from Z20

When Julie and Stu Mahlin bought their house in 1976, the corner lot offered little shelter from the main street on one side and the wide sidewalk on the other—aside from a forsythia hedge. That was OK until they fell into gardening. By 1986 the forsythia had shouldered onto the sidewalk so far they had to remove the entire hedge. In its place went a fence. "I didn't want to trim around the fence every time we cut the grass," Julie says. Still a beginner, she thought daylilies would solve the problem and bloom "all summer." No, they wouldn't. So Brenda hired a designer to draw beds and had them installed. She's been remaking them ever since. Now the garden pulls in lookers and even visitors. "The other day the doorbell rang," Julie says, "and a lady I didn't know asked if I would come out and identify plants for her."

>> on Z24





Pink cleome and coneflowers flank the front gate (*top*). *Verbena bonariensis*, an annual that loves to mingle, rises above them on wiry stems. Two beds and a sweep of lawn span the distance from the fence to the house (*above*). In the bed around the house, the hostas are Elegans and the low, red band is impatiens. The fence bed (*left*) mixes tall perennials, annuals, and evergreens for year-round interest.

O DOGS HAVE A SENSE OF STYLE?

O THEY PREFER MODERN OVER CLASSICAL?

AN THEY TELL FAUX FROM REAL?

/OULD THEY EVER TURN THEIR NOSES UP

T SOMETHING POLYESTER?

ROBABLY NOT. BUT IT'S UNCANNY HOW THEY

LWAYS FIND THE MOST BEAUTIFUL SOFA IN THE HOUSE.



TORES INSPIRATION IDEAS

HERE STYLE LIVES™ WWW.THOMASVILLE.COM

Thomasville







R SERENITY SOFA FROM THE NEW VISAYA™ COLLECTION. TO FIND A THOMASVILLE RETAILER NEAR YOU CALL 1-800-225-026

ADVERTISEMENT

Pick Up A Brush for Hope

This Fall, you can help save women's lives by picking up a paint brush.

From September 3 through October 31, Sherwin-Williams Paint Stores will donate a portion of the sales of its Premium 3" and Premium Angle 2" paint brushes to a national breast cancer foundation. Your purchase will help advance the cause of breast cancer research, education, screening and treatment.

Look for the "Brush for Hope" announcement at your neighborhood Sherwin-Williams store, where you'll find everything you need to make decorating easy.

SHERWIN-WILLIAMS PAINTS

To find the store nearest you, call 1-800-4-SHERWIN (1-800-474-3794), check your local Yellow Pages listing, or visit us on the Web at www.sherwin-williams.com

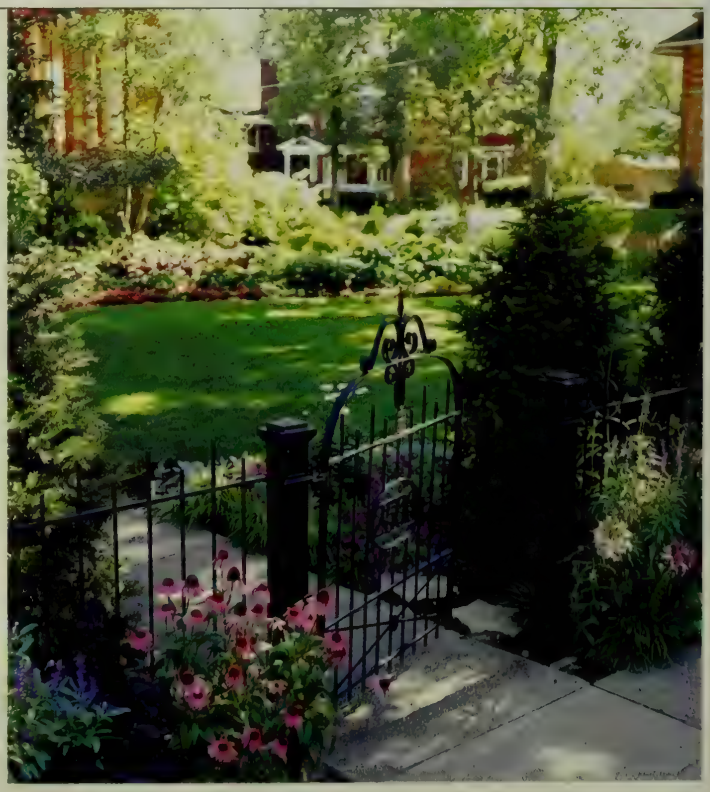
© 2002 The Sherwin-Williams Company.

BETTER BY DESIGN >> from Z22

Julie's first challenge was the soil in her yard, a heavy clay typical of Cincinnati. At her designer's direction, she used the first winter to till in manure and shredded leaves. "All the leaves from my trees and all the leaves I could get from neighbors," she says. Now it's a routine. "I put a huge quantity of shredded leaves on my garden each year. They decompose and improve the soil, and they act as an attractive mulch."

Then came years of removing original plants for new favorites, and adding beds, shrubs, and trees. "I've tried to put interesting plants in the front yard—Korean fir, weeping Alaska cedar, and Carolina silverbell, which is great near the sidewalk because the blooms hang down and you can look up at them. For the dry shade under the big maple I've had good success with epimedium, sweet woodruff, hardy begonia, and Japanese anemone." There's also an unusual dogwood, *Cornus mas*, with yellow flowers that are among the first blooms of spring. >> on Z26





The lawn meanders gracefully from front yard to back, with a sidewalk bed and a house bed bordering it continuously (*above*). A narrow yew makes an evergreen doorman at the front gate. The urn (*top*) holds a living bouquet of tall, narrow-leaved dracaena, red-leaved coleus, and chartreuse helichrysum.



SW 6676 BUTTERFIELD

SW 6672 MORNING SUN

SW 6673 BANANA CREAM

SW 6178 CLARY SAGE

SW 6285 GRAPE HARVEST

Warm.
Sunny.
And you haven't
even been outside.

perfect forecast. Get it with Sherwin-Williams® COLOR.™ A new palette with an
anded range of crisp, rich, vibrant interior and exterior colors. Available only at
r neighborhood Sherwin-Williams store. 1-800-4-SHERWIN (1-800-474-3794).

sk How. Ask Now. Ask Sherwin-Williams.™

www.sherwin-williams.com



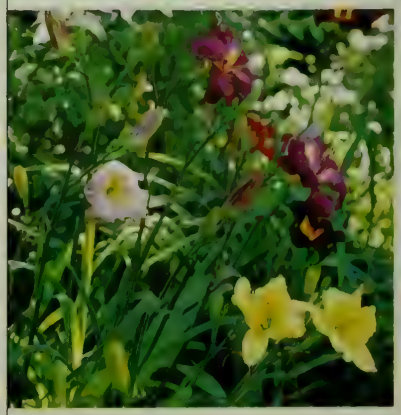
the printing process, colors shown may not be true to actual Sherwin-Williams COLOR™ ©2002 The Sherwin-Williams Company

BETTER BY DESIGN >> from Z24

Julie likes long bloom, so she uses a lot of annuals. "Some of my favorites are cleome, salvia Blue Bedder (which blooms almost six months), *Verbena bonariensis*, and nicotiana (five months of bloom). Ageratum Blue Horizon gets three feet tall and is a good cutting flower." Then there are the long-blooming perennials: echinacea, boltonia, obedient plant, hardy hibiscus, helianthus Lemon Queen, and feverfew. One tip: "Deadhead every day to keep the garden looking really beautiful. It also keeps things blooming."

The years of work and study have changed Julie's life. "Gardening has become a passion for me," she says. "It is great to have something that makes you think 'I can't wait to get up in the morning.' "

RESOURCES >> Z16



The beds curve and re-curve around the house, balancing formality and informality (*top*). Daylilies add seasonal color to the beds (*above*).

ONE PART ROMANCE + TWO PARTS PASSION =



Each of our Victorian™ faucet spouts is carefully constructed out of solid brass, then meticulously put together by hand. This ensures flawless performance every time.

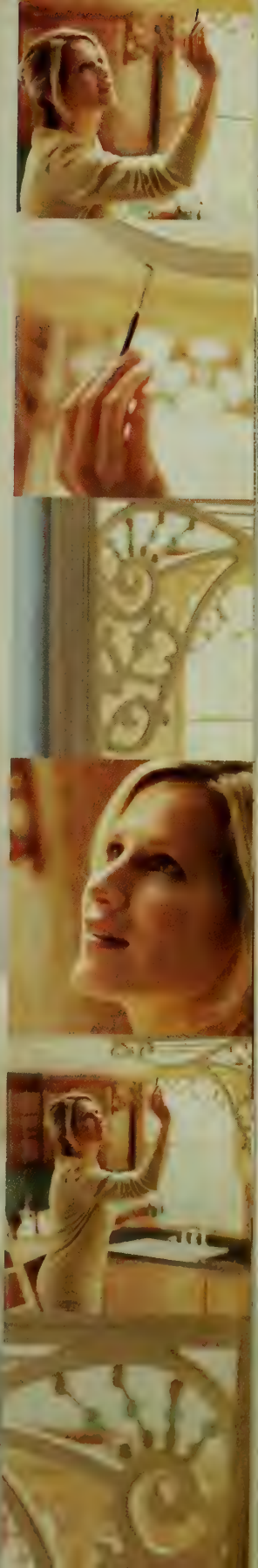
Create a consistent, romantic look and feel with our accompanying Victorian vegetable sprayer and soap dispenser.

Superb attention to detail has resulted in our durable stainless steel ball valve. Comprised of a single moving part, it provides years of uninterrupted use.

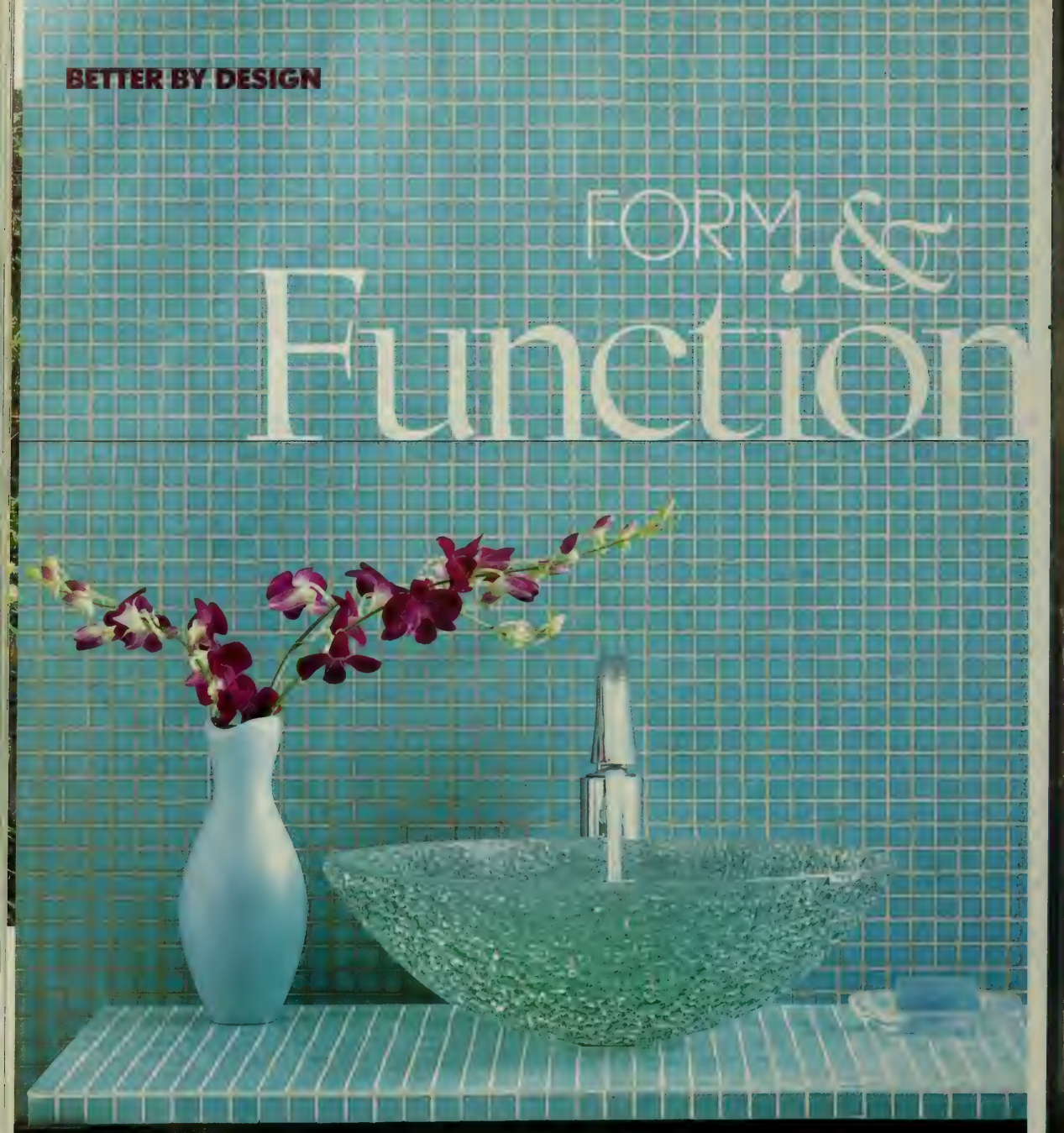
For a free product catalog and faucet buyer's guide, as well as information on model 156-WF pictured here, call **1.800.345.DELTA (3358)**. Or visit **www.deltafaucet.com/vk**.

DELTA

Beautifully Engineered.™



FORM & Function



HIGH DESIGN IS FLOODING INTO BATHROOMS. LUSH SINK AND VANITY SHAPES COMBINE WITH LUXE MATERIALS TO CREATE USEFUL SCULPTURE.

BY **KATHIE KULL** PHOTOGRAPHS BY **KIM CORNELISON** PRODUCED BY **JOSEPH BOEHM**

ADVERT

OnStar
ON BOARD



Is it your favorite place in the house?

Or your favorite place in the universe?

™ *Ambiance. Style. Sense of place. Few things create them as well as Frank Lloyd Wright® art glass*
n Andersen Windows. Made under exclusive agreement with the Frank Lloyd Wright Foundation and based
Wright's original designs, they're part of a broader collection of Andersen® art glass. For more information,
1-800-426-4261, ref.#4416, or visit wrightartglass.com LONG LIVE THE HOME™

Andersen
AW
Windows • Doors

©2002 Andersen Corporation. All rights reserved. Frank Lloyd Wright® is a registered trademark
Frank Lloyd Wright Foundation, Taliesin West, Scottsdale, Arizona. Used with permission. All rights reserved.

ISEMENT

BETTER CHEVY TRUCKS

INVITES YOU TO

Celebrate Halloween in Spine-Tingling Style

AT

RAWHIDE
WILD·WEST·TOWN

Step back to the 1880s for Halloween in the Old West at this exciting frontier theme park.

Who knows... you might even spot a gun-fighting ghost!

Ghostown at Rawhide
Wild West Town
October 4 – November 2
Scottsdale, AZ

- Costume contest
- Trick-or-treating
- Old West attractions: Saloon, gunfights, stagecoach rides, gold prospecting, rodeo and bull-riding (mechanical and real)
- Games and rides

Special offer from Chevy Trucks:
Complimentary admission
October 25–27, 2002
for current owners of either a Chevy Suburban or Chevy Tahoe.
(Proof of current registration required.)

For information on Rawhide, visit www.rawhide.com

For information on Chevy Trucks, visit www.chevy.com





BETTER BY DESIGN >> from Z28

1. RISE AND SHINE The Morning lavatory ascends from a countertop with a built-in deck that accepts center-hole faucets, such as this Amarilis pantry/bar faucet. $368 for the lavatory; $105 for the faucet. American Standard; 800/524-9797, extension 199.

2. HARMONIC CONVERGENCE The sleek stainless Timpani sink makes music with a color-flashed terra-cotta Teilleur tabletop. The sink starts at $555; the table is $1,520, as shown. Kohler Co.; 800/456-4537. A wall-mount Tara faucet adds backup. Starts at $692. Dornbracht USA; 800/774-1181.

COOL AS ICE (*Previous page*) The Rock Ice above-counter sink is constructed from glass that looks cracked but feels smooth. The chrome Iperbole faucet is a silky complement. $1,800 for the sink; $620 for the faucet. Porcher; 800/359-3261. >> on Z32

OnStar
ON BOARD



ESTABLISHED 1935.

RE-ESTABLISHED EVERY YEAR SINCE.

AHEAD OF ITS TIME BACK IN 1935. AND NOW, OVER 65 YEARS LATER, IT STILL IS. IT'S THE BEST BAN® YET WITH FOUR-WHEEL ANTILOCK BRAKES, AVAILABLE ONSTAR ® AND AUTOTRAC® 4X4 SYSTEM THAT TICALLY SHIFTS INTO FOUR-WHEEL DRIVE ON DEMAND. IT'S THE CHEVY SUBURBAN, AS LEGENDARY TODAY AS OVER 65 YEARS AGO. CHEVY TRUCKS. THE MOST DEPENDABLE, LONGEST-LASTING TRUCKS ON THE ROAD.

SUBURBAN

LIKE A ROCK

ONSTAR SAFETY & SECURITY SERVICE CONTRACT INCLUDED AS STANDARD ON SUBURBAN LT. CALL 1-888-ONSTAR-7 FOR SYSTEM LIMITATIONS AND DETAILS. †DEPENDABILITY BASED ON 1981-1999 FULL-LINE LIGHT-DUTY TRUCK COMPANY REGISTRATIONS. EXCLUDES OTHER GM DIVISIONS. ©2001 GM CORP. BUCKLE UP, AMERICA! 1-800-950-2438 OR CHEVY.COM



We'll change the way you think about

Insulation



Rising energy costs.
Noise pollution.
Allergies, asthma, and mold.

Families today face problems that weren't even issues when conventional insulation products were developed. It's comforting to know that Icynene® is a superior insulation system that protects your family like no other insulation can.

When sprayed into walls, ceilings, floors and basements, Icynene® softly expands to form a protective barrier. Harmful outside air - including pollutants and noise – *stays out*. Healthy inside air *stays in*, ensuring a healthier, quieter, more energy efficient home.

Icynene® Insulation:

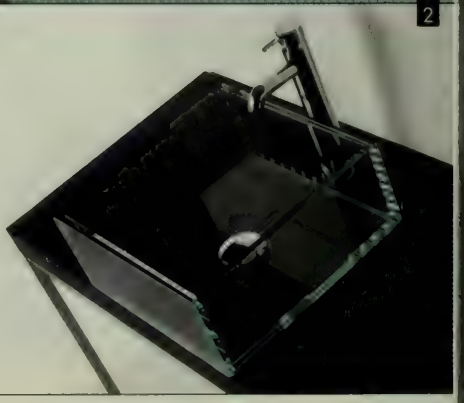
- **improves** air quality – non-toxic, odorless, and formaldehyde free
- **reduces** monthly energy costs by up to 50%
- **enhances** soundproofing

It's the superior insulation system for today's homes.

The Icynene Insulation System®
Healthier, Quieter, More Energy Efficient™

Discover The Icynene Insulation System
visit icynene.com or call 1-888-946-7325





BETTER BY DESIGN >> from Z30

1. **PURE AND SIMPLE** Indulge your sense of ritual. The Kyomi fireclay above-counter basin and companion console table made of wenge wood are a minimalist pair. $2,445. Porcher; 800/359-3261. The streamlined Solo Minuet faucet makes a serene statement. Starts at $311. Bach; 866/863-6584; www.bachfaucet.com.

2. **LOOKING GLASS** A ½-inch-thick glass sink on dark wenge wood shines like the surface of a deep, still pond. Supported on a stainless-steel frame, the Structure vanity takes on a new look if made instead from optional stainless steel and solid mahogany. Starts at $5,125. Aquaware America; 800/527-4498. >> on Z34

better by design directory

building and remodeling

1 American Standard — The key to putting together your ideal bathroom is t your fingertips. Order our product catalogs. AMERICAN STANDARD. FREE. Circle No. 1.

2 Delta Faucet Company — Discover hundreds of Beautifully Engineered™ roducts that add style and function to your ome. FREE 60-page color catalog and onus "Faucet Buyer's Guide". DELTA AUCET COMPANY. FREE. Circle No. 2.

3 Four Seasons Sunrooms & Conservatories — Exciting Easy iving and Elegant Living catalogs feature merica's largest selection of Sun and Shade ooms, Sun and Stars Rooms, Cathedral ooms, and English-Style Conservatories. xclusive MC² Wonderglass™ keeps out ummer heat and winter cold. Free color cat-log. FOUR SEASONS SUNROOMS. FREE. ircle No. 3.

4 Icynene Inc. — The Icynene Insulation System® completely air-seals the build-ng providing a Healthier, Quieter, More nergy Efficient™ home. Brochure. ICYNENE NC. FREE. Circle No. 4.

5 James R. Moder Crystal Chandelier Inc. — Catalog available from world-mous designer James R. Moder. A beautiful election of crystal chandeliers, priced from 300 to $10,000. JAMES R. MODER CRYSTAL HANDELIER INC. FREE. Circle No. 5.

6 KraftMaid Cabinetry, Inc. — KraftMaid's FREE Kitchen Planner and 00-page Cabinetry Idea Book will inspire ou with design ideas, provide you with elpful planning tips and illustrate the rea-ons that KraftMaid has been named a onsumers Digest Best Buy for five years inning. KRAFTMAID CABINETRY, INC. REE. Circle No. 6.

7 Minwax — Wood Beautiful® — Minwax Wood Beautiful, this inspira-onal magazine contains 36 pages filled with xciting home improvement projects, deco-ting ideas and expert wood finishing tips nd techniques. MINWAX. FREE. Circle No. 7.

8 Rust-Oleum — New "Dream Spaces" inspirational booklet from Rust-Oleum fers an innovative, small project approach decorating. Helps you easily create per-nalized dream spaces that will surprise nd delight family and friends. RUST-EUM. FREE. Circle No. 8.

furniture and accessories

9 Anderson Ultimate Bed — Save space with a top quality, solid wood nderbed dresser. Sleep better on an justable air mattress with dual firmness ntrols! 48-page catalog. ANDERSON TIMATE BED. FREE. Circle No. 9.

10 Flexsteel — The Christopher Lowell Home Collection from Flexsteel is so easy, so stress-free, so effortless, you'll hardly have to lift a finger. FLEXSTEEL. $2.00. Circle No. 10.

11 Fran's Wicker & Rattan Furniture — Spectacular sets. Hard to find specialty items. All from America's oldest and largest wicker & rattan importer. Free 72-page color catalog. FRAN'S WICKER & RATTAN. FREE. Circle No. 11.

12 Pioneer Table Pad Co. — For over 83 years, this family-owned company has been committed to providing families with the finest traditional hand-tailored table padding. PIONEER TABLE PAD CO. FREE. Circle No. 12.

13 Charles P. Rogers Beds, Est. 1855 — Original 19th and 20th century headboards, beds, canopy beds, daybeds and traditional European bed linens now available direct from America's oldest bed maker. Free color catalog and sale price list. Shipping available worldwide. CHARLES P. ROGERS. FREE. Circle No. 13.

14 Waverly — Your complete decorating resource with an assortment of home furnishings products. Send for a free brochure on the Waverly brand. WAVERLY. FREE. Circle No. 14.

walls and floors

15 Carpet One — Carpet One offers thousands of colors and styles of carpet, vinyl, laminate hardwood and ceramic tile in name brands like exclusive LEES® For Living carpet. CARPET ONE. FREE. Circle No. 15.

windows and doors

16 Andersen Windows & Patio Doors — FREE! The "Long Live The Home™" idea book from Andersen Windows. Get room ideas, inspiration and more. ANDERSEN WINDOWS. FREE. Circle No. 16.

17 Country Curtains — Over 100 ready-made curtain styles and fabrics. 72-page color catalog. COUNTRY CURTAINS. FREE. Circle No. 17.

18 The Designplace Direct — Up to 85% off name brand wallpaper. Blinds and area rugs direct from leading manufacturers. Free shipping on all orders. Free brochure. THE DESIGNPLACE DIRECT. FREE. Circle No. 18.

19 Marvin Windows & Doors. Think of the Possibilities. — 30-page catalog featuring their wood and clad wood windows and doors. Information on Marvin's standard and custom products. MARVIN WINDOWS & DOORS. FREE. Circle No. 19.

fireplace products

20 Heat-N-Glo Fireplace Products — Heat-N-Glo offers quality gas, woodburning and electric fireplaces, including gas log sets, stoves, and inserts for pre-existing fireplaces. HEAT-N-GLO FIREPLACE PRODUCTS. FREE. Circle No. 20.

better by design

October 2002
Dept. BBD1002-2
PO Box 10486
Des Moines, IA 50306-0486

_____ Number of items ordered
$ _____ Total enclosed *(if applicable)*

name

address

city

state/zip

(optional) e-mail address

We will share your e-mail address with the advertisers from which you request information

by phone Call toll-free, 1.800.770.4771 (Mention code BBD1002). Mon.–Fri., 7am–11pm CST; Sat., 8am–4:30pm. Please have item numbers ready. Credit Cards accepted for literature fees *(if applicable)*.

by mail Circle your choice(s) and fill in below. Send this coupon and a check or money order *(if applicable)* in a stamped envelope to: better by design directory, PO Box 10486, Des Moines, IA 50306-0486

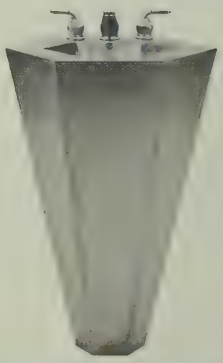
to subscribe to Better Homes and Gardens® Circle #21 (1 year U.S., $19.00). Outside the U.S., circle #22 (1 year, $31.00). You will be billed separately.

1	FREE	12	FREE
2	FREE	13	FREE
3	FREE	14	FREE
4	FREE	15	FREE
5	FREE	16	FREE
6	FREE	17	FREE
7	FREE	18	FREE
8	FREE	19	FREE
9	FREE	20	FREE
10	$2.00	21	(US) BILL ME
11	FREE	22	BILL ME





1



2
3



BETTER BY DESIGN >> from Z32

1. A EUROPEAN ACCENT The wall-mount Hand-Rinse Basin designed by French architect Philippe Starck has commercial chic. From the Starck 3 collection, the sink's square bowl adjoins handy shelves that also catch overflow. Starts at $140. Duravit USA; 888/387-2848.

2. PLAY THE ANGLES Welded and buffed by hand, each dramatic stainless-steel Hexagon pedestal lavatory stands 34 inches tall—ideal for supermodels and others who might prefer a tall splash. $2,980. Diamond Spas; 800/951-7727.

3. A NEW IRON AGE Forged iron sports a scrolled base that blends style and support for this solid-surfacing bowl and vanity top. From the Transcendence line, Tuscana comes in several colors and finishes. $1,096 as shown. Transolid; 800/766-2452. Introduce tropical color and pattern with changeable hubs on the Asceri Accents faucet. $299 for the complete set. Moen; 800/289-6636.

CHARLES P. ROGERS BEDS



m our Sleighbed collection: Queen size hand-forged iron Paris Sleighbed $1999, ***Sale $1599****. Europen linen and Egyptian cotton bed linens $40-$410.* ***Sale $29-$279.***

ARLES P. ROGERS. BED MAKERS SINCE 1855.

RICA'S SOURCE FOR ORIGINAL HANDCRAFTED BEDS AND TRA-
INAL QUALITY BED LINENS. BEDS, DAYBEDS, TRUNDLE BEDS AND
DPY BEDS. EUROPEAN LINEN AND EGYPTIAN COTTON BEDDING.
/ AVAILABLE DIRECT TO THE PUBLIC EXCLUSIVELY THROUGH
FACTORY SHOWROOMS. PHONE ORDERS ARE WELCOME. WE
ANYWHERE. FOR A FREE CATALOG AND SALE PRICE LIST CALL
10-272-7726 OR VISIT **CHARLESPROGERS.COM**.

YORK: 55 W. 17 ST. (5-6 AVES) IN MANHATTAN, 212-675-4400.
JERSEY: 300 RTE. 17 NO. EAST RUTHERFORD, 201-933-8300.



Brass, Iron And Wood Beds



Daybeds and Trundle Beds



Linen and Cotton Bedding



"I'd love to get Corian®, but..."

Installed for as little as **$1400**

Why settle for ordinary countertops when you can save up to 20% on DuPont Corian®? Save on six of our most popular colors. For as little as $1400,* you can replace your old countertops with the stain and heat-resistant beauty of Corian.® You get the look of a new kitchen without the hassle and expense of a full remodel. Only at select retailers for a limited time. So get a quote today. You'll be surprised how easy it is to upgrade to Corian.®

THE CORIAN® **WHY SETTLE?** EVENT

Visit www.Corian.com to find a retailer near you.

CORIAN®
SOLID SURFACES
DUPONT

* Price based on 10' x 10' kitchen with 15 linear feet of Corian®. Savings compared to pre-sale prices. Actual price depends on the options you choose. Sink not included. Corian® is a DuPont registered trademark. Only DuPont makes Corian®



eping us all connected.

America Online.

Get more of what you want, when you want it with America Online.

- Easy to install and even easier to get started
- Stay connected to friends & family with convenient, easy-to-use e-mail, Buddy List® and AOL® Instant Messenger™ features
- Parental Controls help safeguard your kids online
- Free 24-hour customer service means help is just a phone call away
- No annual contract to sign, no set-up fees!

MERICA
nline

So easy to use,
o wonder it's #1

Call 1-800-4-ONLINE today
for FREE AOL software and 1000 hours to try it out! for 45 days

FREE TRIAL MUST BE USED WITHIN 45 DAYS OF INITIAL SIGN-ON. TO AVOID BEING CHARGED FUTURE AOL FEES, SIMPLY CANCEL BEFORE TRIAL PERIOD ENDS. Avail. to new members in the US, age 18+, a major credit card or checking acct. is
emium services carry surcharges and communication surcharges may apply, in certain areas, even during trial time. Members may incur phone charges on their phone bills, depending on their calling plan and location, even during trial time
ne, AOL and the Triangle Logo are registered service marks of America Online, Inc. ©2002 America Online, Inc. All rights reserved.

Better Homes and Gardens
2002 Home Improvement Contest

Turn to page 85 to find out how you could win a share of more than $65,000 in cash and prizes, including a family vacation for four!

Use these cosponsors' products in your project and you may qualify to win special prizes

GOLD CO-SPONSORS

ACE

LONG LIVE THE HOME

Andersen Windows

DUPONT STAINMASTER carpet

GE Profile

What direction will you go

KraftMaid Cabinetry

SILVER CO-SPONSORS

DELTA

HEAT-N-GLO

LENNOX

MARVIN

MINWAX

VACATION PROVIDED BY

Horizons

FRAGRANT BULBS

Plant bulbs now and enjoy bright, colorful, and fragrant blooms next spring. These bulb collections, created from the varieties shown and described on *pages 130 to 136*, are available *exclusively* to the readers of *Better Homes and Gardens®* magazine.

Our **Tulip Time Collection** contains a total of 36 bulbs, 12 each of Daydream, Fokker Fan Fan, and Persian Pearl tulips. Our **Fragrant Spring Blooms Collection** contains a total of 40 bulbs, including: 12 Baby Moon daffodils, 6 Actaea daffodils, 6 Sir Winston Churchill daffodils, 12 Valerie Finnis muscari, and 4 Blue Jacket hyacinths. One collection costs $39.95; additional collections are $35 each. All prices include shipping, handling, and applicable sales tax. *Please order early; quantities of some bulbs are limited, and we reserve collections on a first-come, first-served basis.*

Bulb orders are shipped at the proper time for planting in your zone (from about Sept. 15, 2002, to Nov. 15, 2002). *Sorry, no shipments to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*



TO ORDER with your MasterCard, Visa, American Express, or Discover card, call 800/881-4066. Or, visit our site on the Web at www.bhgcatalog.com.

BETTER HOMES AND GARDENS®

2002 HOME IMPROVEMENT CONTEST

NO PURCHASE NECESSARY TO ENTER OR WIN. 1. This contest is open to U.S. residents, 18 years of age or older, who are homeowners of the property entered, except employees and their immediate families of Meredith Corporation, cosponsors and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 1, 2002, and received by December 2, 2002. Final entry form must be postmarked by February 3, 2003, and received by February 28, 2003. Final entry must include photos of project, written description of objectives, receipts for cosponsor prizes, and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected, or illegible entries. 2. You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 2002. 3. Entries will be judged on appearance, function, and cost-effective use of materials. In case of a tie, the entry with the highest score on appearance will be awarded the prize. Judging will be under the direction of *Better Homes and Gardens®* magazine. Cosponsor awards are also judged by representatives of the cosponsor. Decisions of judges are final. All winners except for cosponsor awards will be chosen on or about June 2, 2003. Cosponsor winners will be selected by August 1, 2003. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within 10 days of notification or a new winner may be chosen. Travel companions of Grand Prize winner will be required to sign a release. 4. PRIZES: One Grand Prize includes $10,000, plus an eight-Day Vacation for four at the Horizons by Marriott Vacation Club in Orlando, Fla., seven nights lodging. Accommodations subject to advance notice, space availability, and black-out dates. Trip must be taken within one year from date of award. ing. All other expenses not listed, including airfare, are the responsibility of the winner. Approximate retail value $2,000. Two runners-up will receive $5,000 each. Eight Class A/Three First Place winners will receive $1,500 each; Eight Class B/Three Second Place winners $750 each; Eight Class C/Three Third Place winners $300 each; 72 merit winners will receive $100 each. 5. For a list of prize winners (available after August 1, 2003), send a separate self-addressed, stamped envelope to: *Better Homes and Gardens®* Home Improvement Contest Winners' List, LS 253, 1716 Locust St., Des Moines, IA 50309. 6. Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright, in all entry materials, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, hometown, likeness, and information regarding entrant, his/her family, and property by Meredith Corporation and cosponsors in promotion of the contest unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication, in any other magazine or medium. 7. Contest is subject to all federal, state, and local laws and regulations. All liability for federal, state, and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law. Residents of AZ, CO, MD, CT, AND VT are not eligible to win cosponsor awards. No prize transfer or substitution. 8. PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER PROJECT.

HOUR NONDROWSY
LERGY RELIEF.
YWHERE. ANYTIME.

's only one nondrowsy antihistamine
provides 24-hour allergy relief
indoor allergies, outdoor allergies,
here, anytime: CLARINEX®.
hether you're allergic to pets,
n, ragweed, or dust, CLARINEX®
keep your symptoms under control.
ther FDA approved antihistamine,
cription or over-the-counter,
ines all these benefits.

INEX® helps protect your body's
tors from histamine. With your
tors protected, most histamine
cules are blocked out for a full
urs.

mber, only your doctor can help
etermine which allergy treatment
s best for you. So see your doctor and
ut whether you're right for CLARINEX®.

effects are similar to sugar pill, including
nroat, dry mouth, and fatigue. See adjacent
for additional important information.



CLARINEX®
(desloratadine) 5mg TABLETS

uble by prescription only. Talk to your doctor about CLARINEX®.
ore information, call 1-800-CLARINEX, or visit www.clarinex.com

CLARINEX®
(desloratadine)
TABLETS

Brief Summary (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: Allergic Rhinitis: CLARINEX Tablets 5 mg are indicated for the relief of the nasal and non-nasal symptoms of allergic rhinitis (seasonal and perennial) in patients 12 years of age and older.

Chronic Idiopathic Urticaria: CLARINEX Tablets are indicated for the symptomatic relief of pruritus, reduction in the number of hives, and size of hives, in patients with chronic idiopathic urticaria 12 years of age and older.

CONTRAINDICATIONS: CLARINEX Tablets 5 mg are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients, or to loratadine.

PRECAUTIONS: Carcinogenesis, Mutagenesis, Impairment of Fertility: The carcinogenic potential of desloratadine was assessed using loratadine studies. In an 18-month study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg/day in mice (estimated desloratadine and desloratadine metabolite exposures were approximately 3 times the AUC in humans at the recommended daily oral dose) and 25 mg/kg/day in rats (estimated desloratadine and desloratadine metabolite exposures were approximately 30 times the AUC in humans at the recommended daily oral dose). Male mice given 40 mg/kg/day loratadine had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg/day and in males and females given 25 mg/kg/day. The estimated desloratadine and desloratadine metabolite exposures of rats given 10 mg/kg of loratadine were approximately 7 times the AUC in humans at the recommended daily oral dose. The clinical significance of these findings during long-term use of desloratadine is not known.

In genotoxicity studies with desloratadine, there was no evidence of genotoxic potential in a reverse mutation assay (*Salmonella/E. coli* mammalian microsome bacterial mutagenicity assay) or in two assays for chromosomal aberrations (human peripheral blood lymphocyte clastogenicity assay and mouse bone marrow micronucleus assay).

There was no effect on female fertility in rats at desloratadine doses up to 24 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 130 times the AUC in humans at the recommended daily oral dose). A male specific decrease in fertility, demonstrated by reduced female conception rates, decreased sperm numbers and motility, and histopathologic testicular changes, occurred at an oral desloratadine dose of 12 mg/kg in rats (estimated desloratadine exposures were approximately 45 times the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on fertility in rats at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 8 times the AUC in humans at the recommended daily oral dose).

Pregnancy Category C: Desloratadine was not teratogenic in rats at doses up to 48 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 210 times the AUC in humans at the recommended daily oral dose) or in rabbits at doses up to 60 mg/kg/day (estimated desloratadine exposures were approximately 230 times the AUC in humans at the recommended daily oral dose). In a separate study, an increase in preimplantation loss and a decreased number of implantations and fetuses were noted in female rats at 24 mg/kg (estimated desloratadine and desloratadine metabolite exposures were approximately 120 times the AUC in humans at the recommended daily oral dose). Reduced body weight and slow righting reflex were reported in pups at doses of 9 mg/kg/day or greater (estimated desloratadine and desloratadine metabolite exposures were approximately 50 times or greater than the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on pup development at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 7 times the AUC in humans at the recommended daily oral dose). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, desloratadine should be used during pregnancy only if clearly needed.

Nursing Mothers: Desloratadine passes into breast milk, therefore a decision should be made whether to discontinue nursing or to discontinue desloratadine, taking into account the importance of the drug to the mother.

Pediatric Use: The safety and effectiveness of CLARINEX Tablets in pediatric patients under 12 years of age have not been established.

Geriatric Use: Clinical studies of desloratadine did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. Other reported clinical experience has not identified differences between the elderly and younger patients. In general, dose selection for an elderly patient should be cautious, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy. (see **CLINICAL PHARMACOLOGY – Special Populations**).

Information for Patients: Patients should be instructed to use CLAR Tablets as directed. As there are no food effects on bioavailability, pa can be instructed that CLARINEX Tablets may be taken without rega meals. Patients should be advised not to increase the dose or dosin quency as studies have not demonstrated increased effectiveness at h doses and somnolence may occur.

ADVERSE REACTIONS: Allergic Rhinitis: In multiple-dose placebo trolled trials, 2,834 patients received CLARINEX Tablets at doses of 2.5 20 mg daily, of whom 1,655 patients received the recommended daily of 5 mg. In patients receiving 5 mg daily, the rate of adverse events was ilar between CLARINEX and placebo-treated patients. The percent of pa who withdrew prematurely due to adverse events was 2.4% in the CLAR group and 2.6% in the placebo group. There were no serious adverse e in these trials in patients receiving desloratadine. All adverse events tha reported by greater than or equal to 2% of patients who received the re mended daily dose of CLARINEX Tablets (5.0 mg once-daily), and tha more common with CLARINEX Tablet than placebo, are listed in Table

Table 5

Incidence of Adverse Events Reported by ≥ 2% of Allergic Rhiniti Patients in Placebo-Controlled, Multiple-Dose Clinical Trials

Adverse Experience	CLARINEX Tablets 5 mg (n=1,655)	Placeb (n=1,65
Pharyngitis	4.1%	2.0%
Dry Mouth	3.0%	1.9%
Myalgia	2.1%	1.8%
Fatigue	2.1%	1.2%
Somnolence	2.1%	1.8%
Dysmenorrhea	2.1%	1.6%

The frequency and magnitude of laboratory and electrocardiographic a malities were similar in CLARINEX and placebo-treated patients.

There were no differences in adverse events for subgroups of patie defined by gender, age, or race.

Chronic Idiopathic Urticaria: In multiple-dose, placebo-controlled tr chronic idiopathic urticaria, 211 patients received CLARINEX Tablets ar received placebo. Adverse events that were reported by greater than or to 2% of patients who received CLARINEX Tablets and that were more mon with CLARINEX than placebo were (rates for CLARINEX and pl respectively): headache (14%, 13%), nausea (5%, 2%), fatigue (5% dizziness (4%, 3%), pharyngitis (3%, 2%), dyspepsia (3%, 1%), and m (3%, 1%).

The following spontaneous adverse events have been reported duri marketing of desloratadine: tachycardia, and rarely hypersensitivity rea (such as rash, pruritus, urticaria, edema, dyspnea, and anaphylaxis), a vated liver enzymes including bilirubin.

DRUG ABUSE AND DEPENDENCE: There is no information to indica abuse or dependency occurs with CLARINEX Tablets.

OVERDOSAGE: Information regarding acute overdosage is limited to e ence from clinical trials conducted during the development CLARINEX product. In a dose ranging trial, at doses of 10 mg and 20 m somnolence was reported.

Single daily doses of 45 mg were given to normal male and female teers for 10 days. All ECGs obtained in this study were manually rea blinded fashion by a cardiologist. In CLARINEX-treated subjects, there increase in mean heart rate of 9.2 bpm relative to placebo. The QT i was corrected for heart rate (QT_c) by both the Bazett and Fridericia me Using the QT_c (Bazett) there was a mean increase of 8.1 msec in CLAR treated subjects relative to placebo. Using QT_c (Fridericia) there was a increase of 0.4 msec in CLARINEX-treated subjects relative to placel clinically relevant adverse events were reported.

In the event of overdose, consider standard measures to remove any sorbed drug. Symptomatic and supportive treatment is recomm Desloratadine and 3-hydroxydesloratadine are not eliminated by hemod

Lethality occurred in rats at oral doses of 250 mg/kg or greater (est desloratadine and desloratadine metabolite exposures were approxi 120 times the AUC in humans at the recommended daily oral dose). T median lethal dose in mice was 353 mg/kg (estimated desloratadine sures were approximately 290 times the human daily oral dose on a basis). No deaths occurred at oral doses up to 250 mg/kg in monkeys mated desloratadine exposures were approximately 810 times the daily oral dose on a mg/m^2 basis).

Schering®

Schering Corporation
Kenilworth, NJ 07033 USA

2/02 **2388211**

U.S. Patent Nos. 4,659,716; 4,863,931; 4,804,666; 5,595,997; and 6,100,274.

Copyright © 2002, Schering Corporation. All rights reserved.

Active Ingredient FDA Approved,
Clinically Proven Ingredients and Easy Application



"SkinZinc is the most effective product I've seen for the treatment of bothersome skin disorders such as psoriasis, eczema, dermatitis and dandruff." Dr. S. Ravitz

Psoriasis? Eczema?
Dandruff?
Bothersome Skin Disorders?

This customer had a significant skin disorder. Due to the explicit graphic nature, we are unable to show you.



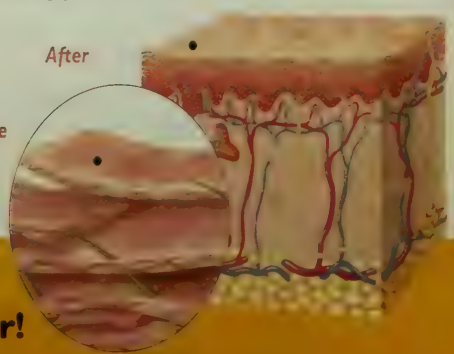
store your skin to its healthy clear state in just days!

! Relief for people who suffer from Psoriasis, Eczema, itis or other irritating skin disorders! Introducing Skin Zinc, evolutionary skin treatment system that contains clinically n ingredients that provide immediate relief from irritating sorders.

ce you have brand new skin.
ve it to yourself to look good and feel great. The SkinZinc system will e relief and begin to restore your skin to its healthy clear state iately. The active ingredients in SkinZinc are FDA approved and een used safely to treat skin disorders for many years. Currently s no known cure for psoriasis or eczema and SkinZinc does im to cure any diseases. Be sure to consult your physician if ve any questions.

Easy application, No more mess!
Say good-bye to that dry, red itchy skin and say good-bye to those messy, smelly ointments. SkinZinc goes on like water. Its easy application spray bottle makes treatment of your skin a snap. **Stop suffering and call now for your risk-free trial 1-800-260-4855, discount code 342.**

SkinZinc is guaranteed to work for you. So stop apologizing for the way you look and start feeling great, call now while supplies last.



SkinZinc Absolutely Risk-Free
how to get a FREE supply with your order!
800-260-4855, discount code 342



GOING BACK TO work

A RETURNING MOM IS OFTEN HIGHLY VALUED FOR THE MANAGEMENT SKILLS SHE HONED BY RAISING HER FAMILY.

Every inch of the principal's office at Watson Elementary School in suburban Rockville Centre, New York, is decorated with stuffed animals, Wizard of Oz dolls, and dozens of books displayed on brightly colored shelves.

In just eight years, Joan Waldman has gone from a math support position to elementary school principal in a highly rated school district. What makes her career climb even more impressive is that it all happened after she took a 16-year timeout to raise her two sons.

While she was a stay-at-home mom, Joan was one of the 13 million married mothers with children under the age of 18 who didn't work full time outside the home in 2001. That's half of the 26 million married moms with children under 18. About 5 million of these moms work part-time and another 8 million don't work at all, according to the Bureau of Labor Statistics.

But going back to work is not as simple as e-mailing your previous employer. Many women will confront

BY **LORETTA EVERETT KAUFMAN** AND **MARY QUIGLEY** ILLUSTRATION BY **SARAH WILKINS**

What Could Be More Fun Than Having Lunch With Dinosaurs, Goldfish™ Or A Few Shining Stars?



'e 9 soups made especially for kids. They're Fun Favorites from
bell's. Featuring 3 new varieties with pasta shapes: Tomato Goldfish,™
en Goldfish™ and Dinosaur. Look for them in the kids area
condensed soup section. And put fun where kids least
t it. In a soup bowl. **www.campbellsoup.com/FunFavorites**

NEW!



M'm! M'm! Good!®



GOLDFISH and GOLDFISH logo, shape, and characters are trademarks of PF Brands, Inc. used under license. © 2002 Campbell Soup Company

LYDIA, VICKY, AMELIA, AND ZELLA AUSTIN



>> from 142

significant obstacles, including dated résumés, lack of computer skills, loss of business contacts, rapidly changing industries, and even diminished self-esteem.

There are many ways to overcome these obstacles. We talked to moms who successfully returned to work and to experts on the subject, and found several strategies for making a successful reentry to the workplace.

KEEP SKILLS AND CONTACTS CURRENT

One of the best strategies is to stay engaged in your career; don't just abandon it, especially if you plan to return to your former profession. Read trade magazine and business publications, stay active in professional organizations, and keep in contact with former colleagues.

"Baby-boomer women with some kind of track record bring to a job wisdom, experience, and a Rolodex," says Pamela Robinson, author of *If I Don't Do It Now: Career Makeovers for the Working Woman.* "Keep that network going. Go to lunch, attend industry conferences, keep in contact through e-mail and over the telephone."

Beyond networking, most experts agree that it is essential to keep your hand in, whether through contract work, consulting in your field, or part-time or volunteer assignments that will help you stay sharp. "The key is to maintain marketable skills and do something that employers need," says Phyllis Moen, director of Cornell University's Employment and Family Careers Institute.

One of the best ways to keep current is to work part-time. Based on the 2001 annual averages from the government's Current Population Survey, women make up 67 percent of the part-time workforce, with mothers accounting for 39 percent of all part-time women workers.

Vicky Austin of Castro Valley, California, worked in nearby Silicon Valley writing software training manuals and documentation before staying home with her children. But she knew she needed to keep current, so she now teaches introductory level computer classes at Las Positas College on a part-time basis. She also belongs to a women-and-technology group and chaired a technical committee for her school district, helping to select—and install—a new computer system for her daughter's school.

GET YOUR FOOT IN THE DOOR

Many returning women can handle the challenges of a new job, they just need a chance to prove themselves. "The greatest obstacle is getting your foot in the door and getting the interview," says Eva Wisnik, of Wisnik Career Enterprises, a New York City employment counseling firm. She suggests casting a wide net—from contacting former colleagues to asking well-connected friends to speak to their business associates. Even if you don't have current job skills, you can request an informational interview with a potential employer. Remember that you may have to prove yourself by taking a lesser position than you feel you are qualified to handle.

Principal Joan Waldman began working her way back in by taking a math support position. "I wanted a classroom, but was willing to take whatever they offered me to show them what I could do," she says.

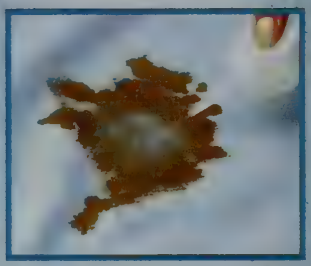
Joan volunteered for countless P.T.A. committees, took classes in the "new math," and became involved with curriculum issues in her home school district. Those efforts helped her to overcome the 16-year gap on her résumé and armed her with letters of recommendation >> on 146

MOTHERS HAVE BEEN THE CEOs OF THEIR OWN HOUSEHOLD

Pamela Robinson

Yikes!
Prune juice!

Going...



Going...



Gone!!!





The power from Clorox meets the action of oxygen to make stains disappear from carpet, fabrics, even your wash.

>> from 144

from a principal and superintendent who vouched for her abilities. Several years later she attended night school for a certificate in administration so she was qualified to apply as a principal.

Joan is often asked by moms of children in her school how women can prepare to be teachers. "I tell them to take whatever is offered so you can show off your talents and skills," she says. "I've hired several who started out as teaching assistants."

VOLUNTEER ... SELECTIVELY

Volunteering can mean anything from chaperoning a field trip to serving as regional chair for Girl Scout cookie sales. About 109 million adult volunteers gave a total of 19.9 billion hours during 1998, an average of 3.5 hours a week, according to the Points of Light Foundation.

"If you've been president of P.T.A., it doesn't take a great leap of imagination for an employer to recognize that you have held an important leadership role—the kind that looks good on résumé," says Joan Williams, executive director of the Program on Gender, Work & Family at American University Law School in Washington, D.C.

Over the last decade Anne Moss, the mother of two teenagers in Goshen, New York, has worked with volunteer agencies ranging from a child advocacy group to a college arts board. While her husband's job took the family up and down the East Coast, Anne sought out leadership positions with community organizations. Her volunteer efforts positioned her for a temporary position as a vice president of alumni relations, fund-raising, and communication at State University of New York in New Paltz. "I would not have been offered that job if I didn't have considerable volunteer experience in the same areas," she says. The six-month position gave Anne the visibility she needed to successfully compete for a full-time job as executive director of a community development fund.



KATHY AND BRIAN SCHELLER

Education

IS A MAGIC BULLET TO HELP YOU REENTER THE JOB MARKET. Nancy Collamer

GO BACK TO SCHOOL

Heading back to the classroom is one way that women can prepare to return to the workforce. Across the country thousands of moms are attending classes—from high school continuing education courses on the Internet to graduate programs at major universities.

"Education is about as close to a magic bullet as you are going to get to help you reenter the job market," says Nancy Collamer, a Connecticut career counselor with a Web site, www.jobsandmoms.com, for returning workers.

It may not be necessary to get an advanced degree, Collamer says. In many fields, from interior design to nonprofit fund-raising to medical assistant, a certificate program may be just as marketable. "Courses show an employer that you're serious and that you are willing to invest in yourself and learn new skills," says Collamer.

Going back to school can also help close that gap on a résumé. "The secret is that you go back to school while you are at home, so then your credentials are not out of date," says Moen, of Cornell, pointing out that a résumé listing a degree earned in 2001 helps compensate for 1990 as the date of the last full-time job.

School is also great way to boost your lagging self-confidence. That's nothing like getting an "A" on a paper in a difficult subject to make yourself feel good. "Many women come in very insecure, with low self-esteem, after centering their lives on their husbands and family," says Karen Sutton, director of Continuing >> on 148

LIFE INSURANCE ISN'T FOR THE PEOPLE WHO DIE. IT'S FOR THE PEOPLE WHO LIVE.

anna and Ebony's father died at an rly age. Their mom, Jackie, was left one with two young daughters to ise. As a single parent, Jackie bought e insurance so her kids would be ken care of in the event anything bad ere to happen to her.

en, the worst occurred. Jackie was agnosed with incurable lung cancer. hat would happen to her kids? The minal illness benefit gave her the lity to purchase a new home for the ls and put money away for their ucation while she was still alive. dly, Jackie died in June 1999. But nks to the plans she had made to otect her children, they will have erything she wanted for them. Ebony s able to graduate with honors from dege and Shanna is secure knowing mom took care of her education.

nna and Ebony's story proves the ue and importance of life insurance talk to a life insurance agent or other ancial advisor and find out how to ate a plan that takes care of the ple you love and the things you about. *Because, without insurance, ancial plan is just a savings and stment program that dies with you.*



Shanna and Ebony Blanchard

LIFE

AND HEALTH INSURANCE FOUNDATION FOR EDUCATION
A NON-PROFIT EDUCATIONAL ORGANIZATION

1-88-LIFE-777 www.life-line.org

©2002 Pepperidge Farm, Inc



Nobody told me
this was a masquerade party.





The snack that smiles back™

DIANE GARTNER WITH HAROLD, EVAN, NICOLE, AND RACH



>> from 146

Education at Vincennes University in Indiana. "I have seen personalities change after they take a course and do well."

That's what happened to Kathy Scheller of Wilton, Connecticut. When the youngest of her three sons started school, so did she. Kathy, a former bank executive, chose to fulfill a long-delayed dream of pursuing a medical career. At age 42, she enrolled one course at a time in a local college's nursing program. It took five years to get through basic science and two more for the advanced work. She now works part-time at a hospital. Her personal reward has been an incredible feeling of accomplishment. "I never pushed myself so hard and put the bar so high," she says.

NEED FLEXIBILITY? ASK FOR IT

There is good news for those who want to take the plunge but feel a need to control their work schedule because of demands by family members, both young and old. About 27 percent of mothers who are full-time wage earners vary the time they begin or end work, the government says.

Diane Gartner, a married mother of three from Atlantic Beach, New York, was allowed to job share, so she returned to work as an advertising sales executive for ABC-TV. Diane and another mom each work three days a week, overlapping on Wednesdays. Their bosses are also women—and mothers—who job share. "This situation works very well because it allows me to be a mother first, while still being a dedicated employee," she says.

It is not surprising that moms are often turn out to be highly valued employees. Just ask recruiter Eva Wisnik. "Returnees? They are a bargain. They focus and they don't take lunch."

Loretta E. Kaufman began her writing career after her two children were grown. Mary W. Quigley, a writer specializing in women's issues, teaches journalism at New York University. They coauthored a forthcoming book, Going Back to Work: A Mom's Survival Guide.

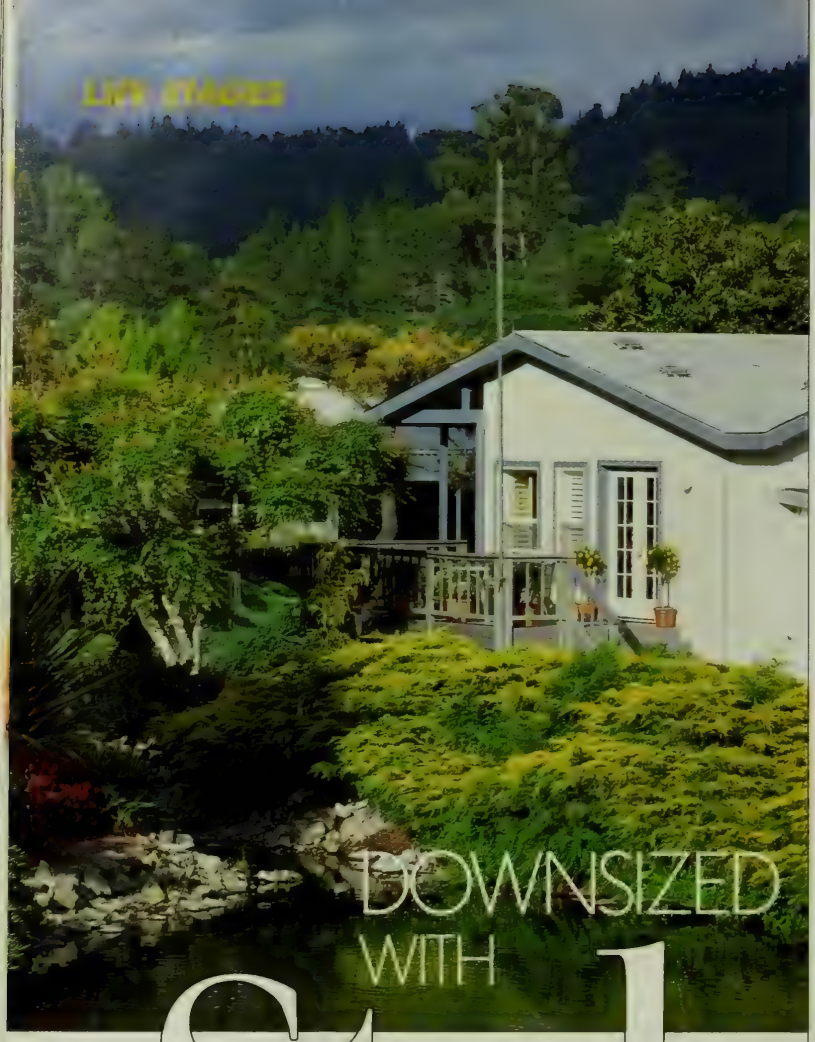
PHOTOGRAPHS BY THOR SWIFT, PAGE 144; JONATHAN OLSON, PAGE 146; TOM MCWILLIAM, PAGE 148



Yup, they're going to be huge.

)% bigger than regular Goldfish® crackers. Big, big, big wheat taste.

The snack that smiles back™



DOWNSIZED WITH Style

FACING RETIREMENT, A CALIFORNIA COUPLE DEVISES A PLAN FOR LOW-STRESS AGING THAT INCLUDES A SMALLER, EASILY MAINTAINED HOME.

BY **WILLIAM L. NOLAN** PHOTOGRAPHS BY **MICHAEL GARLAND** PRODUCED BY **JOSEPH BOEHM**

With the children grown and busy careers behind them, Audrey and Joe Vizzard of Scotts Valley, California, found themselves living in a house that, as Audrey says, "had outgrown us." But they weren't ready for an apartment or a retirement home. "We wanted to age in place," says Joe. A friend with similar concerns suggested a solution that struck them as just right: move to a beautifully maintained mobile-home park nearby that was gradually upgrading by bringing in manufactured homes. Joe and Audrey worked out a game plan that netted them not only a perfect-fit house, but also a strong sense of security and community.

Before they retired, both Joe and Audrey were medical professionals who worked with older patients. Joe was a rehabilitation physician, and Audrey was a clinical psychologist. Helping others deal with the problems and issues of aging spurred the couple to develop their own retirement plan. A primary strategy was selling their too-large home and adapting to a life with fewer possessions. "When we got ready to sell we started giving away all the furniture, except for a few sentimental pieces," says Joe. "We gave some things to our children, as long as they were willing to cart them away, and the rest went to various charities."

"We haven't missed any of it," adds Audrey, "and we feel so much freer without it."

Choosing the right site for their manufactured home was part of Audrey and Joe Vizzard's retirement strategy. They selected a pond-side location surrounded by well-manicured landscaping with easy access to walking trails.

KEITH, AGE 34, SCOTTSDALE



it comes to buying a used vehicle, there's no better decision than GM Certified Used. Each of our vehicles receives a 100+ Point
ction, a Bumper-to-Bumper Limited Warranty, 24-Hour Roadside Assistance and a 3-Day/150-Mile Satisfaction Guarantee. And that's
eady great cars, trucks and SUVs from the GM brands you trust. Interested? Call 1-888-999-7880 or visit gmcertified.com.

ROLET PONTIAC OLDSMOBILE BUICK GMC THE RIGHT WAY. THE RIGHT CAR.

Film Border Design Trade Dress used with permission of Polaroid Corporation. ©2002 GM Corp. All rights reserved. Buckle up, America!



WE WERE NOT READY FOR A RETIRE-MENT HOME.

AUDREY VIZZARD



LIFE STAGES >> from 150

An overall financial strategy was another key part of the process. Both Joe and Audrey participated in retirement investment programs while they were employed full-time. These funds and Social Security payments provide them with a comfortable monthly income.

Another income source was their big house, which they put on the market during a peak in local real estate prices. "We got eight offers at one time," says Audrey. Since the Vizzards had lived in the house more than 5 years, they would have been eligible for an income tax exclusion on the capital gains they realized from the property. However, because they reinvested all their equity in the new house, tax on their gains was deferred. (Current tax laws, enacted after the Vizzards sold their home, allow a $250,000 exclusion for a single homeowner and a $500,000 exclusion for a couple. To be eligible for the exclusion, homeowners need to have lived in their house for two of the previous five years.)

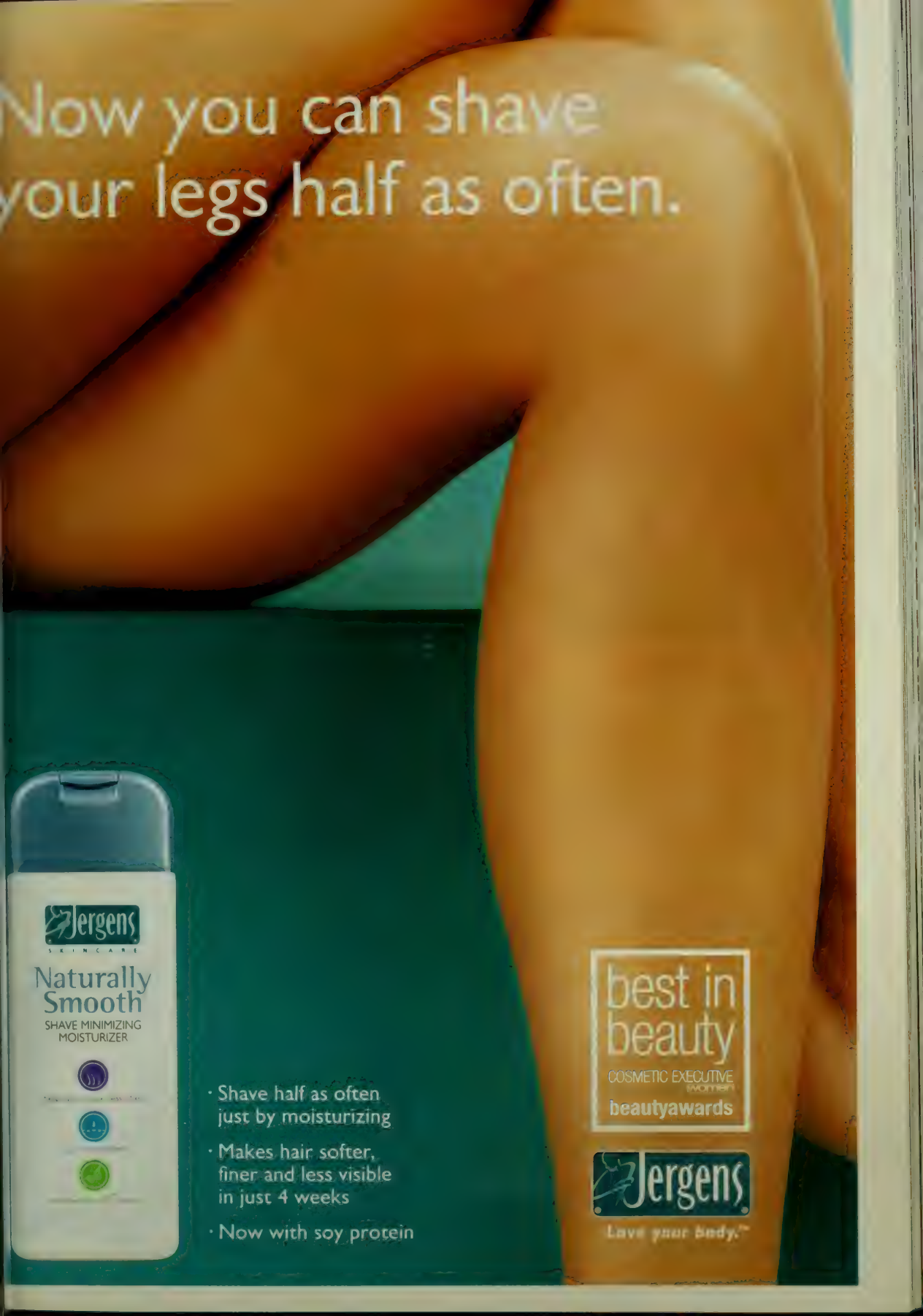
PUTTING EQUITY TO WORK

The equity from their 4,200-square-foot family home gave the Vizzards the financial leverage they needed to purchase exactly the kind of house they had pictured themselves living in during retirement. Part of those funds purchased a membership in the mobile home park, plus property-owners' shares—a plan that allows the occupants of the park to own the park's real estate jointly in exchange for a modest monthly rental fee. The partnership gives homeowners an extra measure of control over their monthly budget. For example, the owners determine the rents themselves by group ballot at regularly held meetings, thus avoiding arbitrary rent hikes that are common at other kinds of parks.

Because the park of their choice was full, Joe and Audrey had to purchase an existing mobile home within that park to obtain a home site. There was also another investment strategy at play when they bought the older mobile home. To make way for their new home, they donated the mobile home to the Homeless Coalition, a local nonprofit group that serves families in need of decent shelter. The coalition sold the home to a farmer in California's Central Valley for $8,000, and credited the Vizzards with a donation in that amount. The Vizzards were then able to declare that amount as a tax deduction.

The next step was to purchase and adapt a factory-built home that would fit on the site. Local code required either a mobile home or manufactured home, and the Vizzards decided a manufactured home best fit their needs. Manufactured homes are similar to conventional, site-built homes in terms of framing, insulation, wall thicknesses, and all finish >> on 154

Built-in shelves and storage units surround the hearth (*above*) and provide a place to showcase Joe's sculptures. The fireplace is one of several upgrades added to the basic house package. Audrey and Joe Vizzard (*left*) in the garden.


Now you can shave
your legs half as often.
Jergens
SKINCARE
Naturally
Smooth
SHAVE MINIMIZING
MOISTURIZER
· Shave half as often
just by moisturizing
· Makes hair softer,
finer and less visible
in just 4 weeks
· Now with soy protein
best in
beauty
COSMETIC EXECUTIVE
WOMEN
beautyawards
Jergens
Love your body.™

LIFE STAGES >> from 152

materials, but they are often less expensive because factory production allows efficient use of materials and labor, resulting in cost savings that are often passed along to the home buyer. Like mobile homes, manufactured homes are purchased from local dealers, and can be delivered to the site fully assembled. In most regions of the country, state laws define and govern many aspects of the design and fabrication of manufactured homes. In California, for example, state law requires that manufactured homes be delivered fully equipped and ready to live in, complete with plumbing fixtures, cabinetry, and lighting. (Laws vary from state to state; check local housing authorities to see what is required in your area.)

MODEST CHANGES

Joe and Audrey shopped around for a manufacturer that was able to make modest changes in one of its stock plans before construction began. The plan they picked, offered by local dealer Claudia Caudle of California Homes and manufactured by Golden West Homes, had a floor plan of 1,740 square feet and cost $125,000. Before placing their order with the factory, Joe used architectural software on his computer to alter the basic design, using the overall dimensions of the stock plan as a guide. He widened doorways and corridors, moved walls, added a half-wall to define the front entry, rearranged the bathroom plumbing layouts, and added a serving counter in the kitchen.

All the plan changes were then made at the factory on the assembly line, thus saving carpentry costs when the house was delivered. The Vizzards paid a $1,500 fee for revising and re-engineering the stock plan. They hired Mike Sasso, a local contractor (and family friend), during the design phase to act as construction consultant, facilitating communication between themselves and the factory's order department. He made sure that all plan changes were feasible and met code.

To increase livability and ensure the house would be easy to maintain, Joe and Audrey invested the remainder of their equity in a series of upgrades, including a direct-vent natural gas fireplace and a spacious deck that spans the front of the house. They also covered the factory subflooring with prefinished >> on 156

The Vizzards retrofitted a closet for wine storage and a serving bar. Glassware stacks on adjustable shelves.



REVERSE MORTGAGES

HOME LOANS CONSTRUCTED SPECIFICALLY FOR SENIORS CONSERVE CASH AND PRESERVE OPTIONS

Nearly 15,000 senior homeowners chose to remain in their homes last year while enjoying more options for retirement, thanks to the Federal Housing Administration's Home Equity Conversion reverse mortgage program (HECM).

Called reverse mortgages because the flow of payments is reversed—payments are made from the lender to the homeowner—these federally insured loans allow homeowners age 62 and over to convert a portion of their home equity into cash that can be used for any purpose. The borrower retains title to the home, and there are no new monthly payments to be made to the lender. The funds are repaid, along with accrued interest, when the borrower permanently moves out and the home is sold.

Consumers interested in learning more about reverse mortgages can visit the Web site of the National Reverse Mortgage Lenders Association (NRMLA) at www.reversemortgage.org. Or, call 866/264-4466 to receive free consumer booklets.





The kitchen (*right*) features custom-designed countertops. The counter to the right of the ovens is lower than standard height for easy landings. Wheels can roll smoothly across the shower's no-threshold opening (*far right*).

WHITEN
WHILE
YOU...



WHITEN
WHILE
YOU...



WHITEN
WHILE
YOU...



EASY, HUH?

YOU DON'T HAVE TO MAKE TIME TO WHITEN YOUR TEETH.
YOU'VE ALREADY GOT THE TIME—WITH CREST WHITESTRIPS.
THEY WORK ANYTIME WHILE YOU DO ALMOST ANYTHING.
JUST THIRTY MINUTES TWICE A DAY FOR TWO WEEKS.
YEP, EVEN WHILE READING THIS MAGAZINE.
SIMPLY BEAUTIFUL.





REVEAL YOUR WHITER SMILE.

©2002 P&G *Dramatization of typical 14-day results.

LIFE STAGES >> from 154

bamboo-plank flooring and installed upgraded fixtures in the kitchen, laundry, and bathrooms. For the exterior finish, Joe and Audrey selected low-upkeep hardboard siding and no-paint vinyl-frame windows—factory options.

Although their new place is nearly two-thirds smaller than the old one, it's open and airy with the living, dining, and kitchen areas merged into one large space. As previously noted, they widened passageways through the house. This improved accessibility, in keeping with universal design principles (see story, *right*). The changes came in handy when Joe had to go to the hospital for back surgery shortly after moving in. "When he came home," says Audrey, "he spent a couple days in a wheelchair, and we realized how well he designed the house to accommodate a more limited routine."

THE PAYOFF

With no monthly mortgage payments or burdensome rent hikes to worry about, and with a house that practically takes care of itself, the Vizzards relish a newfound peace of mind. Just beyond their synthetic-wood, maintenance-free deck, a trail circles a small lake that adjoins the Vizzards' front lawn, providing them with pastoral vistas of the common areas, lawns, and trees that are maintained by the community. Having neighbors close by gives the Vizzards an extra sense of security and peace of mind.

"There's a general feeling here," says Audrey, "that we will all need a little extra help from time to time. This community is very supportive."

Beautiful, well-maintained surroundings (*above right*) played a key role in the Vizzards' decision to move to this park community. The pond, mature landscaping, and paved trails for strolling are the kind of luxuries that make retirement pleasant.

KITCHEN DESIGNER HEATHER GOODE, CKD
LANDSCAPE DESIGNER BILL DRULIUS, THE BEALS GROUP
UNIVERSAL DESIGN CONSULTANTS PHIL DOMMER, PHILIP STEPHEN CO'S., INC.; SALLY HAILE, CENTER FOR UNIVERSAL DESIGN, NORTH CAROLINA STATE UNIVERSITY



UNIVERSAL DESIGN

DESIGNING WITH ACCESSIBILITY IN MIND PROVIDES AN IDEAL SCHEME FOR AGING COMFORTABLY AND SECURELY

Changes that the Vizzards made to their new home provide livability that is usually lacking, even in conventional homes. Because Joe is quite a bit taller than Audrey (he is 6-foot-6; she is 5-foot-4), the couple decided to rework certain areas of the house so that they both could use them comfortably. For example, Audrey teamed up with kitchen designer Heather Goode and contractor Mike Sasso to retool the kitchen, incorporating features of universal design—a design approach that says a home should accommodate anyone, regardless of their height, physical limitations, or special equipment needs. This meant that the kitchen was equipped with roll-out drawers, so items are easier to reach than possible with fixed shelving; easy-to-grasp wire door and drawer pulls on cabinets, instead of knobs; counter heights that vary to accommodate height differences; and a well in the sink cabinet, which opens for wheelchair access.

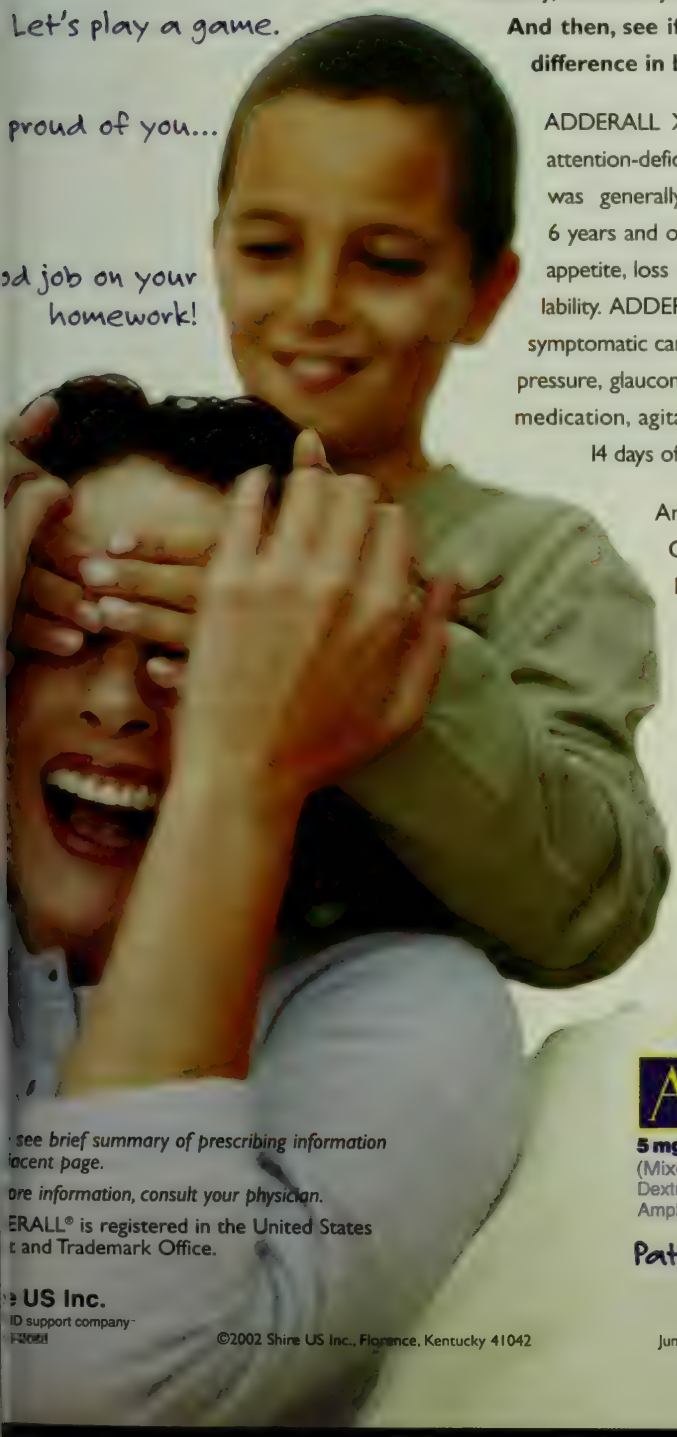
Principles of universal design also are found in the master bath and the laundry. Here, the original layout was reworked and the standard fixtures upgraded to provide easier access, better ergonomics, and long-term durability. The master bathroom features a large shower compartment with a personal spray, grab bars, and a no-threshold glass enclosure. There's also a wall-hung toilet and a sit-down vanity sink, plus a second vanity sink that is set 2 inches above standard height. The wall-mounted toilet allows a more comfortable seat height and is easy to clean underneath. The laundry's washer and dryer are mounted several inches off the floor to limit need for bending while loading and unloading.

Thanks to ADDERALL XR™

"David's Mom is learning *a whole new language.*"

Patient-friendly treatment for ADHD

If your child has ADHD, ask your doctor if a change to patient-friendly, once-daily ADDERALL XR could be right for him or her. And then, see if effective, all-day symptom control makes a difference in both your lives.



ADDERALL XR is for patients with a confirmed diagnosis of attention-deficit hyperactivity disorder (ADHD). ADDERALL XR was generally well tolerated in clinical studies of children 6 years and older. The most common side effects are decreased appetite, loss of sleep (insomnia), abdominal pain, and emotional lability. ADDERALL XR should not be prescribed for patients with symptomatic cardiovascular disease, moderate to severe high blood pressure, glaucoma, hyperthyroidism, known allergy to this type of medication, agitated states, or history of drug abuse or within 14 days of administration of a MAO inhibitor.

Amphetamines have a high potential for abuse. Caution is advised in patients with a history of high blood pressure or mental illness. Report any new psychological symptoms to your physician. There is a potential for worsening of motor and phonic tics and Tourette's syndrome.

Visit us at
ADDERALLXR.com
or call 1-888-774-3000
for more information.

ONE DOSE DAILY
ADDERALL XR™ CII

5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg CAPSULES
(Mixed Salts of a Single-Entity Amphetamine Product)
Dextroamphetamine Sulfate Dextroamphetamine Saccharate
Amphetamine Aspartate Monohydrate Amphetamine Sulfate

Patient-friendly ADHD treatment

see brief summary of prescribing information
iacent page.
ore information, consult your physician.
ERALL® is registered in the United States
t and Trademark Office.

e US Inc.
ID support company

©2002 Shire US Inc., Florence, Kentucky 41042

June 2002 AXJA324

Shire

ONE DOSE DAILY

ADDERALL XR®

5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg CAPSULES
(Mixed Salts of a Single-Entity Amphetamine Product)
Dextroamphetamine Sulfate Dextroamphetamine Saccharate
Amphetamine Aspartate Monohydrate Amphetamine Sulfate

BRIEF SUMMARY: Consult the full prescribing information for complete product information

ADDERALL XR™ CAPSULES **CII Rx Only**

AMPHETAMINES HAVE A HIGH POTENTIAL FOR ABUSE. ADMINISTRATION OF AMPHETAMINES FOR PROLONGED PERIODS OF TIME MAY LEAD TO DRUG DEPENDENCE. PARTICULAR ATTENTION SHOULD BE PAID TO THE POSSIBILITY OF SUBJECTS OBTAINING AMPHETAMINES FOR NON-THERAPEUTIC USE OR DISTRIBUTION TO OTHERS AND THE DRUGS SHOULD BE PRESCRIBED OR DISPENSED SPARINGLY.

INDICATIONS

ADDERALL XR™ is indicated for the treatment of Attention Deficit Hyperactivity Disorder (ADHD)
The efficacy of ADDERALL XR™ in the treatment of ADHD was established on the basis of two controlled trials of children aged 6 to 12 who met DSM-IV criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL , the immediate-release formulation of this substance

CONTRAINDICATIONS

Advanced arteriosclerosis, symptomatic cardiovascular disease, moderate to severe hypertension, hyperthyroidism, known hypersensitivity or idiosyncrasy to the sympathomimetic amines, glaucoma. Agitated states. Patients with a history of drug abuse.
During or within 14 days following the administration of monoamine oxidase inhibitors (hypertensive crises may result)

WARNINGS

Psychosis: Clinical experience suggests that, in psychotic patients, administration of amphetamine may exacerbate symptoms of behavior disturbance and thought disorder.
Long-Term Suppression of Growth: Data are inadequate to determine whether chronic use of stimulants in children, including amphetamine, may be causally associated with suppression of growth. Therefore, growth should be monitored during treatment, and patients who are not growing or gaining weight as expected should have their treatment interrupted.

PRECAUTIONS

General: The least amount of amphetamine feasible should be prescribed or dispensed at one time in order to minimize the possibility of overdosage.
Hypertension and other Cardiovascular Conditions: Caution is to be exercised in prescribing amphetamines for patients with even mild hypertension (see CONTRAINDICATIONS). Blood pressure and pulse should be monitored at appropriate intervals in patients taking ADDERALL XR™, especially patients with hypertension.
Tics: Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications.
Information for Patients: Amphetamines may impair the ability of the patient to engage in potentially hazardous activities such as operating machinery or vehicles; the patient should therefore be cautioned accordingly.
Drug Interactions: *Acidifying agents*—Gastrointestinal acidifying agents (guanethidine, reserpine, glutamic acid HCl, ascorbic acid, etc.) lower absorption of amphetamines.
Urinary acidifying agents—These agents (ammonium chloride, sodium acid phosphate, etc.) increase the concentration of the ionized species of the amphetamine molecule, thereby increasing urinary excretion. Both groups of agents lower blood levels and efficacy of amphetamines.
Adrenergic blockers—Adrenergic blockers are inhibited by amphetamines.
Alkalinizing agents—Gastrointestinal alkalinizing agents (sodium bicarbonate, etc.) increase absorption of amphetamines. Co-administration of ADDERALL XR™ and gastrointestinal alkalinizing agents, such as antacids, should be avoided. Urinary alkalinizing agents (acetazolamide, some thiazides) increase the concentration of the non-ionized species of the amphetamine molecule, thereby decreasing urinary excretion. Both groups of agents increase blood levels and therefore potentiate the actions of amphetamines.
Antidepressants, tricyclic—Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics cause striking and sustained increases in the concentration of d-amphetamine in the brain. cardiovascular effects can be potentiated.
MAO inhibitors—MAOI antidepressants as well as a metabolite of furazolidone, slow amphetamine metabolism. This slowing potentiates amphetamines, increasing their effect on the release of norepinephrine and other monoamines from adrenergic nerve endings; this can cause headaches and other signs of hypertensive crisis. A variety of toxic neurological effects and malignant hyperpyrexia can occur, sometimes with fatal results.
Antihistamines—Amphetamines may counteract the sedative effect of antihistamines.
Antihypertensives—Amphetamines may antagonize the hypotensive effects of antihypertensives.
Chlorpromazine—Chlorpromazine blocks dopamine and norepinephrine receptors, thus inhibiting the central stimulant effects of amphetamines and can be used to treat amphetamine poisoning.
Ethosuximide—Amphetamines may delay intestinal absorption of ethosuximide.
Haloperidol—Haloperidol blocks dopamine receptors, thus inhibiting the central stimulant effects of amphetamines.
Lithium carbonate—The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate.
Meperidine—Amphetamines potentiate the analgesic effect of meperidine.
Methenamine therapy—Urinary excretion of amphetamines is increased, and efficacy is reduced, by acidifying agents used in methenamine therapy.
Norepinephrine—Amphetamines enhance the adrenergic effect of norepinephrine.
Phenobarbital—Amphetamines may delay intestinal absorption of phenobarbital; co-administration of phenobarbital may produce a synergistic anticonvulsant action.
Phenytoin—Amphetamines may delay intestinal absorption of phenytoin; co-administration of phenytoin may produce a synergistic anticonvulsant action.
Propoxyphene—In cases of propoxyphene overdosage, amphetamine CNS stimulation is potentiated and fatal convulsions can occur.
Veratrum alkaloids—Amphetamines inhibit the hypotensive effect of veratrum alkaloids.
Drug/Laboratory Test Interactions: Amphetamines can cause a significant elevation in plasma corticosteroid levels. This increase is greatest in the evening.
Amphetamines may interfere with urinary steroid determinations.
Carcinogenesis/Mutagenesis and Impairment of Fertility: No evidence of carcinogenicity was found in studies in which d, l-amphetamine (enantiomer ratio of 1:1) was administered to mice and rats in the diet for 2 years at doses of up to 30 mg/kg/day in male mice (.19 mg/kg/day in female mice and 5 mg/kg/day in male and female rats. These doses are approximately 2.4, 1.5, and 0.8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis.
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), was not clastogenic in the mouse bone marrow micronucleus test *in vivo* and was negative when tested in the *E. coli* component of the Ames test *in vitro*. d,l-Amphetamine (1:1 enantiomer ratio) has been reported to produce a positive response in the mouse bone marrow micronucleus test, an equivocal response in the Ames test, and negative responses in the *in vitro* sister chromatid exchange and chromosomal aberration assays.
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1) did not adversely affect fertility or early embryonic development in the rat at doses of up to 20 mg/kg/day (approximately 5 times the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis).
Pregnancy: Pregnancy Category C. Amphetamine, in the enantiomer ratio present in ADDERALL (d- to l- ratio of 3:1), had no apparent effects on embryofetal morphological development or survival when orally administered to pregnant rats and rabbits throughout the period of organogenesis at doses of up to 6 and 16 mg/kg/day, respectively. These doses are approximately 1.5 and 8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Fetal malformations and death have been reported in mice following parenteral administration of d-amphetamine doses of 50 mg/kg/day (approximately 6 times the maximum recommended human dose of 30 mg/day on a mg/m² basis) or greater to pregnant animals. Administration of these doses was also associated with severe maternal toxicity.
A number of studies in rodents indicate that prenatal or early postnatal exposure to amphetamine (d- or d,l-), at doses similar to those used clinically, can result in long-term neurochemical and behavioral alterations. Reported behavioral effects include learning and memory deficits, altered locomotor activity, and changes in sexual function.
There are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony deformity (tracheo-esophageal fistula and anal atresia (vater association)) in a baby born to a woman who took dextroamphetamine sulfate with lovastatin during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects: Infants born to mothers dependent on amphetamines have an increased risk of premature delivery and low birth weight. Also, these infants may experience symptoms of withdrawal, demonstrated by dysphoria, including agitation, and significant lassitude.
Usage in Nursing Mothers: Amphetamines are excreted in human milk. Mothers taking amphetamines should be advised to refrain from nursing.
Pediatric Use: ADDERALL XR™ is indicated for use in children 6 years of age and older.
Use in Children Under Six Years of Age: Effects of ADDERALL XR™ in 3-5 year olds have not been studied. Long-term effects of amphetamines in children have not been well established. Amphetamines are not recommended for use in children under 3 years of age.
Geriatric Use: ADDERALL XR™ has not been studied in the geriatric population.

ADVERSE EVENTS

The premarketing development program for ADDERALL XR™ included exposures in a total of 685 participants in clinical trials (615 patients, 70 healthy adult subjects). These participants received ADDERALL XR™ at daily doses up to 30 mg. The 615 patients (ages 6 to 12) were evaluated in two controlled clinical studies, one open-label clinical study, and one single-dose clinical pharmacology study (N=20). Safety data on all patients are included in the discussion that follows. Adverse reactions were assessed by collecting adverse events, results of physical examinations, vital signs, weights, laboratory analyses, and ECGs.
Adverse events during exposure were obtained primarily by general inquiry and recorded by clinical investigators using terminology of their own choosing. Consequently, it is not possible to provide a meaningful estimate of the proportion of individuals experiencing adverse events without first grouping similar types of events into a smaller number of standardized event categories. In the tables and listings that follow, COSTART terminology has been used to classify reported adverse events.
The stated frequencies of adverse events represent the proportion of individuals who experienced, at least once, a treatment-emergent adverse event of the type listed.
Adverse events associated with discontinuation of treatment: In two placebo-controlled studies of up to 5 weeks duration, 2.4% (10/425) of ADDERALL XR™ treated patients discontinued due to adverse events (including 3 patients with loss of appetite, one of whom also reported insomnia) compared to 2.7% (7/259) receiving placebo. The most frequent adverse events associated with discontinuation of ADDERALL XR™ in controlled and uncontrolled, multiple-dose clinical trials (N=595) are presented below. Over half of these patients were exposed to ADDERALL XR™ for 12 months or more.

Adverse event	% of patients discontinuing (N=595)
Anorexia (loss of appetite)	2.9
Insomnia	1.5
Weight loss	1.2
Emotional lability	1.0
Depression	0.7

Adverse events occurring in a controlled trial: Adverse events reported in a 3-week clinical trial of pediatric patients treated with ADDERALL XR™ or placebo are presented in the table below.
The prescriber should be aware that these figures cannot be used to predict the incidence of adverse events in the course of usual medical practice where patient characteristics and other factors differ from those which prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained from other clinical investigations involving different treatments, uses, and investigators. The cited figures, however, do provide the prescribing physician with some basis for estimating the relative contribution of drug and non-drug factors to the adverse event incidence rate in the population studied.

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR™ with Higher Incidence Than on Placebo in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR™ (N=374)	Placebo (N=210)
General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive System	Loss of Appetite	22%	2%
	Diarrhea	2%	1%
	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Nervous System	Dizziness	2%	0%
	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

The following adverse reactions have been associated with amphetamine use:
Cardiovascular: Palpitations, tachycardia, elevation of blood pressure. There have been isolated reports of cardiomyopathy associated with chronic amphetamine use.
Central Nervous System: Psychotic episodes at recommended doses, overstimulation, restlessness, dizziness, insomnia, euphoria, dyskinesia, dysphoria, tremor, headache, exacerbation of motor and phonic tics and Tourette's syndrome.
Gastrointestinal: Dryness of the mouth, unpleasant taste, diarrhea, constipation, other gastrointestinal disturbances. Anorexia and weight loss may occur as undesirable effects.
Allergic: Urticaria.
Endocrine: Impotence, changes in libido.

DRUG ABUSE AND DEPENDENCE

ADDERALL XR™ is a Schedule II controlled substance.
Amphetamines have been extensively abused. Tolerance, extreme psychological dependence, and severe social disability have occurred. There are reports of patients who have increased the dosage to many times that recommended. Abrupt cessation following prolonged high dosage administration results in extreme fatigue and mental depression; changes are also noted on the sleep EEG. Manifestations of chronic intoxication with amphetamines may include severe dermatoses, marked insomnia, irritability, hyperactivity, and personality changes. The most severe manifestation of chronic intoxication is psychosis, often clinically indistinguishable from schizophrenia.

OVERDOSAGE

Individual patient response to amphetamines varies widely. Toxic symptoms may occur idiosyncratically at low doses.
Symptoms: Manifestations of acute overdosage with amphetamines include restlessness, tremor, hyperreflexia, rapid respiration, confusion, assaultiveness, hallucinations, panic states, hyperpyrexia and rhabdomyolysis. Fatigue and depression usually follow the central nervous system stimulation. Cardiovascular effects include arrhythmias, hypertension or hypotension and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhea, and abdominal cramps. Fatal poisoning is usually preceded by convulsions and coma.
Treatment: Consult with a Certified Poison Control Center for up-to-date guidance and advice. Management of acute amphetamine intoxication is largely symptomatic and includes gastric lavage, administration of activated charcoal, administration of a cathartic and sedation. Experience with hemodialysis or peritoneal dialysis is inadequate to permit recommendation in this regard. Acidification of the urine increases amphetamine excretion, but is believed to increase risk of acute renal failure if myoglobinuria is present. If acute severe hypertension complicates amphetamine overdosage, administration of intravenous phentolamine has been suggested. However, a gradual drop in blood pressure will usually result when sufficient sedation has been achieved. Chlorpromazine antagonizes the central stimulant effects of amphetamines and can be used to treat amphetamine intoxication.
The prolonged release of mixed amphetamine salts from ADDERALL XR™ should be considered when treating patients with overdose.

Dispense in a tight, light-resistant container as defined in the USP.
Store at 25°C (77°F). Excursions permitted to 15-30°C (59-86°F) [see USP Controlled Room Temperature].

Manufactured by DSM Pharmaceuticals Inc., Greenville, North Carolina 27834. Distributed and marketed by Shire US Inc., Florence, KY 41042.

For more information call 1-800-536-7878 or visit www.adderallxr.com

ADDERALL® is registered in the US Patent and Trademark Office.

40395/ (rev. 06/2

Shi

DISNEY'S MOST BELOVED ANIMATED FILM
JUST GOT EVEN BETTER!

Available For The First Time In Ten Years!
First Time Ever On DVD!



The only animated film ever nominated for a Best Picture Academy Award® is available in a completely restored, sparkling Special Edition where you can discover the joy of "Human Again," an all-new musical sequence that provides insight into the hopes and dreams of the castle's enchanted characters. With an incomparable blend of magic and award-winning music, *Beauty And The Beast* Special Edition is a must-own for every video and DVD collection!

THE MOST ENCHANTING 2-DISC DVD EVER

- 3 Enchanting Versions Of The Film — Including The All-New Special Edition
- Newly Restored THX-Certified Digital Presentation With New 5.1 Surround Sound Mix
- Never-Before-Released Behind-The-Scenes Footage
- The Making Of *Beauty And The Beast*
- All-New Exciting Games
- Vast Virtual Galleries Of Development Art
- And Much, Much More!

ON DISNEY DVD AND VIDEO OCTOBER 8

BeautyAndTheBeast.com

©1991. Distributed by Buena Vista Home Entertainment, Inc., Burbank, CA 91521. © Disney Enterprises, Inc.

Walt Disney HOME ENTERTAINMENT

STAYING ORGANIZED

WHEN A CHAOS OF CLUTTER THREATENS TO DISRUPT YOUR HOME, REGAIN CONTROL BY TACKLING ONE AREA AT A TIME.

Behind the neat exterior of Kathryn and David Froelich's idyllic home near Bloomington-Normal, Illinois, was a messy little secret. The closets were choking with too much stuff, and the cabinets were crammed too.

"Everything was getting lost. It was complete chaos," admits Kathryn.

The mess had a paralyzing effect on the Froelichs, who are raising three kids while operating a small business out of their home. The clutter took over space, complicated their work, and ate up valuable family time.

Then the Froelichs contacted Jenny Lovins, a professional organizer, whose job it is to bring order to chaotic closets, cabinets, and kitchens. Jenny is the president of Neat Ideas, an organizing firm in Urbana, Illinois.

Although Lovins tailored a plan specifically for the Froelichs, you can borrow from typical commonsense steps that the professionals use when it's time to establish some order. Follow these basic guidelines:

- Decide what's going to stay and what's going to go. Prioritize all items, and shed everything that's not essential. For example, get rid of old bills and newspapers.
- Devise a system that establishes a place where everything can go. Use color-coded file folders, assigning one color for business paperwork, another for personal finances, etc. Buy equipment to facilitate the new system: shelving, see-through boxes, filing cabinets, and such.
- Attack one area at a time. In highly cluttered areas, such as a home office, divide and conquer. Clear up the desk before cleaning filing cabinets. Complete your task in one room before tackling the next.

Lovins is one of 1,500 members in the National Association of Professional Organizers (NAPO). For a fee of $35 to $100 an hour, NAPO members visit a home for a few hours, assess the situation, and offer solutions.

BY ROBERT EHLERT
FOR INFORMATION, CONTACT NAPO AT WWW.NAPO.NET

Expertly hand-cra
sculpture in pure porcel
enhanced in 22K

Always with You

Inspirational Prayer in golden script graces each collectible





Fully dimensi
collectible is
standing fo
tabletop disp

Florentine Crystal is a unique combination of resin materials.

Actual height about 9"

"Always with You"

His love is great. His compassion everlasting. And now, the beloved "Footprints in the Sand" poem—scripted in golden letters—adorns a sculptural collectible that expresses Jesus' love for us in moving words as well as rich artistry. From the delicately defined features of His gentle countenance, to the footprints etched in the *Florentine Crystal*, to the flawless porcelain accented with gleaming bands of 22K gold, this masterpiece is as elegant as it is inspirational.

"Always with You" is issued in a hand-numbered limited edition and includes a hand-numbered Certificate of Authenticity.

"Always with You" is a truly impressive collectible of exceptional hand-crafted quality, and demand is expected to be unusually strong. So, if you wish to obtain it at the $39.95 issue price, backed by a 365-day guarantee, the time to act is now. Send no money now—just mail the coupon.

collectiblestoday.com
Home of The Bradford Exchange and All Things Collectible

The Lord said, "I love you, and I would never leave you. When you saw only one set of footprints, it was then that I carried you."

©2002 BGE 05231-BD

THE BRADFORD EXCHAN
9345 Milwaukee Avenue Niles, IL 60714-
THE Heart OF COLLECTING®

YES. Please enter my order for "Always with
I understand I need SEND NO MONEY NOW. I w
billed $39.95* when my collectible is shipped.
Limit: one collectible per order. Please Respond Pro

Mr. Mrs. Ms. _____
Name (Please Print Clearly)
Address _____
City _____
State _____ Zip _____
Signature _____
05231-E

*Plus $5.99 postage and handling. IL residents add state sales tax. credit approval. Limited-edition presentation restricted to 295 casti Prices higher in Canada. Allow 4-6 weeks for delivery.

Step into Thomas Kinkade's Gardens of Faith

atures Thomas Kinkade's glowing istry on special occasion tiles made pecially for this collection!

FREE!
$75-Value
calendar display



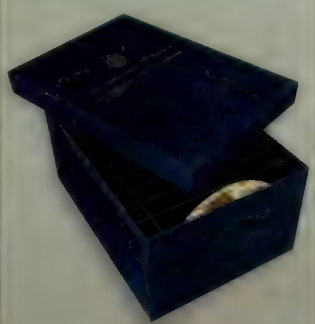


tal of 55 special sion and date

omas Kinkade's peaceful sanctuaries, all of e gathers in praise of creation, unfolding rom God's garden each and every day. Now *Painter of Light*™ shares his most elling scenes of nature's glory in *Thomas ade's Daily Gifts from God's Garden*—a tual calendar plate collection that will inspiration throughout the year. From ry to December, each stirring edition is d on lustrous, fine porcelain and rimmed h 22-karat gold. And set in gleaming, n script is the name of each month. The crafted wood display and special occasion eaturing art by Thomas Kinkade are yours with the collection. Each edition is just 5 and is backed by Bradford's 365-day ditional guarantee. Kinkade's works are eat demand nationwide, so don't delay. no money now; just mail the coupon today.

collectiblestoday.com
Home of The Bradford Exchange and All Things Collectible

FREE! $30-value calendar plate storage box



Order now and receive custom-crafted Plate Storage Box that safely stores your 12 calendar editions

Plates measure 7" x 9"; display measures 23" by 10½".

THE BRADFORD EXCHANGE

9345 Milwaukee Avenue Niles, IL 60714-1393

YES. Please enter my order for the 12-plate *Thomas Kinkade's Daily Gifts from God's Garden* calendar collection with FREE** display. I understand I need SEND NO MONEY NOW. I will be billed $29.95* when each plate is shipped.
Limit: one plate per order. Please Respond Promptly

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____

State _____ Zip _____

Signature _____

42259-E81291

*Plus a total of $4.99 P&H per plate. Illinois residents add state sales tax. Pending credit approval. Limited edition presentations restricted to 95 living days. **There's a one-time P&H charge of $8.99 for the calendar display, shipped after Plate One, and $6.99 for the storage box, shipped after Plate Six. Prices higher in Canada.

©Thomas Kinkade. Media Arts Group, Inc., Morgan Hill, CA.
©2001 BGE 57581-BD



Talking WITH KIDS IN CARS

TAKING ADVANTAGE OF A CAPTIVE AUDIENCE

Parenting may be a 24-hour-a-day vocation, but it really happens in brief interactions here and snippets of conversation there. Mostly in the van or SUV, it seems.

Between home, school, soccer practice, music lessons, and their many social engagements, it's not uncommon for children to spend seven hours each week being driven around town by dutiful parents. By comparison, many families spend less than half that amount of time around the dinner table.

Americans, especially mothers, are spending more time than ever in their cars. The average mom spends more than one hour driving each day, traveling about 30 miles, and taking more than five trips out of the driveway, according to the Federal Highway Administration. Married women with school-age children spend 66 minutes a day driving—that's almost 17 days a year trapped behind the wheel.

CARS ARE FAMILIAR HAVENS

Seven-days-a-week chauffeur duty may not be that appealing for most parents, but that time behind the wheel is a rare opportunity. The car provides a safe, intimate environment where kids are comfortable and tend to open up—a place where they know they have your undivided attention. If you listen well, you'll be amazed what your passengers are saying.

"There is a lot less formality and restriction in the car," says Redmond Reams, Ph.D., a child psychologist in Portland, Oregon. He calls car talk "an unstructured kind of in-between time." In this comfortable environment, kids may unexpectedly share some innermost thoughts.

William Pollack, Ph.D., author of the book *Real Boys' Voices* (2001), tells the story of a mom who drove her son to hockey practice for the first time (her husband usually made the early morning trip). Along the way, her son

BY **JEANNE FAULKNER** ILLUSTRATIONS **KAREN GREENBERG**

Line-dried freshness without the line.





Experience Downy® and Tide® Clean Breeze®

>> from 162

started talking about his teammates, and the conversation gradually turned into a discussion about marijuana. "Something about the car," the mother mused, "the darkness outside, the coziness inside." Whatever the reason, the boy opened up to her as never before.

"If we simply ask a boy in a non-active setting how he is feeling," notes Pollack, "his answer may be a disappointing 'OK' or 'great.' But take him out in the car for a quick drive or errand, often you will find that he is far more comfortable talking to you."

SOMEWHERE OUT NEAR ALBUQUERQUE

Longer car trips provide valuable one-on-one time with kids who, at home, always seem to be walking out the door. Ava Lopez, a stepmother of two teenagers in Minneapolis, used to dread cross-country car trips, but now actually looks forward to them. "I think sitting in that defined space with no distractions listening to their favorite music, they sort of see me in a different light," she says.

Once, while driving back home from a family car trip out West, her teenage stepdaughter, Alexis, hinted that a close girlfriend was having trouble with a new boyfriend. Alexis hesitated to speak too freely because her dad was in the backseat. "My husband was dosing, but I caught his eye in the rearview mirror," Ava says. "I said his name and he pretended to be asleep because he knew she was about to really open up. We had a great talk."

TAKE THE SCENIC ROUTE

Nothing's better for getting the scoop on adolescents than driving the after-school carpool. Stay quiet, and you can learn who's dating whom, who uses what online nickname, and which kids dye their hair.

"You'll get all this information that you can't get at home," says Michael Riera, Ph.D., author of *Right from Wrong* (2002) and a family and adolescent correspondent for CBS television's *The Early Show*. He tells parents who spend hours chauffeuring teenagers to drive slowly and to take the scenic route when time permits.

This is all fine and good until you overhear something alarming that you just can't ignore. How do you bring it up later if you supposedly shouldn't have heard it in the first place? But it's not exactly eavesdropping, says Riera, and often your children want you to ask more questions about what you've overhead. That may be why you were allowed to be within earshot in the first place.

"Kids are good at giving you little bits of information—but not quite enough," he says. "When they give you enough, they really want you to act." After dropping



off others from the carpool, it's time to talk. Just asking about the overheard conversation sends a big message: "I'm willing to hear and I'm here to help you."

The key is to address the concern with your child or teenager without acting like you are cross-examining them. Riera suggests starting cautiously with, "This might be uncomfortable to talk about, but I have to ask. You guys were talking about Sasha and it sounds like she may be anorexic. Is there really something going on with her? Are you really worried?"

You don't want to rush the conversation, but your son or daughter might just be waiting for you to ask about what you heard during the carpool ride. They know you were listening. Expect straight, frank talk, and your child will probably comply. "You're going to have a wonderful conversation," Riera says.

RULES OF THE ROAD

TIPS FOR MAKING CAR CONVERSATIONS

- Turn off your cell phone and make the car a cell-free zone for kids too. Make this a time to talk to each other.
- Get activity times and dates while they're still fresh in your kids' minds. Pass around your day planner or Palm Pilot, and have the kids write in their after-school commitments for the upcoming weeks.
- Unplug personal electronics. Save CD players, Gameboys, and flip-down TVs for longer trips.
- Tune in their music on the car radio. Who knows? Maybe you'll enjoy Moby.
- While you drive, point out things that interest you along the way. Asking about the boy with the purple Mohawk on the street corner might be just the starter your child needs to tell you something.
- Grab any chances to drive alone with a child, especially during really hectic weeks.
- Be a good listener. Ask about your child's day, but don't direct the flow with lots of questions.


ARE YOU THE FAIRY GOODMOTHER when you give your kids something their hearts desire or the wicked badmother when you deny them? Try Kudos.® With the goodness of granola and a tempting taste of chocolate and candy pieces, it's always a fairy-tale ending.
Kudos.® Now everybody's happy.™
Kudos
Chocolate Chip
2002 GOLD TASTE AWARD
10
)S IS a trademark
. ©Mars Inc 2002
www.kudosbar.com



HEALING THE Bully Blues

RECENT REPORTS THAT GIRLS ARE MEANER THAN BOYS MASK A MORE PERVASIVE PROBLEM: INTOLERANCE THAT AFFECTS ALL CHILDREN.

BY **SARAH MAHONEY** PHOTOGRAPH BY **GETTY IMAGES**

Sure, she looks sweet, with her hair clipped back in those heart-shaped barrettes. She acts sweet, too—reading her Saddle Club books and going to Girl Scouts. But if you were to believe the latest wave of parenting advice, your daughter is one step away from the post-office wall.

Thanks to this year's bumper crop of Really Mean Girl (RMG) reading—*Odd Girl Out*, by Rachel Simmons and *Queen Bees & Wannabes*, by Rosalind Wiseman—the roles that aggression and bullying play in your daughter's social life have never gotten so much attention. The theme of the RMG books is: While girls are less likely than boys to be physically aggressive, they are more likely to use relationships as weapons—bribing some girls with their friendship, shunning others as punishment. While boys give each other honest beatings, girls terrorize each other with sinister campaigns of gossip and rumors.

However, according to some experts who have studied child aggression closely, much of the RMG uproar is either old news or unduly alarmist. The flaw with the theory is not that it doesn't occur, says Dorothy Espelage, Ph.D., assistant professor of educational psychology at the University of Illinois, Champagne-Urbana, but that it paints too neat a picture. "Boys can be just as mean—they use relational aggression the same way," she says. "We've been studying this theory for over seven years, and never have we found any evidence that girls are any meaner than boys."

RMG takes the emphasis off the really important question: How can parents and educators create a climate where cruelty of any kind, whether from boys or girls, is not permitted?


4 TEENAGERS
7/8 TANK
1 STICK OF EXTRA
LONG LASTING FLAVOR!
Wrigley's
Extra
The flavor lasts.
(So you will too.)

Lysol DISINFECTANT Presents FACTS of LIFE

FACT: Still your MAIN SQUEEZE after all these years.



Derived from *American Gothic* by Grant Wood. Friends of the American Art Collection. All rights reserved by The Art Institute of Chicago and VAGA, New York, NY.

© 2002 Reckitt Benckiser

FACT: LYSOL® Toilet Bowl Cleaner is still your one and only. LYSOL® is UNBEATABLE at removing tough stains and nothing kills more GERMS.



LIFE DEMANDS LYSOL®. THAT'S A F

>> from 166

A WIDESPREAD PROBLEM

While bullying has been around since Cain gave Abel his first noogie, new findings indicate bullying may be more widespread than previously believed. Espelage's research found that 80 percent of schoolchildren report having bullied someone in the last month. Prior to that, published data indicates a smaller percentage. For example, *JAMA, The Journal of the American Medical Association*, has reported that only 29 percent of kids had bullied someone at least once in the last month. Complicating the findings is the fact that children often are unlikely to report bullying because they fear retaliation, and because they don't feel adults understand.

WHO BECOMES THE VICTIM?

The most obvious first step for parents? Assess your child's risk. Bullying peaks in middle school as children struggle to find their own identities. At this age, kids are influenced by peers' opinions of how they look and act—creating opportunity for taunting and humiliation.

Most of the time, experts say, bullies pick on two types of children. Submissive victims are shy and quiet, and appear passive and unwilling to defend themselves. They may be smaller, taller, fatter, smarter, from a different ethnic group, or diagnosed with a learning disability. They can become easy targets.

The second type of target is an aggressive victim. These

MANY KIDS THINK ADULTS ARE ILL-EQUIPPED TO address the problem

are the kids who are irritating and annoying to others. Sooner or later, classmates let them have it. As victims, they are more likely to turn around and bully other kids themselves. "They can be thin-skinned and explosive," says Michael Thompson, a psychologist in Arlington, Massachusetts, and an author and lecturer on bullying.

Whatever the type, bullying victims often are at risk for depression, violent behavior, low self-esteem, and poor school performance.

As a parent, be on the lookout for behavior that may indicate your child is having trouble. Signs include sudden fears or an unwillingness to talk about school, avoiding certain routes, or personal items—jackets or backpacks—that are missing with no explanation. If you suspect your child is being bullied, you'll need to encourage a dialogue and develop a plan together for working with your child's teacher. Be prepared: If your child has become a target, it will take patience and persistence to overcome. Encourage your child to find outside activities. Outcasts at school may find themselves part of the in-crowd at a church group or summer camp.

COMMUNICATION IS KEY

Often, children are pressured by their peers into playing the role of the bully. Head off any tendencies by getting your children to talk about the kids who are victimized at school, why they think it happens, and how they assess the school's ability to protect children from the toughest kids. Listen without judgment, Thompson says.

"Kids don't like it when parents fly into action mode—they just need a sounding board," he says. The trick is asking the questions that will elicit honest discussions.

Encourage plenty of healthy outlets, such as sports, art, and music. According to Sharon Lamb, author of *The Secret Lives of Girls* and a professor of psychology at St. Michael's College in Vermont, parents need to help kids modulate anger and aggression.

"Parents need to recognize that all kids have natural issues with anger, aggression, and power," Lamb says. "The issue is helping them to accept it in themselves and then to channel it appropriately."

Sarah Mahoney is a Durham, Maine, health and parenting writer.

Lysol Presents FACTS of LIFE

FACT: Too many cooks SPOIL the KITCHEN.



FACT: LYSOL® All Purpose Cleaner removes even the toughest soils. And LYSOL kills 99.9% of germs in 30 seconds.



Visit www.Lysol.com

LIFE DEMANDS LYSOL. THAT'S A FACT.



ARRIVING Fashionably LATE

SWEDEN'S VOLVO ARRIVES LATE TO AMERICA'S SUV PARTY, BUT STILL MANAGES TO MAKE A SPLASHY ENTRANCE. SAFELY, OF COURSE.

When you're the last to arrive at a rip-roaring party, it's easy to get lost in the crowd if you don't make a big, splashy entrance. The next day everyone asks, "Where were you?"

That's the problem Volvo faces as its new XC90 belatedly joins the booming sport/utility vehicle soiree. Other automakers are already intoxicated with SUV profits, and the sober Swedes fervently hope buyers will notice their latecomer.

What Volvo brings to the party—room for seven, low-pollution engines, and a long-standing obsession with safety—should help the XC90 get noticed when it debuts in October.

BY LAMONT OLSON

I've been involved in 9,834 accidents.

Charles Craig LIBERTY MUTUAL AUTO SPECIALIST

BUSINESS AUTO HOME LIFE

"Nobody's perfect. And I've got the background to prove it. Fact is, when you've taken care of as many claims as I have, you know exactly what it takes to fix cars after an accident. It's something I learned back at our Collision Training School. Like all our experts, I was taught how to assess damage by repairing cars firsthand. It helps me get customers back on the road as quickly and safely as possible. So the next time you see a fender bender, don't be surprised to find me involved."



INSURANCE in ACTION *If you're involved in an auto accident: Get out of harm's way, call the police immediately and exchange information with the others involved. For a quote on auto insurance, call 1-800-4-LIBERTY.*

Liberty Mutual.

Its looks won't hurt either. Known in the 1970s and '80s for square, boxy cars, Volvo's designers have been turning out more fashionable cars lately. TheXC90, which chief designer Peter Horbury describes as "masculine, but not macho," shows they're thinking outside the box.

The XC90 is a car-based SUV, offering the high vantage point many drivers prefer and boasting the same genetics as Volvo's S80 luxury sedan. Car-based SUVs offer ride and handling advantages over the truck-based types, but the car chassis is less robust, limiting your off-road high jinks. (For rock crawling, get a Jeep or a Humvee.)

Volvo endowed the XC90 with an exclusive system designed to prevent rollovers (see story *right*). If an ill-advised maneuver defeats the system and a rollover occurs, a roof reinforced with tough Boron steel—four times stronger than typical car-body steel—keeps the cabin from collapsing. Self-tightening seat belts snug you in place, and inflatable curtain air bags pop out to cushion blows to your head. The inflatable curtains protect all three rows of seats in the seven-passenger versions.

In a test at Volvo's crash safety center, an XC90 was rolled five times in succession. Although the impact shattered glass, the doors of the vehicle could still be opened by hand, indicating the strength of the SUV's body.



GREEN POWER, ALL-WHEEL DRIVE

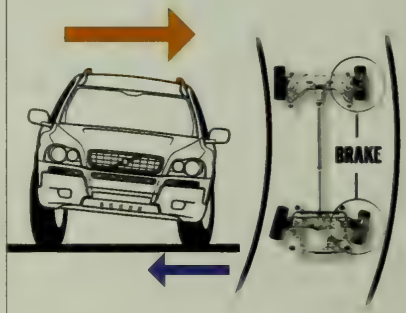
The environmentally friendly five-cylinder, 210-horsepower engine meets stringent 2004 ultra-low emissions standards. A more powerful six-cylinder, 272-horsepower option is just a smudge less clean but still meets ultra-low emission standards. That green power hits the road via an electronic all-wheel-drive system that proportions power to the tires with the most grip.

Inside, kids can watch DVDs from the rear seats or listen to an optional 13-speaker audio blaster. Also optional is Night Vision, an infra-red technology that uses a video system to let the driver "see" animals and people five times farther away than headlights allow.

Despite arriving late to the SUV bash, this $36,000 Volvo offers enough charm that it probably won't suffer a wallflower's fate. Once noticed, they'll be celebrating in Goteborg, Sweden's "little Detroit," by quaffing aquavit, a high-octane Scandinavian drink that could double as rocket fuel. That's when the party really gets rolling.

Drive safely.

The XC90 is 3 to 4 inches longer and 8 to 10 inches taller than most midsize family station wagons. It has 8.6 inches of ground clearance, about the same as the Ford Explorer.



AVOIDING NASTY ROLLOVERS

Sport/utility vehicles have a higher center of gravity than cars, which makes SUVs tippier and more likely to roll over. To reduce rollover risk, Volvo equips its XC90 with a system called roll stability control. It uses a gyro sensor to measure the vehicle's speed, body lean, and angle of travel, then instantly calculate the rollover risk. If the likelihood is high, the XC90's roll stability control system kicks in, automatically reducing engine power and applying brakes at the proper wheels until solid footing is regained. To date, this is the only stability control system on any SUV aimed at reducing the rollover risk. It was developed jointly by Volvo and and its American parent corporation, Ford Motor Co.



Forget cat years. Start thinking in Iams Years.

People talk about cat years - how cats age seven times faster than we do. But you can reduce an effect of aging on your cat, by feeding him Iams every day. Iams Active Maturity will help restore vital cells and return his immune system to that of a younger cat, to help him stay healthier for longer. Wouldn't you want Iams Years for the life of your cat? Contact us at iams.com or 1-800-525-IAMS.

IAMS
Good for Life™

©The Iams Company 2002



Beautiful colors and styles for every need. Wear-Dated® carpet fiber is so durable we guarantee the entire carpet.* That's why carpet made with Wear-Dated is made for life.

www.weardated.com



DIVING IN Heart First

USING A TIME-HONORED FORMULA THAT COMBINES SWEAT EQUITY, CAREFUL BUDGETING, AND TRIAL-AND-ERROR RENOVATING, A YOUNG SEATTLE COUPLE FEATHERS THEIR FIRST NEST.

BY **SHARON OVERTON** PHOTOGRAPHS BY **BILL HOLT** PRODUCED BY **BONNIE BROTEN**





They say love is blind. But no one, not even a young couple eager to buy their first home, could have failed to notice the peeling wallpaper, sagging ceilings, rotting floors—or the dead bird in the attic.

Still, the location was ideal and the price was right.

"It was considerably less than any other house on the block," Brian Johnson says of the 2,000-square-foot 1911 bungalow he and his wife, Susan Bumstead, purchased in 1998. "Which is why we jumped on it, flaws and all."

Then in their 20s, pre-baby, and admittedly naive about what they were getting into, Brian and Susan threw themselves into the project with reckless abandon. The first weekend, they ripped out the downstairs bathroom. Heady with plaster dust, they invited friends over the next weekend and gutted the kitchen.

Plan? What plan? "We thought if we just opened it all up, then we would be able to more easily see how we wanted to change it," Brian says.

Brian and Susan (*above*) kept a folder, as thick as a phone book, full of remodeling and decorating ideas for their bungalow (*top*), which had been a rental property for 15 years. Now painted a fresh pale taupe, the living room walls (*right*) previously were covered in shocking pink wallpaper.





IT DEFINITELY WASN'T EASY WORK. I THINK OUR NAIVETE HELPED US.

BRIAN JOHNSON





I'M NOT INTO A LOT OF FUSSY ANTIQUES. I WANTED TO KEEP THINGS CLEAN AND SIMPLE.

SUSAN BUMSTEAD



As it turned out, gutting the house wasn't such a bad idea. Taking the walls down to the studs allowed the couple to upgrade the 90-year-old electrical and plumbing systems. They carefully salvaged and labeled the original pine trim to be sanded, painted, and reinstalled later. To save money, they hung wallboard themselves, but hired professionals to tape, mud, and sand it.

Once the framework was in place, Brian and Susan could focus on the details. The living room's soot-stained red brick fireplace got a fresh coat of white paint; the mantel got a beefier molding. For visual flow, Susan used the same pale taupe wall color throughout most of the house. She had the color custom mixed to match a favorite silk sweater. Her decorating formula also is consistently straightforward: white denim upholstery for airiness, dark wood furniture for contrast, and bright red accents "to lift my spirits."

Susan describes her decorating style as "cottage with a twist," such as touches of gold on the dining room's velvet upholstered chairs and on the black breakfront (*right*). The mottled colors of bamboo make the chest (*above*) a good transitional piece for light upholstery and dark wood furniture. Mercury glass ornaments provide sparkle year-round in a vintage silver bowl (*bottom left*).



Susan displays part of a collection of red transferware in an open corner cabinet (*right*), well out of reach of son Tate. He was born 13 months after the remodeling was completed. As busy parents, Brian says, "we wouldn't be able to do now what we did then."

Though both have strong visual skills—Susan is in charge of brand licensing at Eddie Bauer, Brian directs television commercials—neither was an experienced remodeler. "We learned as we went along," Susan says. They kept a scrapbook of ideas torn out of magazines and drew floor plans on cocktail napkins and pizza boxes.

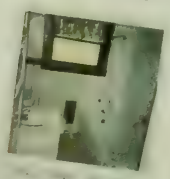
"When we got a plan we were happy with, we had Suzy's stepfather (an architect and general contractor) come over and poke holes in our theory," Brian says. And when they goofed, which luckily didn't happen often, they made the best of it. For instance, after Brian miscalculated the dimensions of the kitchen cabinets, he turned the resulting gap into a wine cabinet.

The couple also saved money by buying stock cabinets rather than having them custom made. They installed tile countertops instead of stone. And they recycled bricks from a no-longer-needed chimney to make an outdoor patio, in the process carving out space for a built-in fridge.

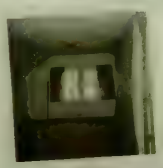


WHAT LOVE'S LABOR COSTS

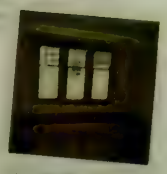
Brian and Susan used their hearts *and* heads when making this real estate decision. Because the home had been a rental for 15 years and needed lots of work, they were able to buy it for considerably less than comparable homes in their Seattle neighborhood. They spent $33,000 of their own money remodeling the downstairs, and later took out a $40,000 home equity loan to turn the attic into a master bedroom, bath, and home office.



They figure that they saved at least $50,000 by doing the design, demolition, purchasing of materials, and much of the installation and finish work themselves.



Of their initial $33,000 remodeling investment, some big ticket items included: $4,800 for kitchen cabinets, $4,400 for plumbing and electrical (not including fixtures), $200 for a new pedestal sink for the downstairs bath, $100 for an antique claw-foot tub (they found it through a newspaper ad), and $800 for high quality bathroom hardware. "It's the details people are attracted to," Susan says of the hardware splurge.



Obviously, she was right. This spring, almost four years to the day after they bought the house, they sold it in 10 hours for their asking price. (A hot real estate market didn't hurt either.) They used the considerable profit as a down payment on a 3,200-square-foot house with panoramic views of downtown Seattle and the Olympic Mountains.









THIS WAS OUR FIRST HOUSE. BUT WE HAVE NOW BECOME RENOVATING JUNKIES.

SUSAN BUMSTEAD

The last project the couple tackled was the attic, which Brian describes as a "hobbit hole." It had been previously remodeled into two small bedrooms, probably in the 1960s, judging from the shag carpet. The drop ceiling was sagging and water damaged. The window was so small "you had to get down on your hands and knees to see the view." And there was the aforementioned dead bird, which Brian and Susan tried not to take as a bad omen.

Removing the drop ceiling immediately added 7 inches of headroom. Eliminating one bedroom and doubling the window size further opened up the space. With careful planning, Brian and Susan were able to accommodate a master bedroom, full bath, and office nook, plus spacious closets and built-in bookcases.

To maintain the visual flow, Susan repeated the pale taupe wall color from downstairs and picked carpet and a khaki duvet cover to match. She added pattern in small doses—a striped dust ruffle, damask throw, toile pillows—again using red to punch up the neutral scheme.

Color consistency helps camouflage the furniture mix, which, for many young couples, ranges from blow-the-budget to make-do to hand-me-down. Take the recycled bedroom chair (*page 175*), for example: "When I was growing up," Susan says, "it was orange ribbed velvet."

Previously a receptacle for trash bins and muddy boots, the back porch became a charming breakfast nook (*left*). Susan covered the walls, formerly chartreuse green, with white beadboard. The windows can be unlatched and replaced with screens in warm weather. In the modest master bathroom (*above right*), Brian and Susan gave up a separate shower and tub to make room for a double vanity. The shower curtain cable was Brian's idea; it's less distracting than a rod. Tate (*above left*) gets his baths in the vintage claw-foot tub downstairs.



Adding a half wall at the top of the attic stairs allowed Brian and Susan to carve out an efficient home office. Built-in bookshelves under the eaves are a great way to make use of otherwise wasted space. Drawers on the bottom hold hanging files.

Using blue painter's tape on the floor, Brian and Susan went through three hypothetical designs for the master bathroom before getting it right. "We'd tape a version on Sunday. Then we'd forget it for three or four days. then we'd go back and go, 'Hmmm...you know...'"

Still, the couple is pleased with how their first remodel turned out, especially given the return on their investment. Though next time, they'd do some things differently.

Have a solid plan before you start ripping into a house, Susan says. "Live in it for a while and see how you're going to use the house before you redo it."

Even with a contractor, don't be afraid to micromanage. "It's the only way to stay on budget," adds Brian.

And be prepared for the long haul. "While our friends were partying on the weekends," Brian says, "we were sitting at home eating pizza and doing tile work."

RESOURCES >> PAGE 300

MORE ABOUT SURVIVING RENOVATIONS WWW.BHG.COM/BHGREMODEL

They will always fall before they fly



kids can do it the first time, they think it's too easy.
s why I insist on plastic safety gear. So pushing
limits is more of a challenge and less
risk. I want my children to learn that
fearless doesn't mean being stupid.

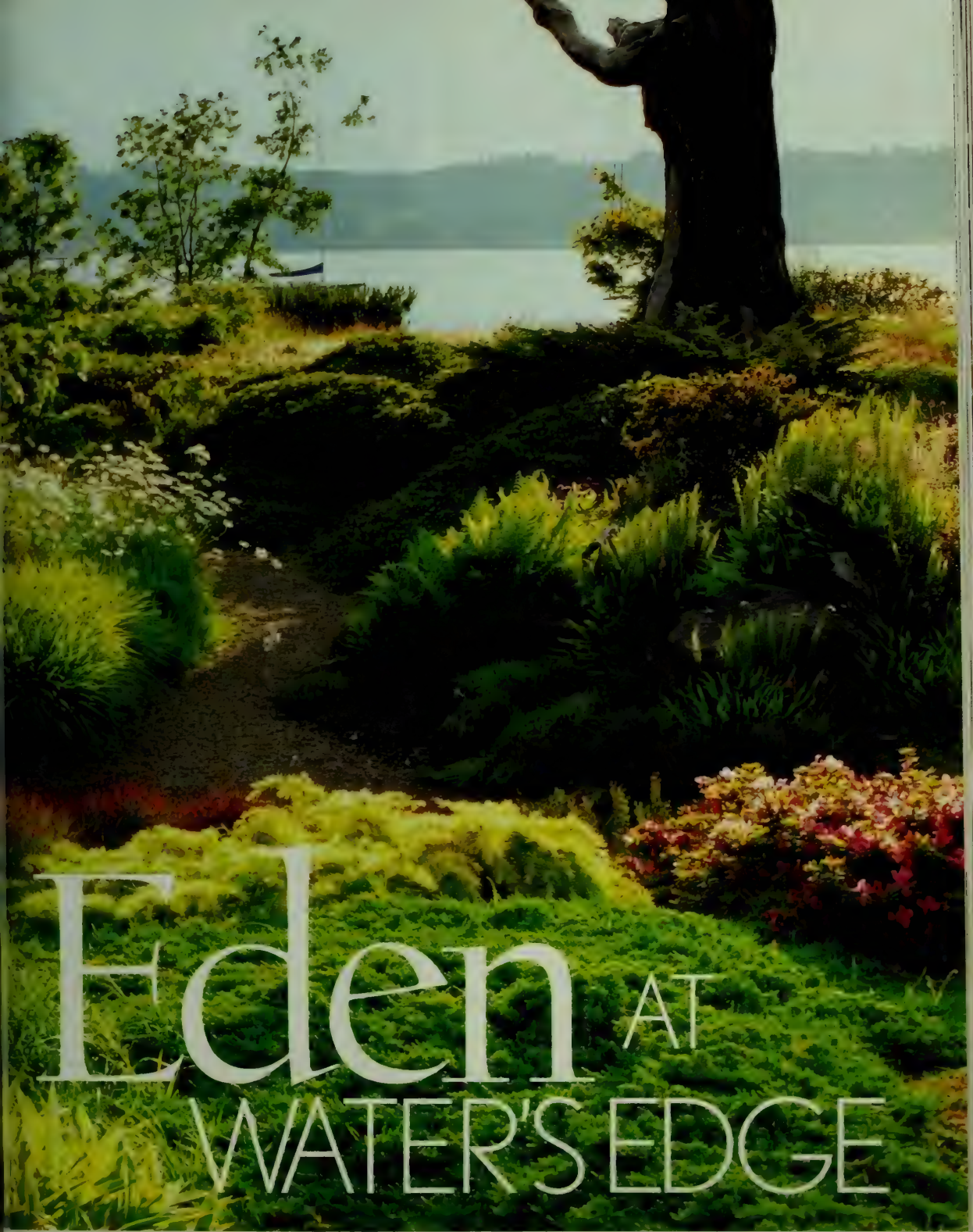
have plastics touched your life?

American
Plastics
Council.

ics make it possible.
.plastics.org



A GLORIOUS VIEW OF PUGET SOU



Eden AT WATER'S EDGE

MATCHED BY A GLORIOUS GARDEN.

BY **VERONICA LORSON FOWLER** PHOTOGRAPHS BY **MICHAEL JENSEN** PRODUCED BY **LORALEE WENGER**

Let's face it. Even if Jocelyn Horder hadn't ever planted a single daisy, the land surrounding her home would be spectacular.

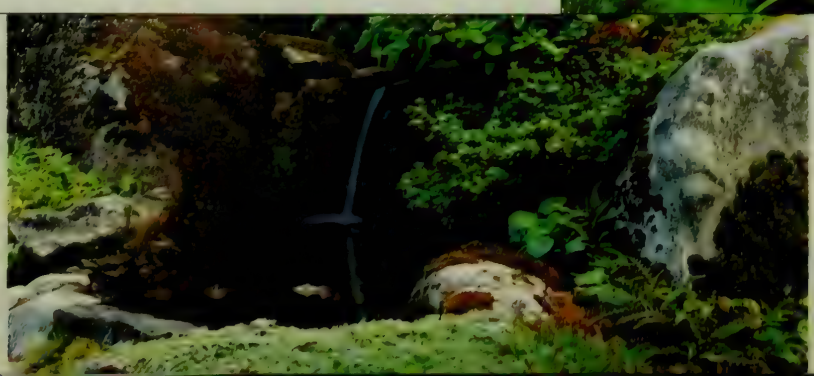
As it is, her house is located on a 2½-acre finger of land extending into Washington's ruggedly beautiful Puget Sound and surrounded on three sides by Liberty Bay. Across the water rises an evergreen forest and beyond that, the snow-capped Olympic Mountains.

Then, to gild the lily, Jocelyn has created a remarkable garden, wondrously attuned to the site and the house, at once blending with the view and holding its own. Exhibiting a decidedly Asian influence, this is a cool, serene, misty garden, filled with moisture-loving plants that thrive in the temperate Pacific Northwest.

The landscape is designed to be viewed from inside the house, a beautiful foreground for a beautiful background. A perfect example of that foreground gardening is what Jocelyn calls her "peninsula garden," filled with creeping juniper, azaleas, pinks, dwarf holly, dwarf pines, and other plants often found in Asian gardens. Something is always coming in or going out of bloom, changing with the seasons, but always curling around a series of giant granite boulders harvested from nearby mountains. Jocelyn has kept the plantings low but varied. "It's like a big carpet, like a tapestry," she says.

From the peninsula garden, a wildflower meadow filled with lupines and ox-eye daisies stretches to the sea. A dead 130-year-old cedar still stands—an eloquent, natural piece of garden art left to stand sentinel.

A green and serene water garden (*right* and *below*) designed by a bonsai expert unites the transitional space at the entry to Jocelyn Horder's challenging bayside garden.

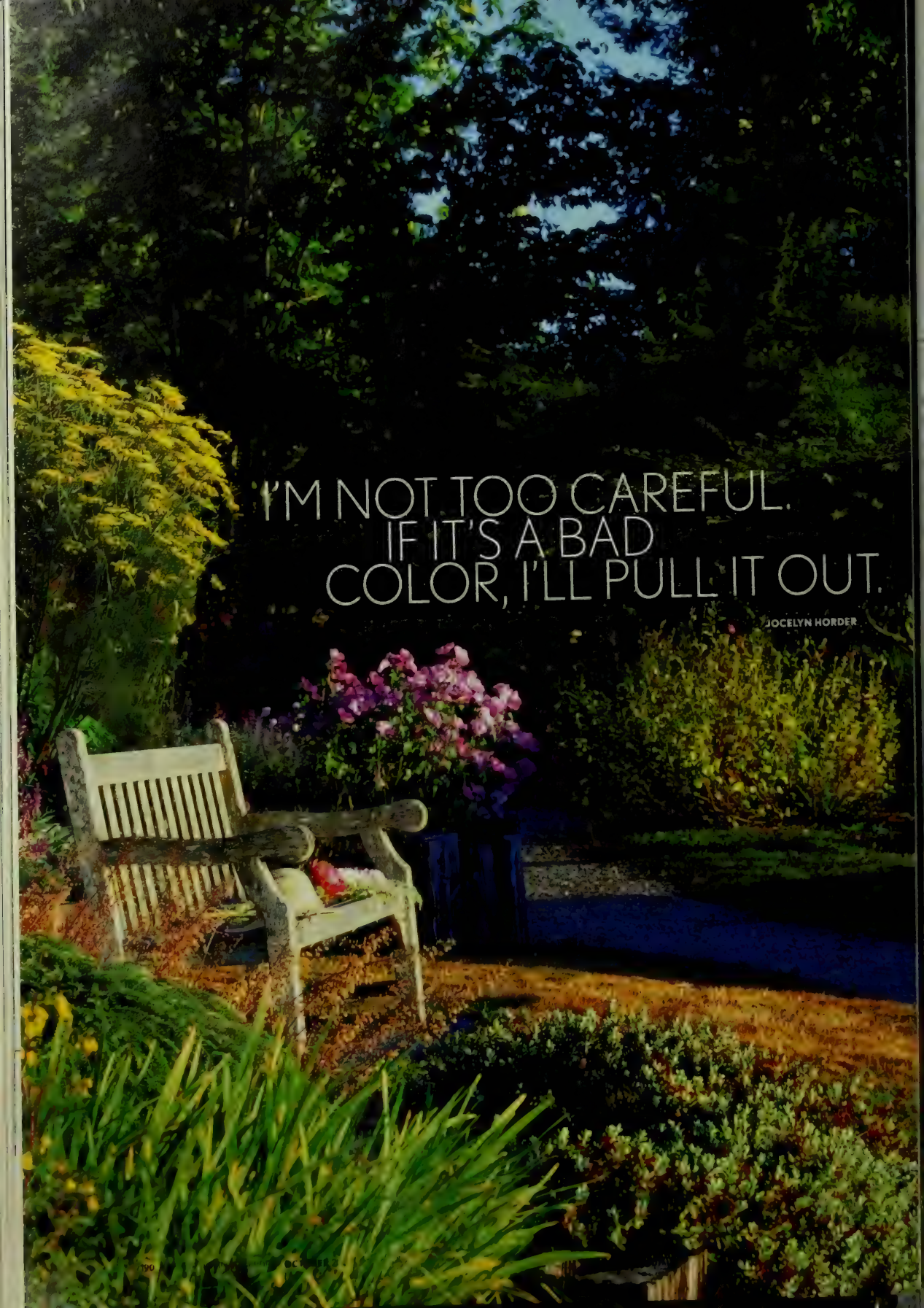






IT'S LIKE A BIG CARPET... LIKE A TAPESTRY.

JOCELYN HORDER


I'M NOT TOO CAREFUL.
IF IT'S A BAD
COLOR, I'LL PULL IT OUT.
JOCELYN HORDER



Off to the side of the house, a perennial garden extends almost 200 feet, filled with pinks and purples, and accented with bits of yellow-foliaged plants. Jocelyn designed this garden area with initial reluctance. She had always been "more of a tree person than a flower person" and, besides, perennials "were too much like what my mother had." But her now-deceased husband, Garrett, encouraged her to experiment, and she came to enjoy mixing the colors and textures across her landscape. "I'm not to careful. If it's a bad color, I'll pull it out. I'm pretty casual about it."

Facing away from the water views, on the side of the house where visitors first approach, a water garden provides a gentle echo of the larger seascape. With its two shallow ponds, a stream, a waterfall, and a narrow arbor-covered bridge that drips purple blooms of wisteria, the water garden offers all the serenity and grace of a classic Japanese design.

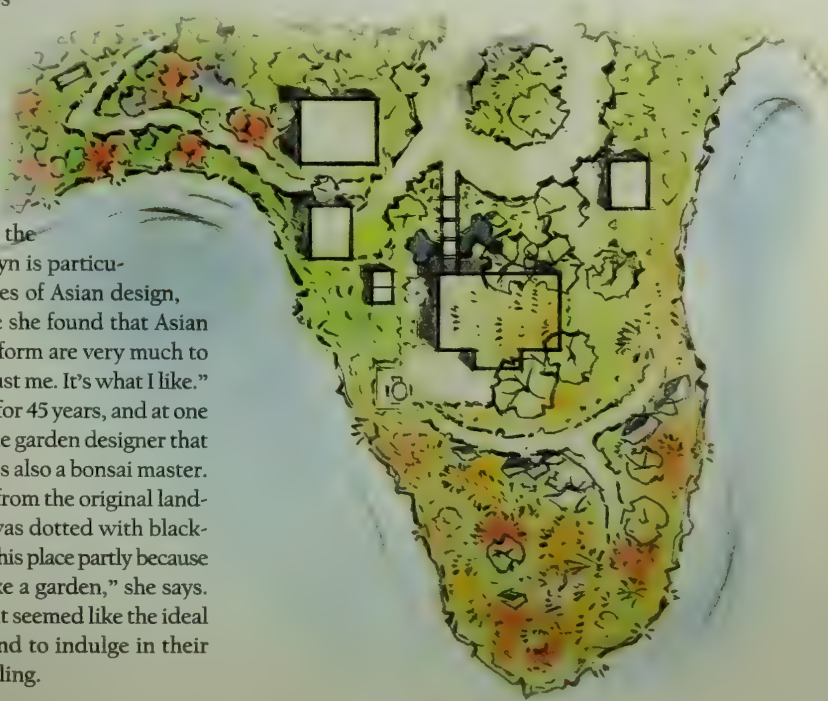
The Asian influence is especially appropriate to the Pacific Northwest, with its large Asian population and its links to the cultures of the Pacific Rim. Jocelyn is particularly sympathetic to the principles of Asian design, and has traveled to Japan, where she found that Asian simplicity and focus on line and form are very much to her taste. "The Japanese effect is just me. It's what I like." Also, she has been a bonsai artist for 45 years, and at one time tended 150 bonsai plants. The garden designer that Jocelyn employs, Dan Robinson, is also a bonsai master.

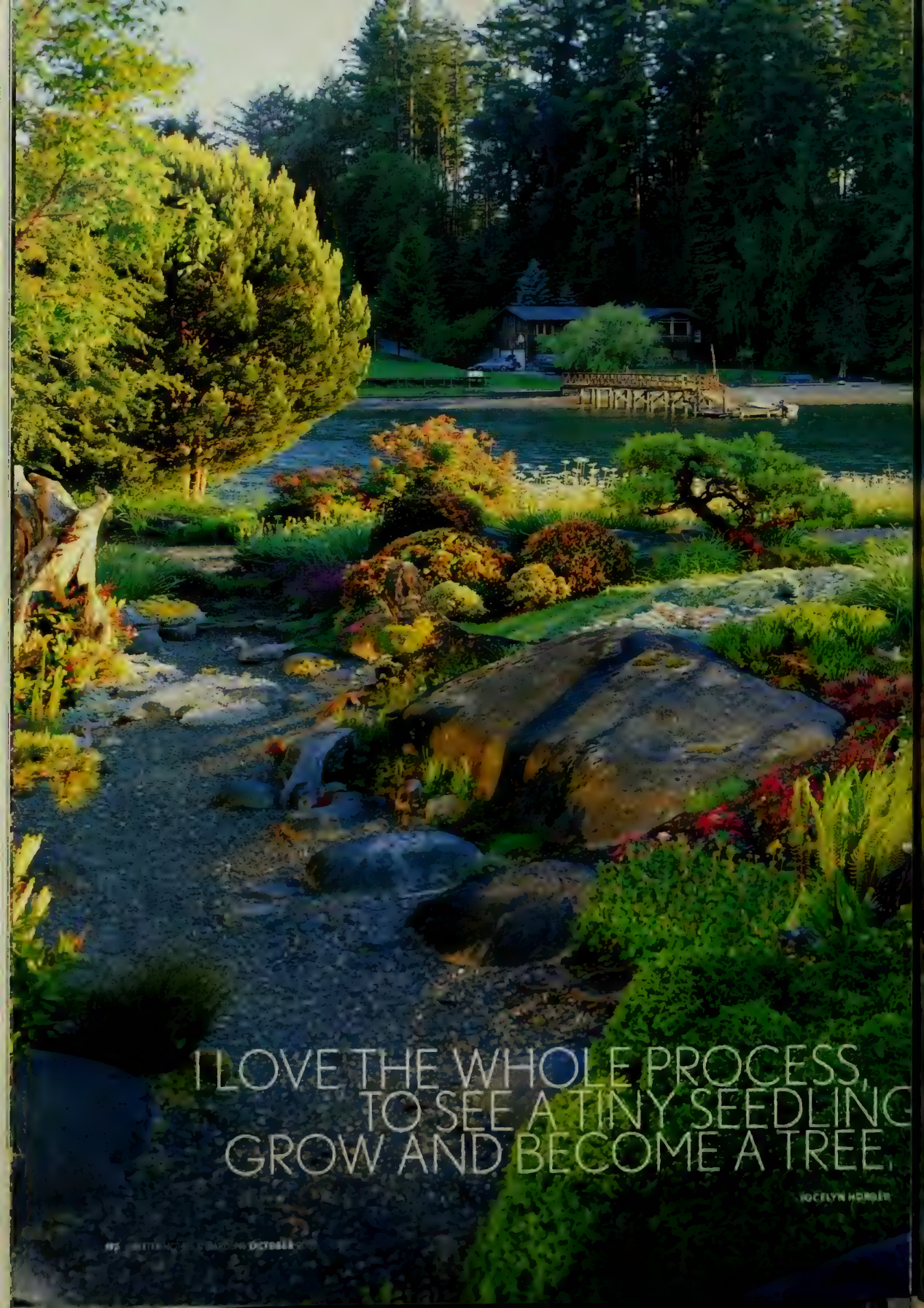
Her current garden is a far cry from the original landscape. When she first saw it, it was dotted with blackberries and willows. "We bought this place partly because it looked like a nice place to make a garden," she says. Also, with its surround of water, it seemed like the ideal place for Jocelyn and her husband to indulge in their dual passions: gardening and sailing.

They built the house with floor-to-ceiling windows to embrace the water. From the start, Jocelyn realized that it was all about those magnificent views. She would plant nothing to block them.

"I like to grow trees and shrubs. It's against my nature to have it all flat like that. But I put in small plants that you could see over. From the living room, family room, and my desk in the office, you look past the dwarf pine trees and lupines to the bay."

A teak bench becomes the terminus of Jocelyn's newest garden, the perennial bed (*left*). The meadow (*above*) stretches before the peninsula garden. Despite challenging conditions, Jocelyn has created a refined landscape in Poulsbo, Washington. The surrounding water is part of Liberty Bay, off Puget Sound.




I LOVE THE WHOLE PROCESS,
TO SEE A TINY SEEDLING
GROW AND BECOME A TREE.
JOCELYN HOBBIE

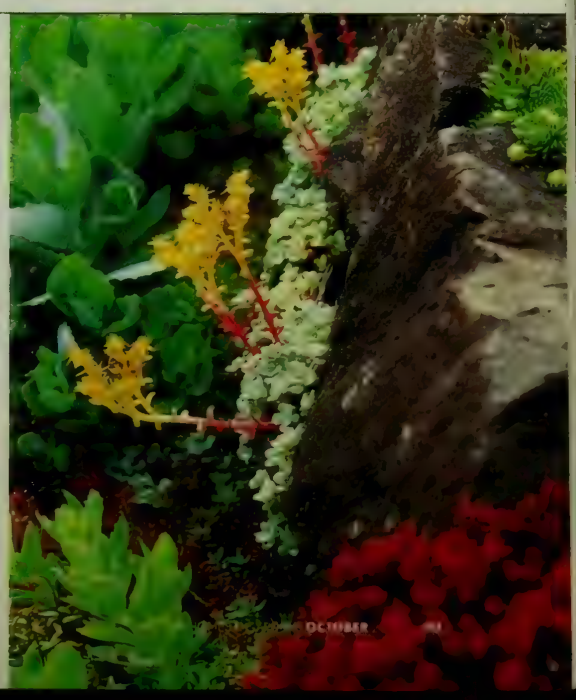
Ironically, although the couple had purchased the property to garden and to sail, doing either would prove problematic. Garrett balked at the idea of moving to the new property when they discovered that the bay was too shallow for his 48-foot boat. But Jocelyn was adamant about the move. So the big boat was sold, a smaller boat was built, and Jocelyn set about the business of planting a garden. A first turn of a spade, however, revealed that putting in a garden would not be smooth sailing.

"It was terrible!" she recalls with a chuckle. "It was mucky, sour stuff." Jocelyn found she also had to cope with damaging salt sprays and strong winds. The gardening paradise she'd envisioned seemed very far away.

With the help of garden designer Robinson, Jocelyn set about amending the soil with sand to break up the clay. Berms were formed, no higher than a foot, to improve planting conditions, and granite boulders were hauled in to the berms to make it look as though they'd always been there. Jocelyn began to fill her garden with plants started from cuttings or seeds, a ritual that still fascinates her. "I love the whole growing process. I find it exciting to see a little tiny seedling grow and become a tree," she says. "I don't mind if they're tiny for a while. It's one of my big pleasures."

The lupines and daisies in the meadow multiplied from a single packet of seeds. She started azaleas from cuttings. Also, 21 years ago, on a trip to Los Angeles, she and her then 2-year-old grandson gathered acorns from big oaks in the mountains behind the city. She planted

Jocelyn's solution to boggy, smelly soil out back: a gravel path, mounds of imported soil, and large granite boulders (*left*). Sedum lines the drive near the entrance to her home (*below*).





acorns in several spots around the property where growth wouldn't block the views, then watched as the boy and the trees became tall and strong.

Standing at her window, Jocelyn can look out beyond her garden to see a sailboat passing by, a heron lighting down, or the mist moving in to toy with her view of the mountains.

Her knees and hips bother her more now, so a gardener comes in three days a week. She has put the hard labor behind her, but she gets out to putter, doing a little pruning, weeding, or deadheading.

She's also quite content to sit in her garden and drink in the view—an experience that always satisfies. "That's what a garden should be, a place where you can relax and enjoy the bees and birds—all the little things."

Veronica Lorson Fowler tends her own garden in Ames, Iowa, and is a frequent contributor to national gardening publications.

Purple smoke tree and Kashima Japanese maple stand sentinel behind the garden bench in the perennial garden (*top*). A White Cascade viburnum in full flower dominates the driveway (*left*).

MORE ABOUT OUTDOOR PLANNING. WWW.BHG.COM/PLANAGARDEN

Autumn's



ADDRESS

SONDA AND LEE MILLER RENOVATED THIS 1906 PENNSYLVANIA HORSE BARN INTO A KICK-BACK COUNTRY RETREAT—AND A WINNER IN OUR HOME IMPROVEMENT CONTEST.

BY **CANDACE ORD MANROE** PHOTOGRAPHS BY **TRIA GIOVAN** PRODUCED BY **JOSEPH BOEHM**

Just last week, we had a cousin's weekend at the cottage," says Lee Miller, a Manhattan attorney. "We had 18 for dinner Saturday night, and those that stayed over slept in the loft, and on the living room's sleeper sofa. The rest spread out air mattresses and slept on the floor."

This is exactly what the Millers had in mind for the stone guesthouse they've owned since 1989. Thanks to a thoughtful redo that kept the structure close to its barn heritage, it's a weekend hangout so friendly that company can sprawl without fear of scuffing a finish or smudging a fabric.

In the heart of the Pocono Mountains at a place called Dingmans Ferry, the guesthouse is tucked into deep timber facing Dingmans Creek, which can be heard gurgling night and day when the windows are flung open. "Which is almost always," says Sonda.

When the leaves start to change color and the sunlight becomes streaky, signaling the long autumn this region enjoys, the Millers visit their retreat every weekend. Sometimes they bring friends, but usually they are joined only by their daughter Kiersten. They deck the house with harvest decorations and settle in for feasting at the outdoor stone table and reading by one of the fireplaces.

EVERY STEP OF THIS RENOVATION WAS A LABOR OF LOVE FOR EVERYONE INVOLVED.

Sonda Miller

The Millers are proud of their home's history, something Sonda researched and documented in a journal she kept of the renovation process. The property's first owner, William C. Sproul, was Pennsylvania's governor from 1919 to 1923. After his election, the Dingmans Ferry summer place, which included the barn the Millers now use as a guesthouse, came to be known as "Governor's Retreat."

Even for his barn, Governor Sproul didn't skimp on quality. It features the native fieldstone and handcraftsmanship indicative of Arts and Crafts design popular in the early 20th century. It also is an example of keystone construction, which uses weight-bearing triangular stones above doors and windows, instead of the typical wooden headers. "It's much stronger, much sturdier construction," Lee says.

After duty as a stable and carriage house, the barn was converted to living quarters sometime in the 1950s—a slipshod redo Lee cagily avoids commenting upon.



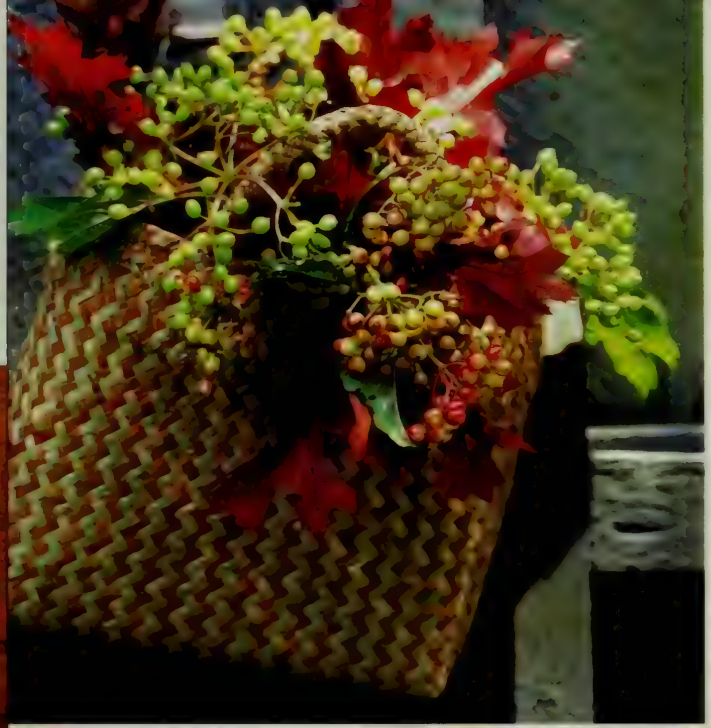
A trip to the local farmer's market yields decorative bounty used for such things as an impromptu still life (*above*) and mantel embellishment (*right*). The gourds and pumpkins above the fireplace pick up the earthy hues of the tapestry Sonda chose from a catalog. "The stone is so rough, I like textiles to soften it," she says. Living room furnishings also include a Pennsylvania Dutch rocking chair dating back to 1856



SIMPLE, RELAXED STYLE AND A RESPECT FOR ITS HERITAGE MAKE THE MILLER'S GUESTHOUSE APPEALING AND UNDEMANDING.







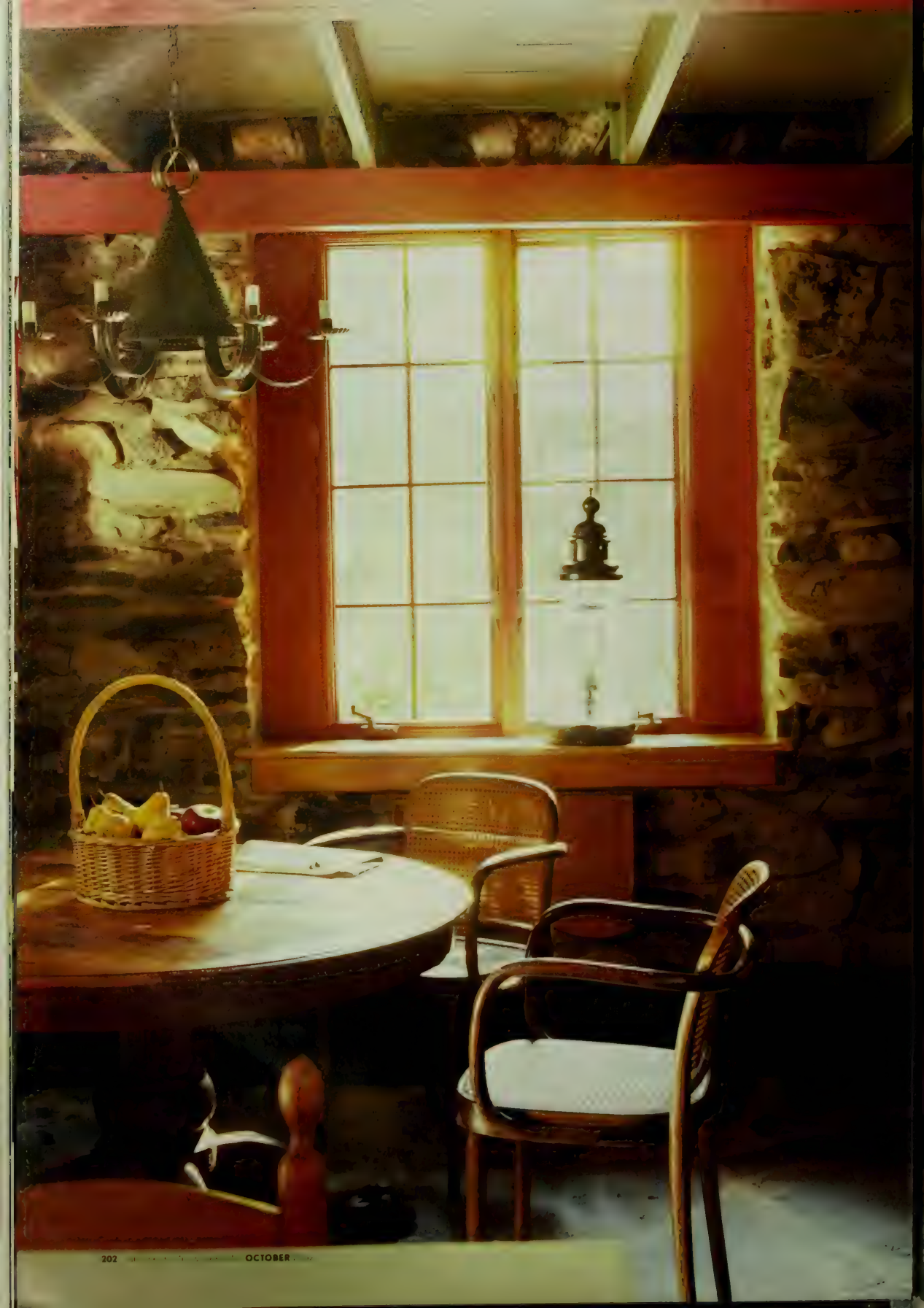


In renovating the structure, the Millers wanted to preserve and enhance its character—to create a place to "curl up in front of the fireplace with fluffy pillows and wrap yourself up in a soft throw," says Sonda, a retired magazine marketing executive.

The plan was to soften the architecture without detracting from it. "It was important that the historic stonework remain the focal point," she says. Thus, she left the fieldstone walls bare to make the primary aesthetic statement. The material also determined the color palette. A sofa and love seat are upholstered in a mottled fabric that mimics the variegated stones. For highlighting color, red woodwork left over from the 1950s conversion hints at the vivid foliage appearing every autumn. To frame the natural beauty of their surroundings, Sonda used a light touch at the windows, dressing them with shades that disappear when not in use.

Sonda acted as general contractor for the renovations. Lee says, "While I was staying at our apartment in New York working, she was living in Pennsylvania so she could be there everyday on the job. She cooked lunch for these guys daily, and they became great friends."

"This house is about comfort," says Sonda Miller. That's why she chose plump red chairs (*left*) for the reading nook. Sonda, Lee, and Kiersten Miller (*above*) are woods walkers. A basket filled with berries and leaves (*top*) is a welcoming door decoration



"They" were a small crew of local artisans. "Every day at lunch, we'd all sit down together and talk about the project," Sonda recalls. "Every person involved was as enthusiastic about it as we were." Good thing. The project was extensive: "Our renovation was 100 percent," Lee says. "We took out everything but the guts."

The game plan had four major parts: repointing all the stonework; a complete renovation of the kitchen and bath; an addition of a dormer to the upstairs sleeping loft, making it a functioning bedroom complete with walls for privacy; and a landscaping effort that restored old stone walkways and added new ones.

"The '50s conversion from a barn to a cottage was crude and primitive," says Sonda. And the condition of the remodeling had only gotten worse over time.

Sonda's daily presence allowed her to be an instant problem-solver. "In any renovation, there are always surprises. Ours came when we learned that the fireplace was decayed and would need to be entirely repointed. That was a $2,500 surprise," she says.

They were better braced for the cost of the new Shaker-style kitchen. (For such a small space, Sonda decided the simpler the design, the better.) But one major investment was needed: They removed awkward vertical posts and replaced them with horizontal support beams at the ceiling. This streamlined the room. "The cabinets had to be hand-cut to fit into the beams," says Lee. "And, the beams had to be hand-cut to fit into the stone. It required incredible craftsmanship." But the cleaned-up look was worth every dime.

An oak claw-foot table from the 1800s is fashionably embraced by a quartet of vintage Thonet bentwood chairs (*left*) in the dining area. A primitive look for the hearth warms the adjacent kitchen (*below*





Shaker-style stools with a checkerboard design hug the kitchen island (*top*), gaining seating without gobbling up much space in the tight cottage. Sonda, Lee, and friends toast their retreat (*above*).

Outdoors got the same care as indoors. Besides clearing and planting, they added a 30-foot stacked-stone garden wall and a creek-side dining area. Sonda, driving a backhoe, plucked a 3×6-foot stone slab from the nearby creek bed to use for the dining table's top.

Renovations took only three months. "The entire project was a love fest," Lee says, just a little exultantly. Sonda agrees: "Every step of this renovation was a labor of love for everyone involved. This was not one of those horror-story renovations. There was no frustration—it was pure joy. Lee's right. It really was a love fest."

—Freelance writer Candace Ord Manroe is a former design editor for Country Home® *magazine. She likes to write about homes, but as a native Texan she loves to write about horses.*

RESOURCES >> PAGE 301

THE AUTUMNAL DECORATIONS ON PAGES 198 AND 201 WERE PRODUCED BY RICHARD KOLLATH AND ED MCCANN, AND PHOTOGRAPHED BY SAM GRAY

MORE ABOUT RENOVATING, WWW.BHG.COM/BHGHIREPROS

WHAT MAKES US EXPERTS ON SMART, WELL-DESIGNED ENTERTAINMENT CENTERS? FOR ONE THING, WE LIVE IN A TOWN WITHOUT A MOVIE THEATER.



$499 or less Entertainment Center. Accommodates most *TVs. Adjustable shelves. VHS and CD storage. Woodberry Collection. Model 6865-100.

From Archbold, Ohio, it's about a forty-minute drive to catch the latest flick. Which is probably what inspired us to design home entertainment centers that are exceptional for both their versatility and beauty. Just something to think about the next time you're standing in line for tickets. For more information, call 1 800 4 SAUDER or visit www.sauder.com

SAUDER®

Good furniture made possible

© 2002 Campbell Soup Co

Campbell's & You

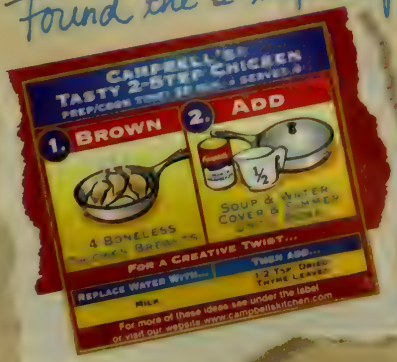
Ryan had the victory.



We all shared it at dinner.



Found the 2-step recipe on the can.



I added cheese and chili powder.



M'm! M'm! Good!®

For details on how to get a free cookbook go to **campbellskitchen.com** while supplies last.



COOKING TOGETHER

FOR THIS NORTH CAROLINA FAMILY, TIME IN THE KITCHEN IS A MAJOR PART OF THE RECIPE FOR STAYING CONNECTED.

BY **RICHARD SWEARINGER** PHOTOGRAPHS BY **MICHAEL SKOTT**

HOME-WORK AND POLITICS AND DINNER ALL HAPPEN AT ONCE IN OUR KITCHEN.

JEFF LEITER





The yeasty, sweet-cinnamon scent of rolls in the oven and a viola's contented purr often greet you the moment you open the front door of the Leiter's three-story peach-pink house in Raleigh.

Walk in past the music room where Neil, a junior at Indiana University at Bloomington, is on his second hour of practice, and follow your nose to the kitchen where Hedy, a high-school senior, is glazing cinnamon rolls. Sixth-grader Cole and mom Carrie Knowles have just arrived with the bounty from their weekly foray to Raleigh's farmer's markets.

With ingredients assembled and dad Jeff home from work, the family converges on the kitchen to make dinner, followed by a trip to a nearby bowling alley. But cooking together is more than a creative outlet for a family that includes writing, music, glassblowing, flower arranging, and acting in its repertoire. For them, time together in the kitchen is when they connect with one another.

"It's not that we like to cook together," says Neil, "so much as it is that we like to cook *for* each other."

Recipes begin on page 218

Hedy serves Quick Cinnamon Rolls (*page 207*). Beet and Blue Cheese Salad (*right*) gets a flavor boost from local cheeses. Carrie and Cole (*above*) shop each Saturday. Neil practices the viola (*left*).









Tonight's menu was formulated in the aisles of the farmer's markets where Carrie and Cole have been seeking out the best and brightest since Cole could walk. Dinner will feature vegetable stew made from late-harvest potatoes, tomatoes, beans, and zucchini—and a bundle of oregano so fresh it perfumes the kitchen.

"I always cook from what really looks wonderful," says Carrie. "It's more fun this way; you get pushed to do different things."

For the parents, meals are a chance to watch the lessons that they have instilled take hold.

"I get the sense that here are three people who are going to be able to take care of themselves in the kitchen," Jeff says.

Family schedules are tight. Neil has college, and Hedy rows competitively, teaches fitness, and bakes for neighbors (she bought herself a pickup truck with the proceeds).

Recipes begin on page 220

Harvest Vegetable Stew (*left*) is the product of creative shopping. Dad's Rolls (*above*) are often made by Jeff (*near left,* with basset hound Phoebe) because the rolls partner well with a range of dinners.

Cole plays baseball and is apprenticed to a glassblower. Carrie speaks on Alzheimer's nationally and wrote *The Last Childhood: A Family Story of Alzheimer's,* which details her mother's battle with the disease. Jeff is a sociology professor, who is also involved in local politics.

With the demands on their time, and a lifestyle that often includes evening outings, dinner has become a group effort–but it's not so much strategy as it is choreography that happens in the kitchen.

"Cooking can't take too long because we always have something else to do," says Neil.



Lemon and Spice Applesauce pleases the sweet tooth (*above*). Cole eyes one of his glass creations (*near right*). Carrie and Hedy share a laugh (*center right*) before sampling the family's Zucchini Quiche (*far right*).



Recipes begin on page 220



(*Top*) Thick wedges of Hedy's Black Walnut Cake paired with her quarter-sized Oatmeal Cookies are one yummy way the family finishes a meal.

A typical dinner finds Neil and Hedy chopping and shredding for the Zucchini Quiche, Jeff shaping Dad's Rolls, and Cole and Carrie working together to toss a salad and set the table.

For dessert, it's Hedy's daily gift (whatever she's baked that day)—this time, Black Walnut Pound Cake and Oatmeal Cookies, which she embellishes with what she chances upon in the refrigerator and pantry.

"I'm the kind of person who would rather give presents than get them," says Hedy. "It's the way I've always been."

Recipes begin on page 224

MORE ABOUT GREAT MEALS, WWW.BHG.COM/FAMILYRECIPES

HAS THIS FAMILY'S EXPERIENCE INSPIRED YOU? WATCH UPCOMING ISSUES FOR AN ANNOUNCEMENT ABOUT A CONTEST ESPECIALLY FOR FAMILIES WHO COOK TOGETHER

FOOD STYLING SUSIE SKOOG PROP STYLING KAREN JOHNSON



This is a winner!!!
made my rice with Swanson broth
instead of water!

Audrey Lee, Seattle
Passionate Cook



Broth Simmered Rice
Prep/Cook Time: 25 min.

1 can (14 oz) Swanson chicken broth (1 3/4 cups)
3/4 cup uncooked regular long-grain white rice

- Heat broth in saucepan to a boil.
- Stir in rice.
- Cover and cook over low heat 20 min. or until done. Serves 4.



Use Swanson to make your everyday cooking come alive with flavor.
We make Swanson® Chicken Broth the way you would—from real chicken, with just the right amount of vegetables and seasonings for rich, distinctive flavor.

Swanson® Broth. Flavor's in. Water's out.™

Go to **swansonbroth.com** and find out how to get a free cookbook while supplies last.

© 2002 Campbell Soup Company

All aboard Hawthorne Village's exclusive

Thomas Kinkade's Christmas Express

Locomotive & Cars Light Up



A Collectibles Exclusive

From Hawthorne Village and the beloved *Painter of Light™*. *Thomas Kinkade's Christmas Express* is the ONLY electric train from Thomas Kinkade, and it is beautifully embellished with Kinkade's heartwarming, old-fashioned Christmas scenes on the sides. Further enhanced with bows, holly, and wreath motifs, this heirloom quality train has impeccably authentic details including a headlight on the steam locomotive and passenger cars that actually light up!

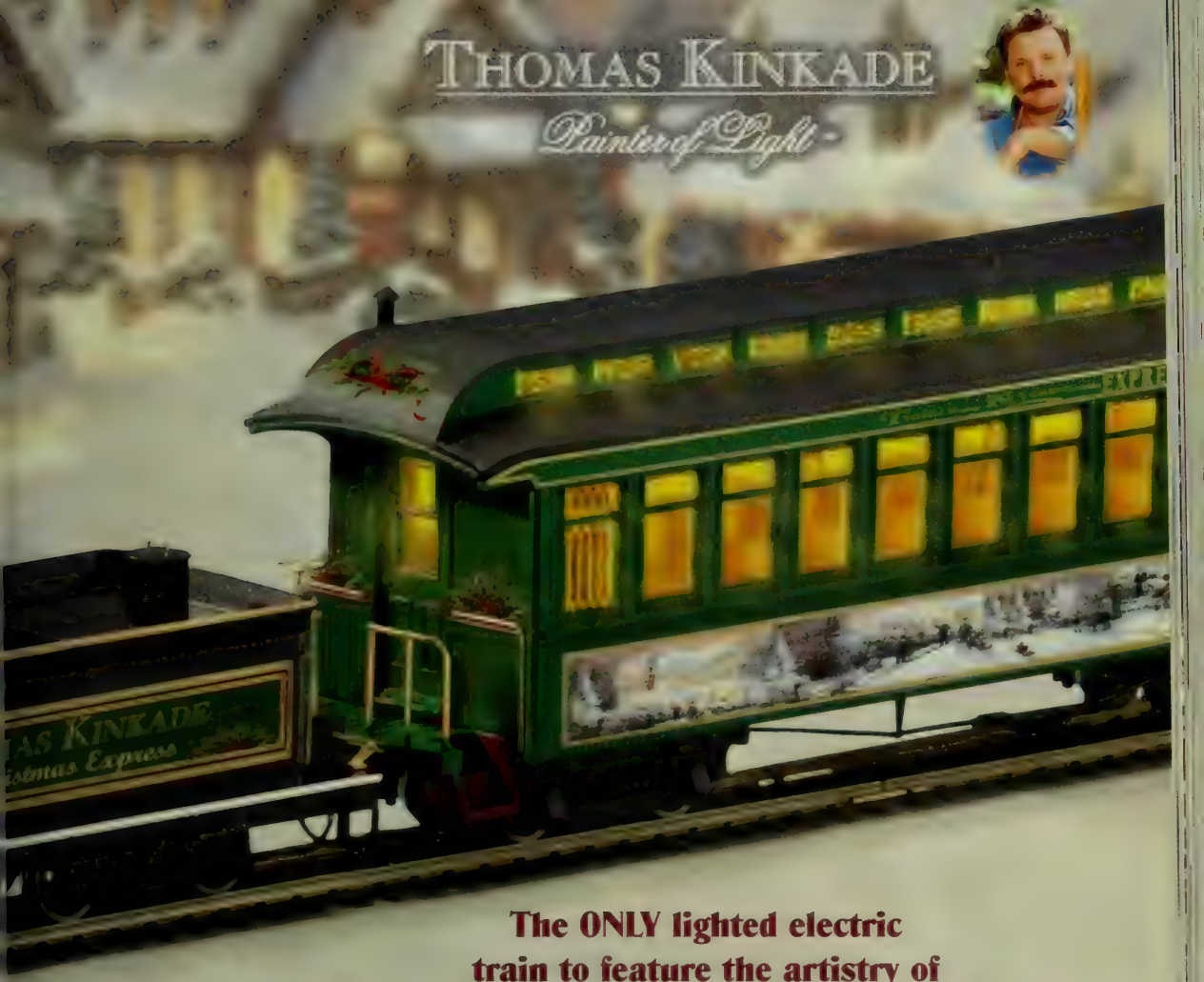
Begin with Set One, the Steam Locomotive and Tender. With its precision detailing and holiday motif accents, the 2-6-0 engine looks incredible. Soon, you can look forward to adding coordinating *Thomas Kinkade's Christmas Express* passenger cars —and **FREE** nickel silver tracks and transformer—sent about every other month. Don't wait to order. You need send no money now, just complete and mail the coupon.

Cars are joyously de with holiday scen by Thomas Kinka





Thomas Kinkade's **only** *precision-detailed electric train set, made just for holiday f*



The ONLY lighted electric train to feature the artistry of Thomas Kinkade is yours at an exceptional price!

© Thomas Kinkade, Media Arts Group, Inc., Morgan Hill, CA.

THOMAS KINKADE'S CHRISTMAS EXPRESS

'ours at an exceptionally low price, Hawthorne's exclusive electric train set is precision-scaled to fit holiday villages perfectly!

Lichly decorated in holiday splendor, the ONLY electric train to feature classic artistry f Thomas Kinkade and approved by the rtist himself

An heirloom quality On30 scale train: O scale rain that runs on HO gauge track

ransformer and nickel silver *E-Z Track*® levated roadbed FREE—a $60 value

collectiblestoday.com
Home of Hawthorne Village and All Things Collectible

©2002 Hawthorne Village 79591-GXI

FREE TRACKS & TRANSFORMER—A $60 VALUE

Limited Time Offer—Please Respond Promptly

Yes! Please enter my order for the *Thomas Kinkade's Christmas Express* illuminated electric train set, beginning with the Steam Locomotive and Tender. I need SEND NO MONEY NOW. I will be billed the first of three easy payments of $23.31* for the locomotive and tender before they are sent. Subsequent cars —including the FREE tracks and transformer—will be sent about one every other month.

Mrs. Mr. Ms.
Name (PLEASE PRINT CLEARLY)

Address Apt. No.

City State Zip

49039-E81201

Signature

*Plus $7.99 postage and handling
Illinois residents add state sales tax. Pending credit approval

HAWTHORNE VILLAGE®

Hawthorne Village, 9210 N. Maryland St., Niles, IL 60714-1322

COOKING TOGETHER >> from 214



Hedy Leiter rolls the dough.

Quick Fruit and Cinnamon Rolls

These rolls can be shaped the night ahead, then covered with plastic wrap and refrigerated overnight. Before baking, let rolls stand at room temperature about 15 minutes. Bake as directed.

START TO FINISH: ABOUT 1¼ HOURS

Dough:
- ½ cup bread flour or all-purpose flour
- 2 pkgs. active dry yeast
- ½ cup warm water (105° F to 115° F)
- 1 Tbsp. packed brown sugar
- 1¾ cups warm water (105° F to 115° F)
- 5¼ to 5¾ cups bread flour or all-purpose flour
- ¼ cup butter, softened
- 1 Tbsp. ground cinnamon
- 2 tsp. salt

Filling:
- 1 cup packed brown sugar
- 5 Tbsp. butter, softened
- 1 Tbsp. ground cinnamon
- 1 cup chopped walnuts or pecans
- 1 cup raisins or other dried fruit, such as apricots or cherries

Icing:
- 1 cup sifted powdered sugar
- 1 Tbsp. light cream or half-and-half
- 1 tsp. vanilla
- ½ to 1 tsp. almond extract

1. *To prepare dough by hand:* In a large mixing bowl stir together the ½ cup bread flour, yeast, ½ cup warm water, and 1 tablespoon brown sugar. Let stand for 15 minutes or until surface is bubbly. Add 1¾ cups warm water, 1 cup of the bread flour, ¼ cup butter, 1 tablespoon cinnamon, and salt to the yeast mixture. Beat with a wooden spoon until mixture is smooth. Stir in as much of the remaining flour as you can. Turn out onto a lightly floured surface and knead in enough of the remaining flour to make a moderately soft dough (takes 3 to 5 minutes).

Or, to prepare dough in a stand mixer with a dough hook: In large mixer bowl stir together the ½ cup bread flour, yeast, ½ cup warm water, and 1 tablespoon brown sugar. Let stand for 15 minutes or until surface is bubbly. Add 1¾ cups warm water, 1 cup of the bread flour, ¼ cup softened butter, 1 tablespoon cinnamon, and salt to the yeast mixture. Beat on low speed until smooth. Add 4 cups of the remaining flour. Beat with dough hook on low speed until a moderately soft dough that is not sticky forms (about 5 minutes), adding additional flour if necessary.

2. For both mixer and hand versions let the dough rise in bowl in a warm place for 15 minutes. Preheat oven to 400° F.

3. Meanwhile, for filling, in a bowl combine the 1 cup brown sugar, the 5 tablespoons softened butter, and 1 tablespoon cinnamon. Stir in nuts and fruit (if using dried apricots, cut into small pieces).

4. On a lightly floured surface, roll the dough into a 20x12-inch rectangle. Sprinkle the rectangle with the filling, then carefully roll up into a spiral, starting from one of the long sides. Slice into 20 equal pieces. Place rolls in a greased 15x10x1-inch baking pan (or two 9x9x2 baking pans; timing will be the same).

5. Bake 20 minutes or until golden brown. Meanwhile, stir together sifted powdered sugar, light cream, vanilla, and almond extract. Cool rolls slightly; remove from pans. Drizzle immediately with icing. Serve warm. Makes 20 rolls.

EACH ROLL: 322 cal., 10 g total fat (4 g sat. fat), 15 mg chol., 296 mg sodium, 53 g carbo., 2 g dietary fiber, 6 g protein. Daily Values: 4% vit. A, 1% vit. C, 4% calcium, 15% iron.

Beet and Blue Cheese Salad

This recipe works equally well with other kinds of cheese.

PREP: 20 MINUTES **COOK:** 40 MINUTES

- 6 medium beets (2 lb.)
- 1 15-oz. can chickpeas (garbanzo beans), rinsed and drained
- 4 to 5 small green onions, sliced
- ¼ cup balsamic vinegar
- 3 Tbsp. olive oil or salad oil
- 2 tsp. Dijon-style mustard
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 5 cups torn mixed greens, such as baby spinach leaves, bibb lettuce, or mesclun mix
- ½ cup hazelnuts (filberts), toasted and coarsely chopped*
- 6 oz. blue cheese, cut into 5 or 6 wedges

1. Cut off stems of beets, but leave roots; wash. Do not peel. Cook whole beets, covered, in boiling salted water >> on 220



' is no longer off-limits with Lactaid®. Taken with your first bite of dairy, it
; you avoid cramps, gas or bloating. That's because it's a natural enzyme
nelps you digest a milk sugar called lactose. For more information, visit
.lactaid.com.

Lactaid® Enjoy dairy again.



for 40 to 50 minutes or until crisp-tender. Drain, cool, peel, and cut beets into wedges. Rinse after cutting until water runs almost clear.
2. In a bowl toss beets with chickpeas and onions.
3. In a screw-top jar combine vinegar, oil, mustard, salt, and pepper. Cover and shake well. Pour over beet mixture; toss to coat. Cover and chill until serving time.
4. For each serving, spoon beet mixture over greens. Sprinkle with hazelnuts. Serve with wedges of cheese. Makes 6 servings.
*NOTE: To toast hazelnuts, spread them in a single layer on a shallow baking pan. Bake in a 350° F oven for 8 to 10 minutes or until light golden brown, watching carefully and stirring once or twice so they don't overbrown. To remove skin from toasted nuts, roll vigorously in a terry-cloth towel as soon as the nuts are out of the oven.
EACH SERVING: 414 cal., 28 g total fat (8 g sat. fat), 26 mg chol., 957 mg sodium, 28 g carbo., 8 g dietary fiber, 16 g protein. Daily Values: 47% vit. A, 24% vit. C, 28% calcium, 18% iron.

Harvest Vegetable Stew

Use any of your favorite vegetables in this recipe.
PREP: 25 MINUTES **COOK:** 30 MINUTES

- 3 beef bouillon cubes or 3 tsp. instant beef bouillon granules
- 5 cups water
- 2 medium Yukon gold potatoes, peeled and cut into 1-inch pieces (8 oz.)
- 3 Roma tomatoes, chopped, or one 14 ½-oz. can diced tomatoes, undrained
- 2 stalks celery, chopped (1 cup)
- 1 small green sweet pepper, chopped (½ cup)
- 1 small onion, chopped (⅓ cup)
- 2 cups shredded cabbage
- 4 oz. fresh green beans, trimmed and cut in half (1 cup)
- 1 small zucchini, chopped (1 cup)
- 1 15-oz. can red kidney beans, rinsed and drained
- 8 to 10 fresh oregano sprigs, tied in a bunch with kitchen string
- ¼ cup ketchup
- ¼ tsp. freshly ground black pepper
- Dash bottled hot pepper sauce
- Salt and freshly ground black pepper

1. In a Dutch oven combine bouillon cubes or granules and water; bring to boiling. Add potatoes, undrained tomatoes, celery, green pepper, and onion. Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes. Add remaining ingredients. Simmer, uncovered, 15 minutes more or until vegetables are tender. Remove and discard oregano. Season to taste with salt and pepper. Serve with Quick Fruit and Cinnamon Rolls. Makes 8 to 10 servings.
EACH SERVING: 93 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 702 mg sodium, 19 g carbo., 6 g dietary fiber, 4 g protein. Daily Values: 9% vit. A, 41% vit. C, 4% calcium, 8% iron.

Dad's Rolls

A baking pan full of water in the oven along with the rolls creates steam, which makes these rolls extra crusty.
PREP: 40 MINUTES **RISE:** 45 MINUTES
BAKE: 25 MINUTES

- 1 Tbsp. active dry yeast
- 2 cups warm water (105° F to 115° F)
- 1 Tbsp. sugar
- 1¼ tsp. salt
- 5¼ to 5¾ cups all-purpose flour
- Olive oil
- Yellow cornmeal
- Coarse salt

1. *To prepare dough by hand:* In a large mixing bowl dissolve yeast in the warm water. Stir in sugar and salt. With a wooden spoon stir in as much of the flour as you can. Turn out onto a lightly floured surface and knead in enough of the remaining flour to make a moderately stiff dough (6 to 8 minutes).

Or, to prepare dough in a stand mixer with a dough hook: In a large mixing bowl dissolve yeast in the warm water. Stir in sugar and salt. Add flour, 1 cup at a time, beating with the dough hook on low speed until a moderately stiff, smooth dough forms.
2. For both mixer and hand versions, lightly coat a large bowl with olive oil. Shape dough into a ball and place in oiled bowl. Turn dough once; cover with a clean kitchen towel. Let rise in a warm place until double in size (45 to 60 minutes). Punch dough down. Turn dough out onto a lightly floured board or surface. Cover and let it rest 10 minutes. Shape into 14 round rolls.
3. Grease a very large baking sheet or two smaller baking sheets; sprinkle heavily with cornmeal. Place rolls on prepared baking sheet. Let rise for 5 minutes. Slash tops in 2 or 3 places with a sharp knife. Brush rolls with water. Sprinkle with coarse salt, if desired. Place an empty baking pan on the bottom rack of an unheated oven. Pour boiling water in the pan to a depth of 1 inch. Set oven at 400° F. Place rolls on oven's second rack. Bake for 25 to 30 minutes until crusty and golden brown. Immediately remove from pan; cool on wire rack. Serve warm. Makes 14 rolls.
EACH ROLL: 182 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 417 mg sodium, 37 g carbo., 1 g dietary fiber, 5 g protein. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, 13% iron.

Lemon and Spice Applesauce

Lightly mashing the apples keeps the applesauce chunky.
PREP: 45 MINUTES **COOK:** 40 MINUTES

- 4¾ to 5½ pounds cooking apples, such as Granny Smith or Golden Delicious (15 cups), peeled, cored, and sliced

>> on 222

What's better than

EF TYLER FLORENCE SHARING A RECIPE THAT BRINGS HOLIDAY CHEER?

AVING HIM COOK IT FOR YOU.

YLER FLORENCE, a Great American Cook, can make any dish a . And CRISCO® gives you the chance to learn how with the "HOLIDAY ON THE WAY" CONTEST. If you win, Tyler Florence will come to your home and help you prepare a meal. Whether it's your special recipe or his, your dinner table is sure to be something to celebrate. FOR ENTRIES, GO TO WWW.CRISCO.COM OR SEE THE CRISCO DISPLAY AT YOUR FAVORITE GROCER.





TYLER FLORENCE'S pumpkin pie

Pie-Crust: In **food processor**, pulse 1 1/2 cups **flour**, 1 tbsp **sugar** and 1/4 tsp **salt**. Add 1/2 cup of cold **Crisco Shortening** (veg or butter flavored) in bits and pulse until dough resembles cornmeal. Add 1 **egg yolk** and 3 tbsp of **ice water** (more if needed); pulse for a second. **Knead** dough into ball. Wrap in plastic, flatten into disc and chill for 30 min. When ready, let soften on counter. Dust counter and rolling pin with **flour**. Roll dough into 12 inch circle and lay in **greased** pan, pressing bottom and edges. **Trim** excess and freeze for 15 min. **Preheat** oven to 350°. Prick shell bottom with fork and line with foil. Fill with 1 cup dried beans (this keeps the dough flat). Bake for 30 min. Remove beans and foil. Bake 1 min more. Beat 1 **egg white** and 1 tbsp of **water**. Brush on bottom and sides. *Filling:* In large bowl, beat 2 **eggs** with 1/2 cup **brown sugar**, 1 cup **heavy cream**, 1 tsp **cinnamon**, 2 tsp **pumpkin pie spice** and 1 pinch **salt**. Stir in 2 cups **canned pumpkin**. Pour in shell. Bake for 30-40 min. Filling should jiggle slightly. Serve warm or room temp with **whipped cream**. **Serves 8**



- 2½ cups water
- 1 to 1½ cups packed brown sugar
- 3 Tbsp. finely shredded lemon peel
- ¾ cup lemon juice
- 1½ tsp. apple pie spice or 2 tsp. ground cinnamon
- 1 Tbsp. vanilla

1. In a 6-quart heavy kettle or Dutch oven combine the apples, water, brown sugar, lemon peel, lemon juice, and apple pie spice or cinnamon. Bring to boiling; reduce heat. Simmer, covered, for 40 minutes or until the apples are very soft, stirring occasionally.
2. Remove from heat. Stir in vanilla. Mash mixture lightly with the back of a large wooden spoon. Serve warm, or cover and chill before serving. Makes about 8½ cups (16 servings).

EACH SERVING: 127 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 7 mg sodium, 33 g carbo., 3 g dietary fiber, 0 g protein. Daily Values: 1% vit. A, 17% vit. C, 2% calcium, 3% iron.

Zucchini Quiche

For an easy, flavorful topper to this recipe: Combine 2 large tomatoes, chopped; 1½ teaspoons snipped fresh dill; and a shake of salt.

PREP: 20 MINUTES **BAKE:** 40 MINUTES
STAND: 10 MINUTES

- 3 cups finely shredded zucchini
- 4 eggs, lightly beaten
- 1 cup packaged biscuit mix
- ½ cup grated Parmesan cheese
- 2 ounces Gruyère cheese or Swiss cheese, shredded
- ¼ cup cooking oil
- 4 green onions, cut diagonally into 1-inch pieces
- 2 Tbsp. snipped fresh dill or 1½ tsp. dried dill weed

1. Preheat oven to 350° F. In a large bowl, combine all the ingredients. Pour into a greased 9-inch quiche dish.
2. Bake, uncovered, for 40 to 45 minutes or until a knife inserted near the center comes out clean. >> on 224



IMPROVISATION AT THE STOVE IS A FAMILY TRAIT

Dinner for the Leiter family is built on the interplay between ingredients and inspiration—a method that Neil used to create this dish (*below*) for a date one evening using supplies he had on hand at his apartment. The ingredients include a pesto that his family makes every fall from homegrown basil.

To make your own pesto, in a blender container combine 2 cups firmly packed, fresh basil leaves; ½ cup chopped walnuts or pine nuts; ½ cup grated Parmesan cheese; ¼ cup olive oil; 4 cloves peeled garlic; ¼ teaspoon salt; and a dash or two of black pepper. Cover and blend until nearly smooth, stopping and scraping blender sides as necessary.



College Chicken, Onions, Tomato, and Pasta

START TO FINISH: 35 MINUTES

- 1½ tsp. coarsely ground pepper blend
- ¾ tsp. salt
- 1 clove garlic, minced
- 4 medium skinless, boneless chicken breasts
- 2 large onions, sliced
- 2 Tbsp. olive oil
- 3 medium tomatoes, chopped (1 lb.)
- 1 Tbsp. tomato paste
- 2 to 3 tsp. minced fresh ginger
- 8 oz. dried spaghetti
- ¼ cup fresh or purchased pesto
- Shards of Parmesan cheese (optional)

1. Combine 1 teaspoon of the pepper blend, ½ teaspoon of the salt, and the garlic. Rub over chicken. In a 12-inch skillet cook chicken and onions in hot oil over medium heat about 15 minutes or until onions are tender and chicken is no longer pink and registers 170° F on an instant-read thermometer, turning chicken once and stirring onions occasionally.
2. Remove chicken from skillet; slice crosswise into strips. Return chicken to pan with tomatoes, tomato paste, ginger, remaining pepper blend, and remaining ¼ teaspoon salt. Heat through.
3. Meanwhile, cook spaghetti according to package directions. Drain. Return spaghetti to the cooking pot. Stir in pesto. Serve chicken and sauce on top of pesto-coated spaghetti. Top with shards of cheese, if desired. Makes 4 servings.

EACH SERVING: 560 cal., 17 g total fat (3 g sat. fat), 85 mg chol., 665 mg sodium, 57 g carbo., 4 g dietary fiber, 44 g protein. Daily Values: 16% vit. A, 43% vit. C, 9% calcium, 20% iron.



ida's Natural® Premium orange juice is made just from our fresh oranges, not from concentrate. And it's the
leading brand owned by a small co-op of growers, so only our personal best goes into every carton.
us at floridasnatural.com. **We own the land, we own the trees and we own the company.**

Florida's Natural Growers, a division of Citrus World, Inc., based in Lake Wales, FL ©200

COOKING TOGETHER >> from 222

3. Let stand 10 minutes before cutting into wedges and serving. Makes 6 main-dish servings or 8 side-dish servings.

EACH MAIN-DISH SERVING: 313 cal., 21 g total fat (7 g sat. fat), 158 mg chol., 527 mg sodium, 18 g carbo., 2 g dietary fiber, 13 g protein. Daily Values: 18% vit. A, 25% vit. C, 27% calcium, 10% iron.

Hedy's Black Walnut Cake

Hedy substituted carob powder for chocolate in this cake because of allergies. Carob powder has a sweet, mildly chocolaty flavor and is available at health food stores and the health-food aisles of some supermarkets.

PREP: 25 MINUTES **BAKE:** 65 MINUTES **COOL:** 1 HOUR

- 1½ cups chopped black walnuts or English walnuts, toasted
- 2 Tbsp. all-purpose flour
- 1¾ cups granulated sugar
- 1½ cups butter, melted
- 1 cup packed dark brown sugar
- 5 eggs
- 2 Tbsp. rum or milk
- ½ tsp. vanilla
- 2⅔ cups all-purpose flour
- ¾ cup carob powder or unsweetened cocoa powder
- ½ tsp. baking powder
- ¼ tsp. salt
- 1 cup milk
- 1 recipe Rum Glaze (optional)

1. Preheat oven to 325° F. Grease and flour a 10-inch square tube pan or a 10-inch fluted tube pan; set aside. In a small bowl stir together the nuts and 2 tablespoons flour; set aside.
2. In a very large mixing bowl stir granulated sugar, butter, and brown sugar until combined. Using a wooden spoon, beat in eggs one at a time. Stir in the 2 tablespoons rum or milk and vanilla.
3. In a medium bowl stir together the flour, the carob or cocoa powder, baking powder, and salt. Stir flour mixture into egg mixture with wooden spoon. Gradually stir in milk. Fold in nut mixture.
4. Pour batter into the prepared pan. Bake for 65 minutes or until a toothpick inserted near the center comes out clean. Let cool in pan on a wire rack for 10 minutes. Remove from pan. Let stand for 1 hour. Drizzle with Rum Glaze, if desired. Cool completely. Makes 12 servings.

RUM GLAZE: In a small bowl combine 1⅓ cups sifted powdered sugar; 2 tablespoons butter, melted; and 1 tablespoon rum or milk. Next, stir in 1 tablespoon whipping cream or milk. If necessary, add additional cream or milk, 1 teaspoon at a time, until it reaches drizzling consistency.

EACH SERVING: 540 cal., 29 g total fat (14 g sat. fat), 122 mg chol., 286 mg sodium, 66 g carbo., 3 g dietary fiber, 8 g protein. Daily Values: 19% vit. A, 1% vit. C, 8% calcium, 11% iron.

Hedy's Oatmeal Cookies

Any dried fruit, such as raisins, currants, or chopped apricots, can be used in this recipe.

PREP: 20 MINUTES **BAKE:** 9 MINUTES PER BATCH

- ½ cup butter, softened
- ½ cup packed dark brown sugar
- ¼ cup granulated sugar
- 1 tsp. baking soda
- ½ tsp. salt
- 1 egg
- ¼ cup pure maple syrup or maple-flavored syrup
- 1 tsp. vanilla
- 1½ cups all-purpose flour
- 2 cups quick-cooking rolled oats
- 1 cup dried blueberries

1. Preheat oven to 350° F. In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add brown and granulated sugars, baking soda, and salt. Beat until combined, scraping sides of bowl occasionally. Beat in egg, maple syrup, and vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in remaining flour with a wooden spoon. Stir in the rolled oats and blueberries.
2. Using a small cookie scoop (about 1¼ inches in diameter) or a teaspoon, drop dough 2 inches apart on an ungreased cookie sheet. Bake for 9 to 11 minutes or until edges are golden brown. Let stand for 1 minute on the cookie sheet. Remove and cool on a wire rack. Makes about 48 cookies.

EACH COOKIE: 80 cal., 2 g total fat (1 g sat. fat), 10 mg chol., 74 mg sodium, 13 g carbo., 1 g dietary fiber, 1 g protein. Daily Values: 2% vit. A, 0% vit. C, 1% calcium, 2% iron.

Pear-Peach Crisp

For farmer's market fans, this is a wonderful way to use the bounty of the season. It also works well with apples.

PREP: 25 MINUTES **BAKE:** 55 MINUTES

- 6 cups peeled, sliced pears (about 6 medium)
- 2 cups peeled, pitted, and sliced fresh peaches (2 to 3 medium), or 2 cups frozen, unsweetened peach slices, thawed
- ½ cup raisins
- 3 Tbsp. packed brown sugar
- ½ tsp. ground ginger
- 1½ cups quick-cooking rolled oats
- ½ cup Grape Nuts cereal
- ½ cup chopped walnuts or pecans
- ¼ cup packed brown sugar
- ¼ cup granulated sugar
- ¼ tsp. ground ginger
- ½ cup butter, melted
- 1 cup orange juice or apple juice
- Vanilla ice cream (optional)

>> on 226



A.M.



P.M.

Bertolli Pasta Sauce. The only leading brand that goes from vine to jar in just one day.

COOKING TOGETHER >> from 224



Pear-Peach Crisp

1. Preheat oven to 350° F. In a very large bowl toss together sliced fruit, raisins, the 3 tablespoons brown sugar, and ½ teaspoon ginger. Press into the bottom of a 3-quart rectangular baking dish.
2. For topping, in a small bowl combine oats, the cereal, nuts, the ¼ cup brown sugar, the granulated sugar, and the ¼ teaspoon ginger. Stir in the butter. Spoon over the fruit. Pour orange or apple juice evenly over the topping. Bake, uncovered, for 55 minutes or until topping is golden brown and filling is bubbly. Remove to a wire rack. Cool about 45 minutes. Serve warm with a scoop of vanilla ice cream, if desired. Makes 12 servings.

EACH SERVING: 303 cal., 13 g total fat (6 g sat. fat), 22 mg chol., 116 mg sodium, 47 g carbo., 5 g dietary fiber, 4 g protein. Daily Values: 12% vit. A, 26% vit. C, 4% calcium, 10% iron.

A TABLE FOR 20 >> from 42

Warm Cauliflower Soup with White Truffle Oil

Truffle oil brings a slightly pungent flavor to the dish. It is available at specialty food stores, large supermarkets, and such online retailers as www.cuisineperel.com or www.williams-sonoma.com.

PREP: 35 MINUTES **COOK:** 20 MINUTES **COOL:** 30 MINUTES

- 3 medium leeks, trimmed and chopped (1 cup)
- 1 large sweet white onion, chopped (1 cup)
- 2 Tbsp. butter
- 2 medium heads (about 2 ½ lb. each) cauliflower, cored and broken into large florets
- 3 14-oz. cans vegetable broth
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- Lemon juice (optional)
- White truffle oil or walnut-flavored olive oil

1. In a 5- or 6-quart Dutch oven cook the leeks and onion in hot butter about 4 minutes over medium heat or until tender. Add cauliflower and broth. Bring to boiling; reduce heat. Cover and simmer for 20 minutes or until cauliflower is very tender. Remove from heat and cool mixture about 30 minutes.
2. Add cauliflower mixture, one-fourth at a time, to a food processor or blender. Cover and process until smooth. Pass mixture through a fine-mesh sieve into the Dutch oven, using the back of a spoon to press mixture through the sieve. Heat the puree; season with the salt and pepper. Add a squeeze of lemon juice, if desired.
3. To serve, ladle into small bowls. Drizzle each serving with a small amount of oil. Makes 8 to 10 appetizer servings.

EACH SERVING: 122 cal., 9 g total fat (3 g sat. fat), 8 mg chol., 869 mg sodium, 11 g carbo., 3 g dietary fiber, 4 g protein. Daily Values: 6% vit. A, 77% vit. C, 4% calcium, 5% iron.

Smoked Bacon-Wrapped Fennel

This recipe can go in the oven with the Mustard Glazed Pork Roast.

PREP: 25 MINUTES **BAKE:** 1 HOUR 45 MINUTES

- 4 medium fennel bulbs
- 3 cups chicken stock or broth
- 1 cup dry white wine
- 2 cloves garlic, crushed
- 2 bay leaves
- 1 tsp. whole black peppercorns
- ½ tsp. salt
- 8 slices bacon (about ½ lb.)

1. Preheat oven to 325° F. Cut off and discard upper stalks of fennel, including feathery leaves. Remove wilted outer layer of stalks; cut off a thin slice from base. Wash; cut bulbs in half lengthwise.
2. In a 3-quart rectangular baking dish combine chicken stock or broth, wine, garlic, bay leaves, and peppercorns. Add fennel. Sprinkle with salt. Cover and bake in preheated oven for 1 hour or until fennel is tender when pricked with a fork. Remove fennel from liquid and cool; discard liquid mixture.
3. Wrap a bacon slice around each baked fennel half to cover. Place bacon-wrapped fennel halves in a 15x10x1-inch baking pan. Bake, uncovered, for about 45 minutes or until bacon is crisp and browned, brushing fennel occasionally with bacon drippings. Serve immediately. Makes 8 servings.

EACH SERVING: 86 cal., 4 g total fat (1 g sat. fat), 5 mg chol., 561 mg sodium, 4 g carbo., 11 g dietary fiber, 4 g protein. Daily Values: 0% vit. A, 9% vit. C, 3% calcium, 2% iron.

Sautéed Apples and Chanterelle Mushrooms

Chanterelles are brightly colored yellow-to-orange mushrooms with a fruity, nutty aroma. Avoid those with brown or frayed edges.

PREP: 30 MINUTES **COOK:** 18 MINUTES

- 1 lb. chanterelle or white button mushrooms, trimmed
- 3 Tbsp. butter

>> on 228



ODUCING LIPTON MASHED POTATOES & GRAVY.

1 pouch that's ready in minutes. So you can juggle every-
you need to, and still be recognized for a great dinner.



LIPTON SIDE DISHES

A LITTLE HELP WITH DINNER

LE WITH BEEF OR ROASTED CHICKEN GRAVY.

- 4 medium apples, such as Granny Smith or Rome Beauty, cored and cut into ½-inch-thick slices (about 5 cups)
- 6 shallots, chopped (¾ cup)
- 3 to 4 tsp. snipped fresh thyme
- 2 Tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper

1. Prepare mushrooms by removing tough stems and wiping away any dirt between the gills with a damp paper towel. In a large skillet melt 1 tablespoon of the butter over medium heat. Add the apples, shallots, and thyme. Cook, covered, for 5 minutes or until apples are just tender, stirring occasionally. Transfer apple mixture to a large bowl and set aside.
2. In the same skillet cook and stir the mushrooms, half at a time, in the remaining butter for 6 minutes per batch or until mushrooms are tender. Return all of the mushrooms to the skillet. If necessary, simmer, uncovered, until liquid has evaporated. Stir in apple mixture, lemon juice, salt, and pepper. Cook and stir until heated through. Makes 8 to 10 servings.

EACH SERVING: 109 cal., 6 g total fat (3 g sat. fat), 12 mg chol., 196 mg sodium, 15 g carbo., 2 g dietary fiber, 2 g protein. Daily Values: 8% vit. A, 10% vit. C, 1% calcium, 4% iron.

Steamed Red Chard

In the market, look for chard with crisp, firm leaves and stalks. Red, green, and rainbow chard all work well in this recipe.

START TO FINISH: 45 MINUTES

- 3 lb. red or green Swiss chard, stems removed and leaves cut crosswise into ½-inch-wide strips
- 2 onions, chopped (about 2 cups)
- 2 Tbsp. olive oil
- ¼ cup sherry vinegar or red wine vinegar
- ½ tsp. salt
- ½ tsp. freshly ground black pepper

1. Fill a 4-quart Dutch oven with water to a depth of 1 inch. Bring water to boiling. Place a steamer basket in the Dutch oven. Place one third of the chard in the steamer basket. Cover and steam for 5 minutes or until chard is just tender. Remove wilted chard from steamer basket and drain in a large colander placed over a large bowl; set aside. Repeat with remaining chard.
2. Meanwhile, in the Dutch oven cook onions in hot oil over medium heat until tender but not brown. Add steamed chard, vinegar, salt, and pepper. Cook and stir until heated through. Makes 6 to 8 side-dish servings.

EACH SERVING: 76 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 463 mg sodium, 10 g carbo., 3 g dietary fiber, 3 g protein. Daily Values: 0% vit. A, 9% vit. C, 3% calcium, 2% iron.

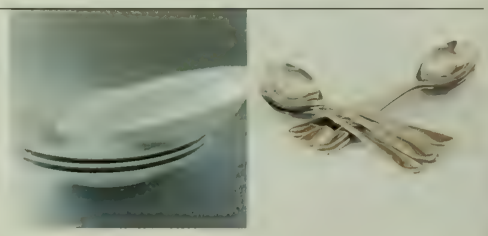
Mustard-Glazed Pork Roast

Because you'll be soaking the roast in the mixture of spices and salt, look in your supermarket meat case for pork that does not contain added solution.

PREP: 25 MINUTES **MARINATE:** 24 TO 48 HOURS
ROAST: 2 HOURS **STAND:** 10 MINUTES

- 1 5- to 5½-lb. (8 rib) pork loin center rib roast, backbone loosened and bones Frenched (meat cut away from tips)
- 4 cups water
- ½ cup Dijon-style mustard
- ¼ cup sugar
- 3 Tbsp. finely shredded orange peel
- 3 Tbsp. kosher salt
- 1 Tbsp. fennel seed
- 1 Tbsp. freshly ground black pepper
- 1 Tbsp. Pernod liqueur (optional)
- 1½ tsp. crushed red pepper
- 1 cup orange juice
- ½ cup red wine vinegar

>> on 230



SOUP-ER ACCESSORIES

Soup plates and soup spoons can be hard to find, but for soup lovers they are a necessity. For our Warm Cauliflower Soup with White Truffle Oil (recipe, *page 226*), our Harvest Vegetable Stew (recipe, *page 220*), or any of your family's favorites, these heavyweight porcelain soup plates (*above left*) will serve you well. They measure 9¼ inches in diameter and feature a 1¼-inch rim; the bowl is about 1 inch deep. From Harold's kitchen, the **Set of Four Soup Plates** costs $39.95, which includes shipping, handling, and applicable sales tax. The polished heavyweight stainless-steel soup spoons (*above right*) have a ½-inch round deep base. From RSVP, the **Set of Eight Soup Spoons** is dishwasher safe and costs $29.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify item(s) desired, calculate the total due, and send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 0210, Box 9128, Des Moines, IA 50306-9128. Or visit our site on the Internet at www.bhgcatalog.com to order.



What's this square got?



We can't speak for other squares, but Quaker Squares™ have a special little sweetness and one big crunch. They may look square, but they sure don't taste square.

The Unsquare Square™

- ¼ cup Dijon-style mustard
- 2 Tbsp. butter
- 2 Tbsp. all-purpose flour
- 2 14-oz. cans chicken broth
- 3 Tbsp. stone ground mustard
- 3 Tbsp. dry white wine
- ½ tsp. finely shredded orange peel
- ¼ tsp. freshly ground black pepper

1. Place the roast in a very large, self-sealing plastic bag set in a shallow dish. For brine, in a large bowl combine the water; ½ cup Dijon-style mustard; sugar; 3 tablespoons orange peel; salt; fennel seed; 1 tablespoon pepper; Pernod, if using; and crushed red pepper. Pour over roast in the bag. Seal the bag. Refrigerate for 24 to 48 hours, turning bag occasionally and adding orange juice and vinegar to the bag 2 to 6 hours before roasting.
2. Preheat oven to 325° F. Drain roast, discarding brine. Place roast, backbone side down, in a shallow roasting pan. Brush the roast with the ¼ cup Dijon-style mustard. Insert a meat thermometer, being careful that it does not touch the bone. Roast, uncovered, for 2 to 2½ hours or until meat thermometer registers 155° F. Cover and let stand 10 to 15 minutes before carving (the temperature of the meat will rise 5° during standing).
3. Meanwhile, in a medium saucepan melt butter over medium heat; stir in the flour. Cook and stir about 4 minutes or until golden brown. Gradually whisk in the broth; whisk in the 3 tablespoons mustard and wine. Bring to boiling; reduce heat. Boil gently, uncovered, for 45 to 60 minutes or until thickened and reduced to 1½ cups. Stir in ½ teaspoon orange peel and ¼ teaspoon pepper. Pass sauce with pork. Makes 8 servings.

EACH SERVING: 331 cal., 15 g total fat (5 g sat. fat), 94 mg chol., 1,438 mg sodium, 9 g carbo., 1 g dietary fiber, 37 g protein. Daily Values: 4% vit. A, 11% vit. C, 5% calcium, 139% iron.

Buttermilk Panna Cotta

PREP: 20 MINUTES **CHILL:** 4 HOURS

- ⅓ cup sugar
- 2½ teaspoons unflavored gelatin
- 2 cups whipping cream
- 2 cups buttermilk
- Fresh figs, late-season raspberries, local honey, and toasted pine nuts

1. In a medium saucepan stir together the sugar and gelatin. Add cream. Heat and stir until gelatin is dissolved. Remove from heat. Stir in buttermilk. Pour into 8 individual ramekins or 6-ounce custard cups. Cover and chill 4 to 24 hours or until set.
2. To serve, immerse bottom half of ramekin or custard cup in hot water about 15 seconds. Run a clean small knife around edge to loosen. Invert onto dessert plate. Repeat with remaining desserts. Serve with fruit, honey, and nuts. Makes 8 servings.

EACH SERVING: 265 cal., 23 g total fat (14 g sat. fat), 84 mg chol., 88 mg sodium, 13 g carbo., 0 g dietary fiber, 4 g protein. Daily Values: 18% vit. A, 2% vit. C, 11% calcium, 0% iron.

Prize Tested Recipes® >> from 259

Homemade Mini-Phyllo Shells

If you can't find miniature phyllo shells in your grocery store, use this shell recipe for the Feta Custard in Phyllo Cups.

1. Preheat oven to 350° F. Grease thirty-six 1¾-inch muffin cups; set aside. You will need a total of 4 sheets of frozen phyllo dough (18x14-inch rectangles), thawed, and about ¼ cup melted butter. Keep phyllo dough covered with plastic wrap to prevent it from becoming dry and brittle.
2. Lightly brush 1 sheet of phyllo dough with some of the butter. Stack 3 more phyllo sheets, brushing between each layer with melted butter. Cut phyllo stack lengthwise into six 18-inch-long strips. Cut each strip crosswise into 6 rectangles. Press each rectangle into a prepared cup, pleating as needed to fit.
3. Bake for 8 to 10 minutes or until golden brown. Proceed with filling and baking as in recipe for Feta Custard in Phyllo Cups. Bake shells with filling right in the muffin cups or place filled shells on a baking sheet as in recipe. (Any leftover shells may be carefully wrapped and frozen for later use.)

THERMOMETER/TIMER



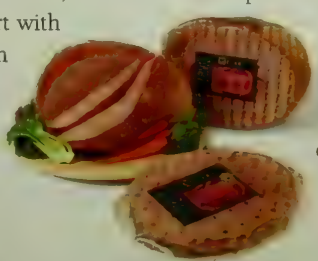
Use this **Thermo/Timer** with our Mustard-Glazed Pork Roast (recipe, *page 228*), our Celebration Roasts (*pages 242 to 247*), or other family favorites. Featuring a 5-inch stainless-steel probe, the device provides readings for red meats, fish, and poultry. Flip a switch and change readings to Celsius. Press a button and illuminate the LCD display, if light in the room is low. The built-in timer (works simultaneously with the temperature readout) can be set for up to 24 hours in one-minute increments. Measuring 8x1½x½ inches, the ThermoTimer comes with a 5-year lithium battery. From Zelco, each unit costs $36.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 0210, Box 9128, Des Moines, IA 50306-9128. Or visit the Web at www.bhgcatalog.com to order.



How Sunday Dinner got its reputation.

The folks at Cook's want to get you back in touch with just how special Sunday Dinner can be, not to mention how surprisingly simple it can be, too. For any size family. All Cook's Hams start with the exceptional quality found only in the best bone-in hams. Slow cured with only natural ingredients, then smoked for hours over real hickory wood, they always taste great. Cook one up this weekend and if there's anything left, add its great flavor to a recipe during the week. Or try a one- or two-pound Cook's Ham Steak and serve up all that same tender, smoky, bone-in ham goodness in minutes. Either way, it's easy to treat your family to Sunday's best any day of the week.



A PRODUCT OF
ConAgra Foods®

Cook's®

Cook's ham. Always good to the bone.®

© 2002 ConAgra Foods, Inc



BETTER BREAKFAST LOAF

THIS BREAKFAST LOAF OFFERS TASTE, TOASTABILITY, AND A SOFT TEXTURE. PLUS, THERE'S A LITTLE TWIST ON TRADITION THROWN IN FOR GOOD MEASURE.

Before bakery-fresh artisan bread became the rising star of discerning palates, the good old American homemade white loaf was king. That bread was easy on the baker. There was no need to make a starter three weeks ahead. The loaf yielded big, soft slices. And best of all, the bread was versatile: every bit as good served warm with soup as it was toasted for breakfast.

Our Rosemary-Raisin Bread (recipe, *page 235*) is in the tradition of classic homemade loaves, only—we think—a little better. It has milk and butter for an extra-tender, tasty slice. An egg yolk leaves a creamy tint and acts as a natural preservative. The unlikely duet of raisins and rosemary strike a savory-sweet chord that works as well with omelets as it does for French toast. Try it toasted and slathered with honey butter or topped with cream cheese and smoked salmon. The bread is also wonderful for scooping up the last of the scrambled eggs.

>> on 235

BY **KEN HAEDRICH** PHOTOGRAPHS BY **COLLEEN DUFFLEY** FOOD STYLING BY **BROOKE LEONARD**



The Peanuttiest.

Jif has more fresh roasted peanut taste
than any other leading creamy brand.

Choosy moms choose Jif

he J.M. Smucker Company

150 YEARS AGO, DINNER WAS THAT SPECIAL TIME WHEN MAMA ORTEGA WOULD RECONNECT WITH HER KIDS.



(WITH 13 OF THEM, IT WAS EASY TO LOSE TRACK.)



QUESO TACO CASSEROLE. A DISH MAMA ORTEGA WOULD BE PROUD OF.



MAMA ORTEGA'S HOME, CIRCA 1860. WHERE SHE AND HER 13 CHILDREN USED TO LIVE AND EAT. AND EAT. AND EAT.

Mama Ortega was a great mom, and a great cook. And her delicious Mexican cooking still inspires us today. Like our Queso Taco Casserole (recipe opposite page). Made with our thick, smooth, slowly simmered Taco Sauce, it's a delicious way to bring your kids around the table. And who knows? It might even get them to want to stay there awhile.



SALSA MADE WITH FRESH CHUNKY TOMATOES



MADE WITH 100% WHOLE KERNEL CORN



FIRE-ROASTED GREEN CHILES



AMERICA'S #1 TACO SAUCE

ORTEGA



Rosemary-Raisin Bread

PREP: 30 MINUTES **RISE:** 75 MINUTES **BAKE:** 40 MINUTES

- 6 to 6½ cups all-purpose flour
- 2 pkg. active dry yeast
- 2½ cups milk
- 3 Tbsp. sugar
- 2 Tbsp. butter
- 2 tsp. salt
- 1 egg yolk
- 1½ cups golden or dark raisins
- 4 tsp. dried rosemary, crushed
- 1 egg yolk, beaten
- 1 Tbsp. milk

1. In a very large mixing bowl combine 3 cups of the flour and the yeast; set aside. In a medium saucepan heat and stir together the 2½ cups milk, the sugar, butter, and salt until warm (120° to 130° F) and butter almost melts. Add warm milk mixture to flour mixture. Add the first egg yolk; stir until combined.
2. Beat with an electric mixer on low speed for 30 seconds, scraping the sides of the bowl constantly. Beat the mixture on high speed for 3 minutes more. Sprinkle the flour mixture with the raisins and the rosemary (*Photo 1*). Using a wooden spoon, stir in as much of the remaining flour as you can (*Photo 2*).

>> on 236

RECONNECT WITH YOUR KIDS.

(IF YOU HAVE 13 OF THEM, JUST DOUBLE THE RECIPE.)



Queso Taco Casserole

(Tacos con Queso al Horno)

1 lb. ground beef
1 small onion, chopped
1 bottle (8 oz.) Ortega® Thick & Smooth Taco Sauce
¾ cup water
1 can (4 oz.) Ortega® Diced Green Chiles
1 pkg (1.25 oz.) Ortega® Taco Seasoning Mix
1 pkg (12 count) Ortega® Yellow or White Corn Taco Shells, broken, divided
2 cups (8 oz.) shredded cheddar cheese, divided
Garnish suggestions: chopped tomatoes, sliced green onions, sour cream

Preheat oven to 375° F. Grease 11 x 7-inch baking dish.

Cook beef and onion in large skillet until beef is browned; drain. Stir in taco sauce, water, chiles and seasoning mix; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 3 to 4 minutes.

Layer half of broken shells on bottom of prepared baking dish. Cover with half of meat mixture; sprinkle with 1 cup cheese. Repeat with remaining ingredients.

Bake for 20 to 25 minutes or until bubbly and cheese is melted. Garnish as desired.

Yield: 8 servings.

We'd be honored if you'd visit Ortega.com for more recipes or to sign up to receive recipes by e-mail.

ORTEGA

Craving a healthy snack? Now we're talking almonds.

When that craving hits, snack smart and grab a handful of California Almonds. Because we're not only delicious, we're also nutritious.

Here's a hot recipe to snack on.

Roasted Almonds
Lightly coat a shallow pan with oil and toss almonds. Place in oven at 350°F for 8-12 minutes, stirring occasionally until slightly darkened. Or if you want to spice 'em up, season with chili powder, basil or salt prior to roasting.

Here's a handy tip to munch on.

Keep plenty on hand to snack on anywhere, anytime. Place little bags of almonds:

- In the car
- In the kids' lunch bag
- In your desk drawer
- Next to the couch
- On the night stand

(almonds don't make crumbs)

Remember, snacking on almonds is always nutritious. Almonds are cholesterol free and packed with protein, calcium and vitamin E.

CALIFORNIA almonds are in!
www.AlmondsAreIn.com

Visit our website for more ideas & facts!



3. Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (*Photo 3*), about 6 to 8 minutes total. Shape the dough into a ball. Place dough in a lightly greased bowl, turning once to grease surface. Cover and let rise in a warm place until double in size (about 45 to 60 minutes).

4. Punch dough down (*Photo 4*). Turn out onto a lightly floured surface. Divide dough in half. Cover and let rest for 10 minutes. Lightly grease two 8x4x2-inch or 9x5x3-inch loaf pans. Shape each half of the dough into a loaf. Place in prepared pans. Cover and let rise in a warm place until nearly double in size (30 to 40 minutes).

5. Meanwhile, preheat oven to 375°F. For the glaze, combine the remaining egg yolk and milk; brush lightly over tops of risen dough. Using a serrated knife, make a long shallow cut down the length of dough in each pan.

6. Bake about 40 minutes or until loaf is golden brown and crusty. The bread should sound hollow when tapped. Cover loosely with foil during the last 10 minutes of baking to prevent overbrowning, if necessary. Loosen bread and remove from pans immediately. Cool on wire racks. Makes 2 loaves (32 servings).

EACH SERVING: 135 cal., 2 g total fat (1 g sat. fat), 13 mg chol., 166 mg sodium, 26 g carbo., 1 g dietary fiber, 4 g protein. Daily Values: 2% vit. A, 1% vit. C, 3% calcium, 8% iron.

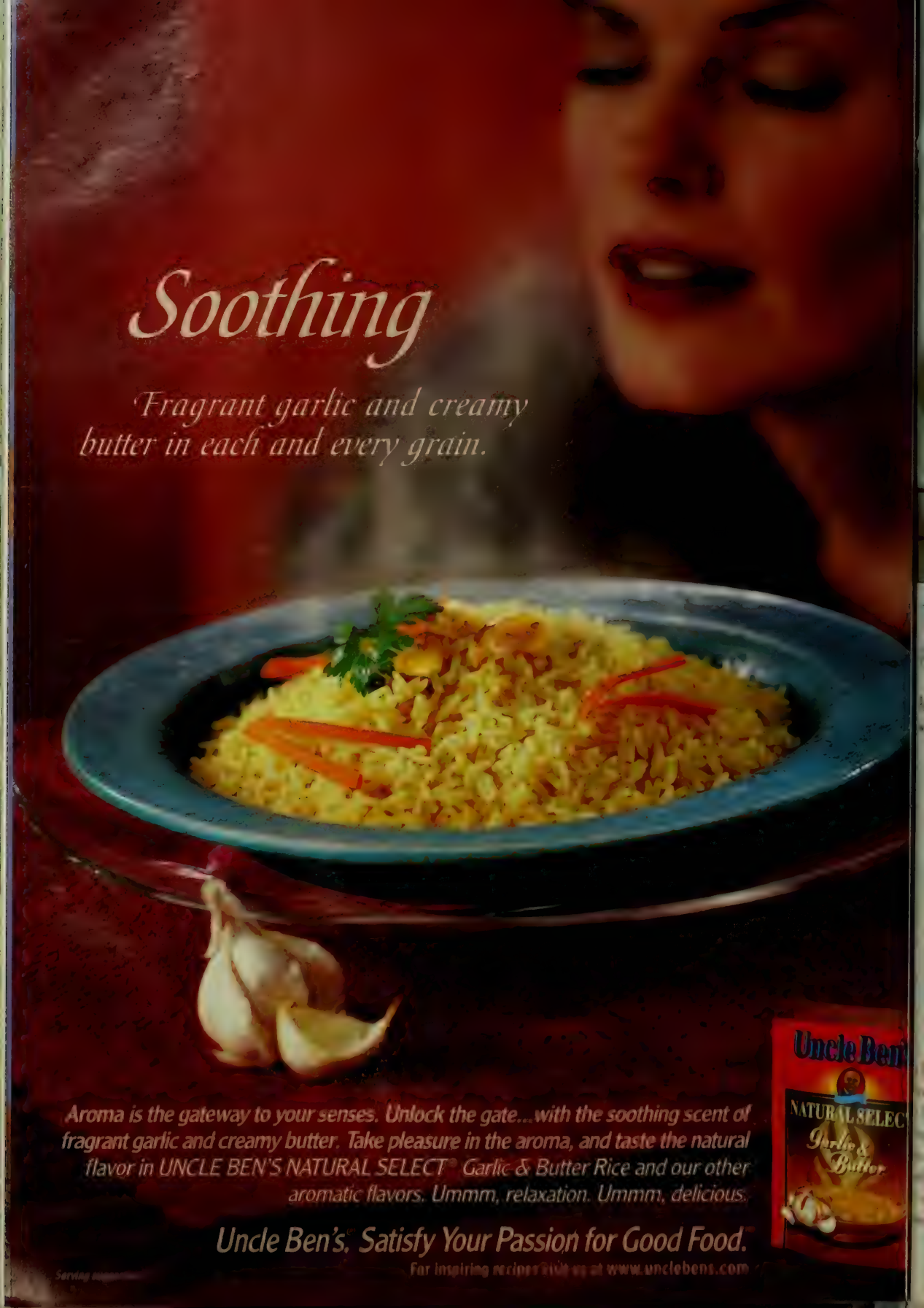
THANKS TO SUE AND JULIE CAMPOY, THE MOTHER AND DAUGHTER TEAM WHO OWN JULIENNE, A BEAUTIFUL BRASSERIE AND FOOD EMPORIUM IN SAN MARINO, CALIFORNIA. WE NOT ONLY HAD A FABULOUS BREAKFAST AT THEIR RESTAURANT, BUT WERE INSPIRED BY THEIR ROSEMARY-RAISIN LOAF TO CREATE THIS DELICIOUS RECIPE.

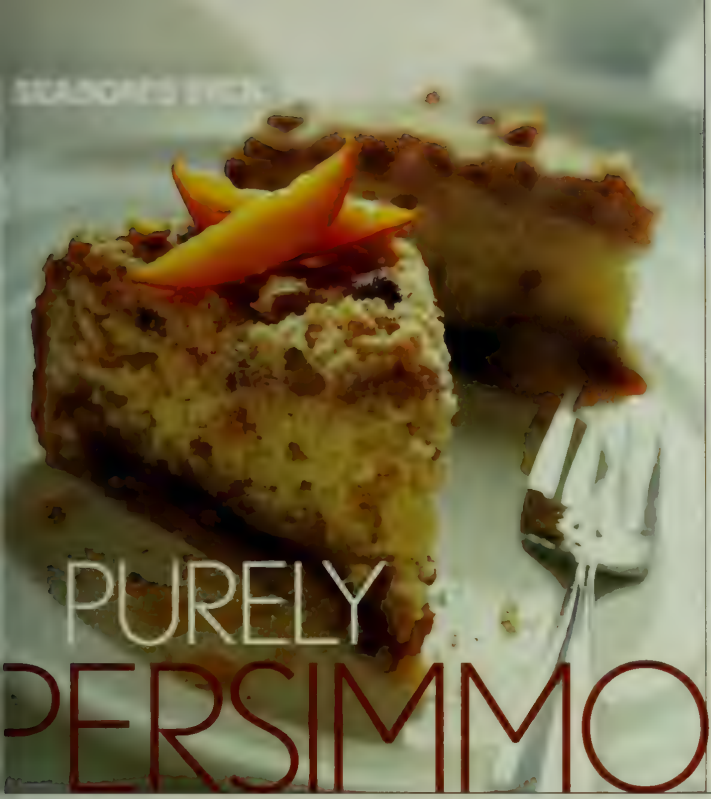


at's all the talk about **vitamin E** and almonds? Well, word is, almonds are eading natural food source of this powerful antioxidant. In fact, just two nces of tasty almonds a day provides 100% of your RDA of vitamin E. s, they're **low in saturated fat*** and **cholesterol free**. So e your nutrition a helping hand – make sure California Almonds are in.

CALIFORNIA almonds are in!

www.AlmondsAreIn.com


Soothing
Fragrant garlic and creamy butter in each and every grain.
Aroma is the gateway to your senses. Unlock the gate...with the soothing scent of fragrant garlic and creamy butter. Take pleasure in the aroma, and taste the natural flavor in UNCLE BEN'S NATURAL SELECT® Garlic & Butter Rice and our other aromatic flavors. Ummm, relaxation. Ummm, delicious.
Uncle Ben's. Satisfy Your Passion for Good Food.™
For inspiring recipes visit us at www.unclebens.com
Uncle Ben's
NATURAL SELECT
Garlic & Butter



PURELY PERSIMMON

THE VARIETIES

The smaller, tomato-shaped Fuyu persimmon is firm when ripe and can be rinsed and eaten out-of-hand, or peeled and sliced into salads. Let the heart-shaped Hachiya ripen until very soft. Its texture makes it best for using in baked goods.





IT'S SAID PERSIMMON SEEDS CAN PREDICT THE WEATHER. IF SO, WE FORESEE SOME GOOD EATIN' THIS FALL.

Persimmon Walnut Sour Cream Coffee Cake

PREP: 45 MINUTES **BAKE:** 1 HOUR

- 1 recipe Walnut Streusel (*below, right*)
- 4 fresh, very ripe Hachiya persimmons* (about 1¾ lb.) or 1 cup applesauce
- 2 cups plus 1 Tbsp. all-purpose flour
- ⅓ cup packed light brown sugar
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ cup butter, softened
- 1 cup granulated sugar
- 1 tsp. vanilla
- 2 eggs
- 1 8-oz. carton dairy sour cream

1. Preheat oven to 350° F. Grease and flour a 9x3-inch springform pan; set aside. Make Walnut Streusel; set aside.
2. Peel persimmons or scrape pulp from peel with a metal spoon. Press persimmons through a coarse single-mesh strainer until you have 1 cup of pulp. In a bowl combine 1 tablespoon of the flour and brown sugar; stir in persimmon pulp or applesauce; set aside.
3. In a medium bowl stir together the remaining 2 cups flour, baking powder, baking soda, and salt; set aside. In a large bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Beat in granulated sugar and vanilla. Add eggs, one at a time, beating after each addition. Add flour mixture and sour cream alternately to beaten mixture, beating just until combined after each addition. (Batter will be stiff.)
4. Spread half the batter into prepared pan, building up a 1-inch rim of batter around edges of pan. Spoon persimmon mixture into center of pan. Carefully spoon remaining batter in small mounds, covering persimmon mixture. Sprinkle Walnut Streusel over batter.
5. Bake for 1 hour or until toothpick inserted into cake near center comes out clean. (Filling will sink somewhat as coffee cake bakes.) Cool in pan on a wire rack for 10 minutes. Loosen and remove sides. Cool completely on wire rack. Makes 12 servings.

WALNUT STREUSEL: In a medium bowl stir together ½ cup all-purpose flour, ½ cup granulated sugar, and ½ teaspoon cinnamon. Cut in ¼ cup butter until mixture resembles coarse crumbs. Stir in ½ cup chopped walnuts; set aside.

***STORE RIPE PERSIMMONS IN THE REFRIGERATOR.** Let persimmons stand at room temperature for about 1 hour before using.

EACH SERVING: 410 cal., 20 g total fat (11 g sat. fat), 77 mg chol., 364 mg sodium, 53 g carbo., 1 g dietary fiber, 5 g protein. Daily Values: 0% vit. A, 10% vit. C, 9% calcium, 10% iron.

BY STEPHEN EXEL PHOTOGRAPHS COLLEEN DUFFLEY
FOOD STYLIST BROOKE LEONARD

Celebrate the Seasons with Thomas Kinkade

His First-ever Collection of *Heirloom Porcelain*™ Monthly Mugs

Certificate of Authenti
and 365-day Guarant

Premiering at only **$9.99** *each*



Shown smaller than actual size of about 4⅛ inches high.

Thomas Kinkade's Joys of the Seasons **mug collection is available for a limited time *only* from Bradford Editions!**

THOMAS KINKADE
Painter of Light

Bring the beloved landscapes of Thomas Kinkade home—now presented for the first time in a mug collection your family can enjoy every day! Featuring wrap-around panoramic scenes on precious *Heirloom Porcelain* mugs, the *Thomas Kinkade's Joys of the Seasons* series begins with "January," "February" and "March." Each mug features a different Thomas Kinkade scene, enhanced with 22K gold and the appropriate title month in golden script. The artist's signature appears on the artwork in rich 22K gold.

Urgent Notice! Given the time-intensive hand-crafting, demand could rapidly exceed availability for these first-ever Kinkade collector mugs. So reserve the collection now, and be one of the select group to get each mug at only $9.99 (sold in sets of 3 for $29.97 plus shipping), backed by our 365-day guarantee. *Your prompt response is critical.* To secure your reservation, send no money now. Just complete and mail the coupon today.

collectiblestoday.com
Home of The Bradford Editions and All Things Collectible

©2002 The Bradford Editions, a division of the Bradford Exchange 87271-BDSP

© 2002 Thomas Kinkade. Media Arts Group, Inc., Morgan H

Please Respond Pro

The Bradford Editions
9303 MILWAUKEE AVENUE NILES, ILLINOIS 6071

YES. Please enter my order for the *Thomas Kinkade* s *of the Seasons Heirloom Porcelain* Mug Collection, begin with "January," "February" and "March." I understand I nee SEND NO MONEY NOW. I will be billed $29.97** (plus $5.9 postage and handling) when my first set of mugs is shippe Subsequent sets in the series will be shipped automatically about every other month, backed by our 365-day guarante

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____ State _____ Zip _____

*Illinois residents add state sales tax Pending credit approval
Please allow 4-6 weeks for delivery

49401 E

Brilliant Legacy of Stained Glass Artistry

Louis Tiffany-inspired *Heirloom Porcelain*® Vase



ord Editions proudly unveils the "Glittering Dragonflies"
om Porcelain Collectible Vase, inspired by the designs of
Comfort Tiffany. Hand-crafted, triple-fired and perfected
uminous platinum plating, this classic vase reflects the
ance of Louis Tiffany's magnificent stained glass nature
s with grace and timeless beauty. The opalescent shimmer
gonfly wings and the rich parade of foliage bring a suffusion
r and dewy luster to the vase. Pewter-toned outlines
te the authentic look of glaziers' lead. The dragonflies'
e set with Swarovski crystals that glisten like dewdrops.
ent Note! Given the time-intensive hand-crafting, demand
rapidly exceed availability. So order now, and be one of
vet group to get this vase for only $39.99 (plus shipping),
d by our 365-day guarantee. *Prompt response is critical.*
o money now. Just complete and mail the coupon.

collectiblestoday.com
Home of The Bradford Editions and All Things Collectible

©2002 The Bradford Editions, a division of the Bradford Exchange 87931-BD

Please Respond Promptly

The Bradford Editions
9303 MILWAUKEE AVENUE NILES, ILLINOIS 60714

YES. Please accept my order for the "Glittering Dragonflies" *Heirloom Porcelain* Collectible Vase. I understand I need SEND NO MONEY NOW. I will be billed $39.99* (plus $5.99 postage and handling) when my vase is shipped.

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____ State _____ Zip _____

*Illinois residents add state sales tax. Pending credit approval
Please allow 4-6 weeks for delivery.

87931-E81201



CELEBRATION ROASTS

HOW TO DRESS A ROAST FOR COMPANY AND MAKE SURE IT'S DONE TO PERFECTION.

BY **STEPHEN EXEL**
PHOTOGRAPHS BY **COLLEEN DUFFLEY**
FOOD STYLING BY **BROOKE LEONARD**

As entertaining season revs up, chances are a favorite roast will be making its appearance at the dinner table. If you're investing time and money in one of these special cuts of meat, you'll want to ensure two things: It's as handsome as can be, and as tasty as it is handsome.

No one can deny the convenience of cooking a roast—the oven does most of the work—but here's some savory advice: Don't wing it. Follow the roasting guidelines on *page 247* using an oven-safe thermometer and you'll achieve spectacular results every time.

To go with that perfect roast, the produce aisle now offers a few new sidekicks for creating an exciting, mouth-watering presentation. That means you can set aside the traditional carrots, onions, and potatoes, if desired.

PORK CROWN RIB ROAST

There's no denying it: This roast is a WOW. Pork roasts are leaner these days, so don't overcook. Place it in a 325° F oven until the juices run clear and the center is pink and juicy. Before serving, fill the center with a favorite cooked bread stuffing sprinkled with red and green apples, then surround it with a barely-simmered compote of dried fruits (try apricots, plums, figs, and raisins) and sage.

BEEF TENDERLOIN ROAST

Make sure that you watch your cooking times with this roast. You'll be cooking at a higher temperature (425° F) than with other roasts. A tenderloin is oh-so-grown-up and elegant, so why not pull out all the stops with equally elegant baby vegetables (here, braised baby cauliflower and pearl carrots with dill), and a classic French sauce, such as peppercorn or bordelaise.





New LAND O LAKES® Fresh Buttery Taste™ Spread.

eal butter taste from the people who know butter best.

LAND O LAKES™

Where simple goodness begins.™

www.landolakes.com



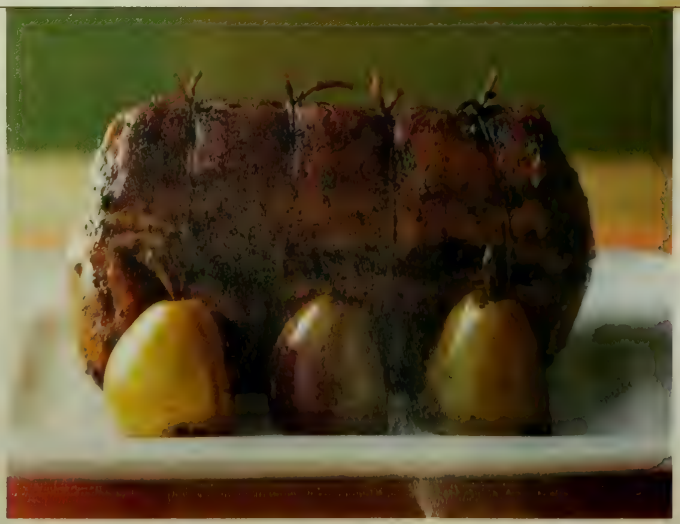
BEEF RIBEYE ROAST

Trim the roast of some, but not all, of its fat, and roast fat side up. As the meat cooks, the fat melts and adds its flavor to both the meat and the pan drippings. The naturally robust flavor of this beef cut finds a happy match with such aromatic root vegetables as sweet potatoes and turnips, most onion family members (including garlic), wild mushrooms, and starchy squashes—all of which sweeten up as they caramelize in the roasting pan to enhance this eternal crowd pleaser.

LEG OF LAMB

Be sure to remove the "fell," or thin outer skin, from the roast before cooking. Lamb benefits from pungent herb or spice rubs. Try caraway, marjoram, oregano, paprika, curry powder, or a mix of several of them. Mint and lamb are perennial partners, but you can liven the relationship by using a fresh mint rub. A Mediterranean medley of steamed baby artichokes, tiny hard-cooked quail eggs, and fresh lemon is an appealing accompaniment.





BONELESS PORK DOUBLE TOP LOIN ROAST

A double top loin is simply two top loins tied together; ask the butcher to do this for you. Cooking two loins this way yields a tender, succulent roast, especially if you rub first with good quality olive oil, then dry mustard and fresh herbs. Pork is a natural match to roasted fruits with firm flesh that can stand up to long-term cooking without getting mushy. These include apples and slightly under-ripe pears, such as the russet-hued Seckel pears that march in parade with this roast.

>> on 246



Our Raspberries 'n' Cream Is Handpicked by Produce-Expert Curtis Aikens.

TASTE WHAT'S OUT THERE.™

With over thirty exquisite tastes,
there's a Millstone coffee that's definitely you.

PREMIUM ARABICA COFFEES

MILLSTONE



VEAL RIB ROAST

"Velvety" best describes the texture of a well-prepared veal roast. You'll probably need to special order this roast from the butcher; be sure to ask for the chine bone (or backbone) to be removed. Veal doesn't need much to help it along: keep it simple and you can't go wrong. Toss on a mass of fresh herbs, such as thyme or basil, or rub it with garlic and olive oil. Spend some energy on a side dish, such as a wonderful wild rice pilaf with dried apricots, cranberries, and pistachios.

ROASTING BASICS

- Preheat oven to the desired temperature. Use meat taken directly from the refrigerator. Place roast, fat side up, on a rack in a shallow roasting pan. Season as desired.
- Insert an oven-safe thermometer into the thickest portion of the roast, not resting on fat or bone. Do not add water. Do not cover.
- Roast meat according to the Roasting Chart (*page 247*), until the thermometer registers "Final Roasting Temperature." For accuracy, double-check the temperature with an instant-read thermometer (to order, see *page 230*).
- As a general rule of thumb, add vegetables and fruits to the roasting pan approximately 30 to 45 minutes before the end of the roasting time.
- Remove the roast from the oven; cover with foil. Let roast stand for 10 to 15 minutes until the temperature reaches the desired degree of doneness. (This allows the roast's juices to stabilize, ensuring it will be tender and juicy.)
- Figure on four servings per pound of meat, or two to three servings per pound for a bone-in roast.





ROASTING CHART

CUT	OVEN TEMPERATURE	WEIGHT	APPROXIMATE ROASTING TIME	FINAL ROASTING TEMPERATURE	FINAL DONENESS AND TEMPERATURE
Pork crown rib roast	325° F	6 to 8 pounds	2½ to 3¼ hours	155°	160° for medium
Boneless pork double top loin roast	325° F	3 to 4 pounds	1½ to 2¼ hours	155°	160° for medium
		4 to 5 pounds	2 to 2½ hours	155°	160° for medium
Beef ribeye roast (boneless)	350° F	3 to 4 pounds	1½ to 1¾ hours	135°	145° medium rare
			1¾ to 2 hours	150°	160° medium
		4 to 6 pounds	1¾ to 2 hours	135°	145° medium rare
			2 to 2½ hours	150°	160° medium
Beef tenderloin roast	425° F	2 to 3 pounds	35 to 40 minutes	135°	145° medium rare
			45 to 50 minutes	150°	160° medium
		4 to 5 pounds	50 to 60 minutes	135°	145° medium rare
			60 to 70 minutes	150°	160° medium
Leg of lamb (whole leg with bone)	325° F	5 to 7 pounds	1¾ to 2¼ hours	140°	145° medium rare
			2¼ to 2¾ hours	155°	160° medium
		7 to 8 pounds	2¼ to 2¾ hours	140°	145° medium rare
			2½ to 3 hours	155°	160° medium
Veal rib roast	325° F	4 to 5 pounds	1½ to 2¼ hours	155°	160° medium

OR INFORMATION ABOUT ROASTING MEAT CUTS NOT LISTED HERE, PLEASE CONTACT THE NATIONAL CATTLEMAN'S BEEF ASSOCIATION AT WWW.BEEFORG OR WWW.VEAL.ORG, HE NATIONAL PORK BOARD AT WWW.OTHERWHITEMEAT.COM; OR THE AMERICAN LAMB COUNCIL AT WWW.LAMBCHEF.COM.

LENOX

Gifts That Celebrate Life.

MORNING SUNSHINE ROOSTER BOWL



Hand painted on glass…complete with wrought-iron stand.

Morning comes. A red rooster crows. And the world is reborn.

Now, acclaimed nature artist Suzanne Clee captures the magic of this moment with the *Morning Sunshine Rooster Bowl.*

Here, red-crested roosters cock their heads and flash their lavish tails in an original work of art. Created exclusively for Lenox, this stunning glass bowl will be hand painted for collectors by skilled artisans, with every detail faithful to Suzanne Clee's original art.

Each art glass bowl will carry a distinctive rooster remarque designed for this work by the artist and bearing her initials. A handsome wrought-iron stand, custom designed to hold this impressive bowl, will be provided for display.

The *Morning Sunshine Rooster Bowl* inaugurates a collection of Lenox® art glass by Suzanne Clee. The price of this imported glass bowl is just $58.50, payable in convenient monthly installments.

To acquire this important Suzanne Clee first issue, please mail your order promptly. Your satisfaction is guaranteed.



Each bowl is painted entirely by hand.

© LENOX, Inc. 2002

Order Form • Please mail by October 31, 2

Hand painted • Important first issue

I wish to acquire the *Morning Sunshine Rooster Bo* be handcrafted for me and painted entirely by hand.

I need send no money now. I will be billed for Lenox glass bowl in three monthly installments of $19.50* each. *My satisfaction is guaranteed.*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State _____ Zip _____

266

Tel. (____) _____ E-mail _____

* Plus $5.98 per bowl for shipping, handling and insurance. Your s will be added.

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, PA 19047-9120

LENOX

Nafia, SWEET ANGEL OF PEACE

A vision from on high portrayed in the richness of Lenox fine china and gold



Sculpture shown smaller than actual size. Height: 9¼"



Ivory china...hand painting...gold accents. This is the look of classic elegance created by Walter Scott Lenox more than a century ago...treasured for generations...and sought after by collectors today.

Her name means gift. And she brings to earth heaven's most precious gift—peace.

This is *Nafia, Sweet Angel of Peace,* an original Lenox® sculpture in Classics style introduced by Walter Scott Lenox over a century ago. This ly spirit appears as if she is floating, her elegant robe swirling about her feet a cloud. In each hand she holds a dove, eternal symbol of the peace she igs to earth.

Crafted in the ivory-bodied china of Lenox, *Nafia, Sweet Angel of Peace* be accented with pure 24 karat gold. Meticulous hand painting captures rich ebony skin tone, the bright brown eyes, and the soft pink lips. The gnificent wings sparkle with a pearlescent shine.

You can acquire this imported sculpture in fine china and gold direct from ox. The price is $150, payable in monthly installments, and no payment is uired with your order. Simply mail your Order Form today.

s at: www.LenoxCollections.com

© LENOX, Inc. 2002

ORDER FORM • Mail by October 31, 2002

I wish to acquire *Nafia, Sweet Angel of Peace* by Lenox, to be crafted of ivory fine china, accented with 24 karat gold and painted by hand.

I need send no money now. I will be billed for my sculpture in ten monthly installments of $15* each. *My satisfaction is guaranteed.*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State ____ Zip _____

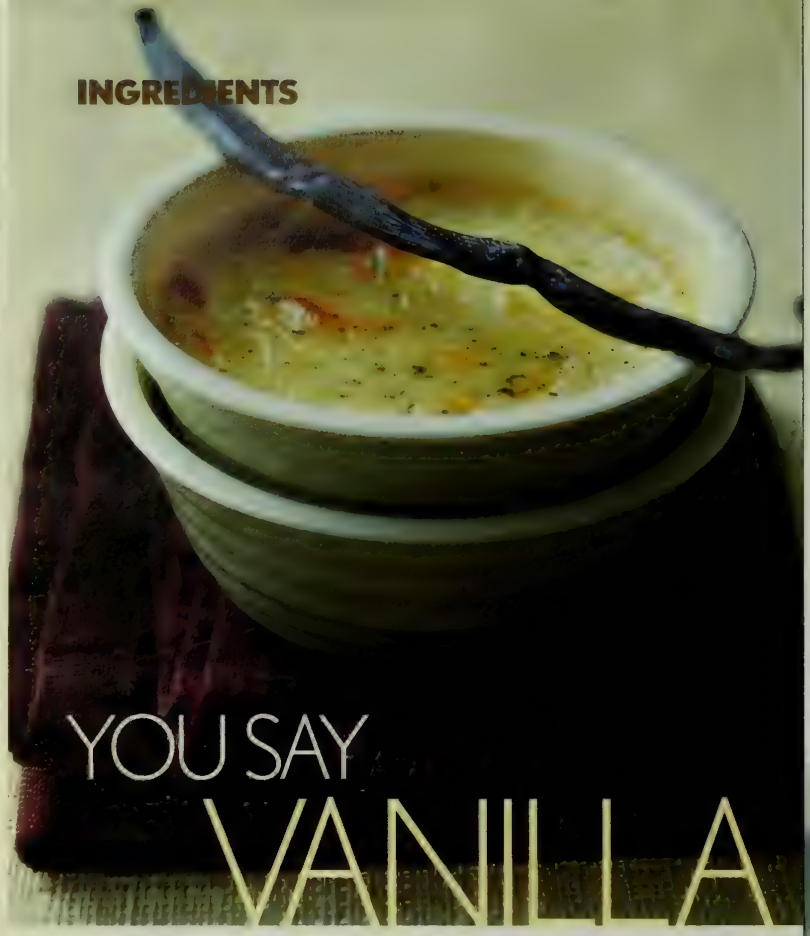
2717916

Telephone (____) _____

E-mail _____

* Plus $6.98 per sculpture for shipping, handling and insurance. Your sales tax will be added.

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, PA 19047-9120



YOU SAY VANILLA

VANILLA IS THE NEW CHOCOLATE. HERE'S HOW TO USE THE REAL BEAN.

Whoever coined the phrase "plain vanilla" obviously didn't know beans—vanilla beans, that is. The fruit of a tropical orchid, vanilla beans have an exotic aroma and a heavenly range of flavor notes.

For everyday cooking, vanilla extract is just fine. But when you want to pin a badge of vanilla authenticity on your cooking, use beans. Half a bean has about as much flavor as one teaspoon of vanilla extract. To use, cut as much of the bean (or seed pod, really) as you'll need, then slit it lengthwise. Scrape the seeds from the pod, and add both to your dish. Save the remainder for future use. Store whole beans in an airtight jar in a cool, dry place.

In the market, look for vanilla beans that are 5 to 7 inches long, a sure sign they've grown to full ripeness. Stay away from partial or cut beans, an indication the bean might have been moldy. The bean should glisten, and be leathery but supple—never dry or brittle.

BY KEN HAEDRICH
PHOTOGRAPHS BY COLLEEN DUFFLEY
FOOD STYLIST BROOKE LEONARD

CREAMY DESSERTS

Using between ½ to a whole bean, scrape the seeds into the milk when making your favorite custard, crème brûlée, and rice pudding.

HOT CEREALS

Add ½ of a bean, split and seeded, to the water or milk when cooking four servings of oatmeal. Remove the bean before serving.

HOT CHOCOLATE

Scrape the seeds from ¼ of a bean into a single serving of hot chocolate. Whip the seeds from an additional ¼ of a bean into whipping cream to top off the chocolate.

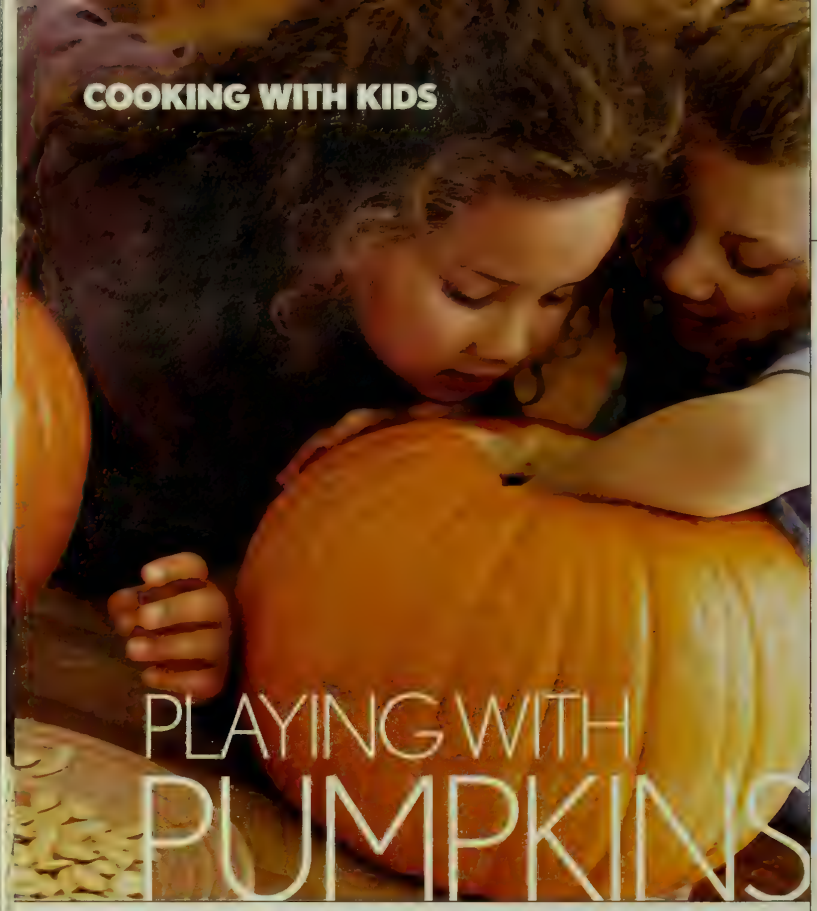




)on't expect Windex® Wipes to do a Clorox® Wipes job.



Windex® Glass & Surface Wipes don't disinfect.
Only Clorox® Disinfecting Wipes have cleaning and disinfecting power from Clorox.



PLAYING WITH PUMPKINS

BY **KEN HAEDRICH** PHOTOGRAPHS BY **COLLEEN DUFFLEY** FOOD STYLIST **BROOKE LEONARD**

It's a pretty safe bet that no vegetable tickles our kids' collective fancy like the pumpkin. Is it any wonder? While kids tend to view most vegetables as something you simply eat—oftentimes with less than relish—the colorful pumpkin is blessed with multiple personalities. In fact, it's literally a seasonal smorgasbord of edible and decorative possibilities.

Of course, a carved pumpkin is the candle-lit symbol of every child's favorite spooky day. But you can use one for a centerpiece or toast the seeds to make a snack. Furthermore, the pumpkin doesn't even take its role as a veggie all that seriously: about the only thing that stands between it and some delicious desserts is a little sugar and spice.

An outdoor picnic table provides an excellent work surface to indulge in a bit of pumpkin fun. Have paper towels standing by to wipe hands; newspapers to catch the scoopings; and a bowl for the seeds, if indeed you plan to toast them. Put on a pot of hot cider, and—if you've got the time—bake a batch of these Pumpkin Chocolate Cheesecake Bars (see recipe on *page 255*). That's right, the pumpkin is not just seasonal porch decor. It's an event.

MORE FUN IDEAS

Just one pumpkin will never do. You'll need several to sample all the fun ways you and your kids can make the most with pumpkins. For instance:

- **Create a centerpiece:** A hollowed pumpkin is a fitting place to tuck a small pot of mums or an arrangement of fresh or dried flowers. For fresh flowers, you can ease a glass of water inside to secretly house the blossoms. A bit of sand in the pumpkin helps stabilize dried flowers.
- **Toast the seeds:** First, separate the seeds from the pulp and gently rinse them to remove pulp and any strings. Drain seeds well. Place in a bowl and toss with about a tablespoon of oil. Spread seeds onto a waxed-paper-lined 15x10x1-inch baking pan. Let stand for 24 to 48 hours or until seeds are dry. Remove the waxed paper from the baking pan. Toast seeds in a 325° F oven for 40 minutes, stirring once or twice. Season to taste with salt.




HEN RANCH TASTES THE WAY IT'S SUPPOSED TO,
IT SHOWS.
Hidden Valley
idden Valley
THE ORIGINAL
Ranch
WE MADE IT FIRST.
WE MADE IT RIGHT.



COOKING
WITH KIDS >> from 252

DO THE PUMPKIN MASH

Not all pumpkins are created equal. Cooking pumpkins weigh, on average, 4 to 7 pounds. When you see them in the market, they're often called "sugar" or "pie" pumpkins.

From a 4- to 4½-pound pie pumpkin you will get about 3½ cups cooked pumpkin puree. Cut pumpkin into large pieces. Remove seeds and strings. Arrange pieces in a single layer, skin side up, in a large shallow baking pan. Cover with foil. Bake in a 375° F oven for 1 to 1½ hours or until tender. Cool. Remove pulp, discarding peel. Place pulp, half at a time, in food processor bowl. Cover and process until smooth, scraping down sides as needed. Line a strainer with a double layer of 100 percent cotton cheesecloth. Transfer pumpkin to strainer; press to remove liquid. Repeat with remaining pulp. Use in recipes calling for cooked pumpkin puree.



Pumpkin Chocolate Cheesecake Bars

These bars are extra special when they're made with your own homemade pumpkin puree. But canned pumpkin also works beautifully for this recipe, and no one is likely to be the wiser.

PREP: 1 HOUR FOR PUMPKIN, PLUS 30 MINUTES **COOK:** 55 MINUTES



Graham Cracker Crust:

- 1¼ cups graham cracker crumbs
- ¼ cup sugar
- ⅓ cup butter, melted

Filling:

- 2 8-oz. pkgs. cream cheese, softened
- 1¾ cups sugar
- 3 large eggs
- 1 cup cooked and pureed fresh pumpkin (see *left*) or canned pumpkin
- ½ tsp. pumpkin pie spice
- ½ tsp. vanilla
- ¼ tsp. salt
- 6 oz. semisweet chocolate, cut up
- 2 Tbsp. butter
- 1¼ cups dairy sour cream
- ¼ cup sugar
- Grated fresh nutmeg

1. Lightly grease a 13x9x2-inch baking pan; set aside. For crust: In a large bowl mix crumbs and sugar. Add melted butter; mix thoroughly. Press evenly in bottom of prepared pan; set aside.

2. Preheat oven to 325° F. For filling: In a large bowl beat together cream cheese and the 1¾ cups sugar. Add the eggs, one at a time, beating at low speed after each addition until just combined. Stir in the fresh or canned pureed pumpkin, spice, vanilla, and salt. Pour 1¼ cups of the filling into a medium bowl. Set both bowls of filling aside.

3. In a small saucepan over very low heat melt the chocolate and the butter, stirring frequently until smooth. Stir melted chocolate into the 1¼ cups of reserved filling. Carefully spread chocolate mixture evenly over crust. Bake 15 minutes. Remove from oven. Slowly and carefully pour remaining pumpkin filling over baked chocolate layer, spreading evenly.

4. Bake for 40 to 45 minutes or until mixture is slightly puffed around edges and just set in center. Remove from oven; cool 30 minutes. Meanwhile, combine sour cream and ¼ cup sugar. Cover; let stand at room temperature while pan cools.

5. Gently spread the sour cream layer over bars. Cool. Refrigerate for several hours or overnight before cutting. Sprinkle lightly with freshly grated nutmeg just before serving. To serve, loosen the edges by moving around the pan with a knife. Makes 24 servings. Keep any remaining bars refrigerated.

NUTRITION FACTS PER SERVING: 256 cal., 16 g total fat (9 g sat. fat), 62 mg chol., 155 mg sodium, 27 g carbo., 1 g fiber, and 3 g pro. Daily Values: 15% vit. A, 1% vit. C, 3% calcium, and 5% iron.

Here's a fresh dinner idea from Hunt's.



Zesty Italian Ziti

Prep: 10 min. **Cook:** 20 min. **Serves:** 6-8

- 1 pound Italian sausage links, cut into 1/2-inch chunks
- 1 medium onion, cut into lengthwise strips
- 2 cans (14.5 oz. ea.) Hunt's® Diced Tomatoes in juice
- 1/4 cup Hunt's® Tomato Paste
- 16 oz. ziti, cooked according to package and kept warm
- 1/2 cup shredded mozzarella cheese

Cook sausage and onion over medium-high heat in large skillet until meat is no longer pink; drain.

Blend in tomatoes and paste; heat through.

Toss with pasta; top with cheese.

For more delicious recipes, visit www.hunts.com



Only the best tomatoes grow up to be Hunt's.

©2002 ConAgra Foods, Inc.
Hunt's is a registered trademark of ConAgra Brands, Inc.

ADVERTISEMENT



Baked Spaghetti

Prep Time: 20 minutes
Cook Time: 45 minutes
Makes: 6 servings

- Reynolds Wrap® Release™ Non-Stick Foil
- 1 package (8 oz.) spaghetti, cooked and drained
- 2 tablespoons butter OR margarine
- 1 cup grated Parmesan cheese, divided
- 1 container (24 oz.) ricotta cheese OR cottage cheese
- 1 pound ground beef
- 1 jar (about 28 oz.) chunky garden-style pasta sauce
- 1 package (8 oz.) shredded Mozzarella cheese

Preheat oven to 400°F. Line a 13x9x2-inch baking pan with Reynolds Wrap Release Non-Stick Foil with non-stick side toward food.

Combine hot cooked spaghetti with butter; stir until butter melts and coats spaghetti. Add 1/2 cup Parmesan cheese; stir to coat. Arrange spaghetti in an even layer in foil-lined pan. Spread ricotta cheese over spaghetti. Sprinkle with 1/4 cup Parmesan cheese. Brown ground beef, drain; add pasta sauce and heat until bubbly. Spoon over cheeses. Top with Mozzarella cheese and remaining Parmesan cheese.

Cover with non-stick foil. Bake 30 minutes. Remove foil cover and continue baking 15 minutes or until cheese is lightly browned. Let stand 10 minutes before serving.

Reynolds Wrap Release NON-STICK

WIN MONEY

ENTER YOUR RECIPE TO WIN MONEY AND PRIZES IN OUR PRIZE TESTED RECIPES® CONTEST (SEE PAGE 259)

Your original recipe could be worth up to $400. Send your recipes (ones that have never before been published) to our Prize Tested Recipes contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

MONTHLY PRIZES:

Two $400 winners, two $200 winners, ten $50 honor rolls

MAY 2003 CATEGORIES:

FRESH FRUIT DESSERTS: We want recipes for any fruit dessert that makes the most of fresh or very lightly cooked fruit. Berry ices, tropical shortcakes with a twist, barely poached fruit, or a new take on Fresh Berries Foster are all welcome. Other ideas could include combinations of chocolate, fruit, and ice cream. We're also looking for unusual tart combinations, as well as fresh fruit pies and cakes that incorporate your favorite berries, citrus, or other fruit.

MOTHER'S DAY ENTRÉES: What do you prepare for Mom's special day? Is it a brunch main dish featuring an updated waffle with an outstanding seafood sauce? Or, perhaps your specialty is a chicken breast wrapped in an herb-flecked dough, then baked and served with a spicy relish? Send us whatever Mom enjoys, whether a crisp mix of spring greens tossed with crab and citrus fruit, or sliced grilled pork loin served alongside grilled herbed vegetables.

THIS MONTH'S WINNERS (PAGES 259-260)

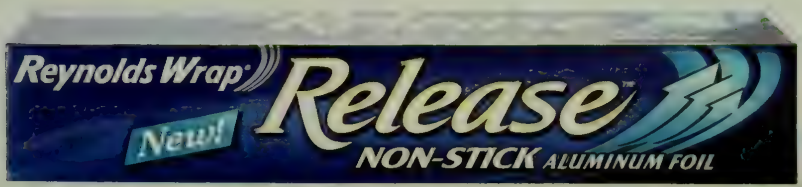
$400 WINNERS: Elizabeth Davis, Notre Dame, Ind.; Debbie Vanni, Libertyville, Ill. **$200 WINNERS:** Kathie Gill, St. Joseph, Mich.; Laurie Robinson, Tonasket, Wash. **$50 HONOR ROLL WINNERS:** Annemarie Brethauer, Columbus, Ohio; Gail V. Geiger, Bloomfield Hills, Mich.; Nancy Le Bel, Houston, Texas; Barbara Lustik, Brecksville, Ohio.; Bettina Marom, Woodland Hills, Calif.; Tamara Kaye Sellman, Bainbridge Island, Wash.; Debra Sependa, Temecula, Calif.; Steve Shapiro, Eugene, Ore.; Lynne M. Waldron, Campbell, Calif.; Julia Whyel, Bellevue, Wash.

CONTEST RULES

NO PURCHASE NECESSARY. 1 THE CONTEST IS OPEN TO LEGAL U.S. RESIDENTS, EXCEPT MEREDITH CORPORATION EMPLOYEES, ITS AFFILIATES, SUBSIDIARIES, AND THEIR IMMEDIATE FAMILIES. 2. WITH EACH ENTRY, CLEARLY PRINT OR TYPE YOUR NAME, ADDRESS, PHONE NUMBER AND RECIPE MARKED "FRESH FRUIT IDEAS" OR "MOTHER'S DAY ENTRÉES." SPECIFY BRANDS AND RECIPE ORIGIN. 3. SEND RECIPES BY POSTAL MAIL TO: 0305 FOOD DEPARTMENT, *BETTER HOMES AND GARDENS*® MAGAZINE, DES MOINES, IA 50309-3023 OR, SEND E-MAIL ENTRIES TO: PTR@MDP.COM. 4. ENTRIES MUST BE POSTMARKED BY OCTOBER 24, 2002, AND RECEIVED BY OCTOBER 31, 2002. E-MAIL ENTRIES MUST BE POSTED BY 11:59 P.M., EDT, OCTOBER 24, 2002. 5. MONTHLY WINNERS WILL BE SELECTED ABOUT 60 DAYS LATER, THEN NOTIFIED BY MAIL. WINNERS MUST SIGN AFFIDAVIT, RELEASE, AND COPYRIGHT ASSIGNMENT. 6. ENTRIES MUST BE YOUR ORIGINAL RECIPES. NO PREVIOUSLY PUBLISHED RECIPES. THEY WILL BE JUDGED ON CREATIVITY, TASTE, AND PRACTICALITY BY *BH&G*® EDITORS. DECISIONS OF JUDGES ARE FINAL. 7. ENTRIES WILL NOT BE RETURNED. ALL COPYRIGHT RIGHTS OF WINNING RECIPES BELONG TO MEREDITH CORPORATION. WE RESERVE THE RIGHT TO ADJUST WINNING RECIPES. 8. ENTRY CONSTITUTES PERMISSION TO USE WINNER'S NAME AND HOMETOWN FOR EDITORIAL AND PROMOTIONAL PURPOSES, EXCEPT WHERE PROHIBITED BY LAW. SEND A SELF-ADDRESSED STAMPED ENVELOPE TO ABOVE ADDRESS TO RECEIVE WINNERS LIST, AVAILABLE SIX MONTHS AFTER ENTRY DEADLINE. 9. MEREDITH CORPORATION ASSUMES NO RESPONSIBILITIES FOR ENTRIES THEY ARE UNABLE TO PROCESS DUE TO PHONE, NETWORK, ELECTRONIC OR COMPUTER HARDWARE OR SOFTWARE FAILURES, OR TECHNICAL FAILURES OF ANY KIND. SUBJECT TO ALL U.S. FEDERAL, STATE, AND LOCAL LAWS AND REGULATIONS. VOID WHERE PROHIBITED. TAXES ON PRIZES ARE THE RESPONSIBILITY OF THE WINNERS.

©2002 Reynolds Consumer Products, A Business of Alcoa Inc





Housekeeping

even gooey lasagna lifts right off.
www.reynoldskitchens.com

Reynolds It's the way you do it


¡Even Our Salads Samba
Fiesta Rice and Shrimp Salad
Everyone loves Goya rice – hot or
as a side or even in a salad! And
it's all dressed up with our
Spanish pimientos and robust
your tastebuds will be dancing too!
1 bottle (8 oz.) clam juice
1 cup water
1 tbsp. Goya Olive Oil
1 pkg. (8 oz.) Goya Fiesta, Mexican or Primavera Rice Mix
1 lb. large shrimp, peeled and deveined
1/2 cup finely diced red onion
1/2 cup diced Goya Fancy Pimientos
8 Goya Manzanilla Spanish Olives Stuf
with Minced Pimientos, sliced
2 tbsp. minced fresh cilantro
1/2 cup vinaigrette salad dressing
Salt and pepper to taste
Lettuce leaves or assorted greens
In saucepan, bring first 3 ingredients t
Stir in rice mix, and cook according to p
directions. Let cool. While rice is cook
separate saucepan, bring 2 quarts water t
Stir in shrimp, return to boil, remove
heat, cover and let sit 5 min. Drai
cool. Combine onion, pimientos.
cilantro and dressing in bowl. Stir in cool
and shrimp. Salt and pepper to taste. S
room temperature over greens. Serves 6
For more ways to feed your passio
Latin cuisine, see your store's
section or www.Goya.com.
GOYA
GOYA
FIESTA RICE
WITH WILD RICE & VEGETABLES
ARROZ FIESTA
GOYA
What A Way To GOY



FETA CUSTARD IN PHYLLO CUPS

DEBBIE VANNI, LIBERTYVILLE, ILL., IN THE CHEESY APPETIZERS CATEGORY, OCTOBER 2002

- 30 1¾-inch baked miniature phyllo shells (two 2.1 oz. pkg.) or Homemade Mini-Phyllo Shells (see recipe, *page 230*)
- 1 4-oz. pkg. crumbled feta cheese
- 1 3-oz. pkg. cream cheese, softened
- 1 egg
- 2 tsp. lemon juice
- 1 tsp. all-purpose flour
- ⅓ cup pitted kalamata olives, chopped
- ½ tsp. dried oregano, crushed
- ½ tsp. olive oil
- ¼ tsp. balsamic vinegar
- 1 clove garlic, minced
- Dash ground cumin
- Dash ground red pepper
- Snipped fresh parsley or snipped fresh oregano

1. Preheat oven to 325° F. Place phyllo shells on a large baking sheet. For custard filling, in a medium mixing bowl combine feta cheese, cream cheese, egg, lemon juice, and flour. Beat with an electric mixer on medium speed until nearly smooth. Spoon mixture evenly into phyllo cups, using a scant 2 teaspoons of mixture for each cup. Bake for 15 to 17 minutes or until shells are lightly brown and crisp.
2. For olive topping, in a small bowl stir together olives, dried oregano, olive oil, balsamic vinegar, garlic, cumin, and red pepper. Sprinkle olive topping evenly over tops of baked custard. Sprinkle each with snipped parsley or oregano. Serve immediately. Makes 30 appetizers.

CLIP AND SAVE RECIPES IN YOUR **BETTER HOMES AND GARDENS®** NEW COOK BOOK



BUTTERNUT SQUASH SALAD

ELIZABETH DAVIS, NOTRE DAME, IND., IN THE FALL SALADS CATEGORY, OCTOBER 2002

- 1 Tbsp. olive oil
- 1 lb. butternut squash, peeled, halved lengthwise, seeded, and cut into ½-inch slices (about 3 cups)
- ¼ cup chicken broth or vegetable broth
- 1 Tbsp. snipped fresh sage or ½ tsp. dried sage, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- 6 cups torn mixed salad greens (such as romaine, arugula, and spinach)
- 1 medium apple, cored and cut into bite-size pieces
- ½ medium red onion, thinly sliced
- 3 Tbsp. balsamic vinegar
- 3 Tbsp. olive oil
- 1 Tbsp. snipped fresh sage or 1 tsp. dried sage, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 oz. goat cheese, crumbled

1. In a large skillet heat the 1 tablespoon oil over medium heat. Add squash; cook for 5 minutes or until squash is golden brown, turning slices occasionally. Add broth, the 1 tablespoon sage, ¼ teaspoon salt, and ¼ teaspoon pepper. Cover and cook 5 minutes longer or until squash is just tender, turning slices once or twice.
2. In a large salad bowl toss greens with apple and onion; set aside. For dressing, in a small bowl combine vinegar, the 3 tablespoons oil, 1 tablespoon sage, ¼ teaspoon salt, and

PRIZE TESTED RECIPES® $200 WINNER



MARINATED BEET SALAD

KATHIE G... ST. JOSEPH, MICH., IN THE FALL SALADS CATEGORY, OCTOBER 2002

- 1 cup chopped, peeled fresh beet (5 oz.)
- 1 cup chopped, peeled fresh turnip (5 oz.)
- 1 cup sliced fresh carrot (2 medium)
- 1 small fresh sweet onion, cut into thin wedges and separated (½ cup)
- ½ cup thinly shredded cabbage
- ⅓ cup olive oil
- ¼ cup lemon juice
- 2 Tbsp. sugar
- 10 to 12 cups torn mixed salad greens
- ¼ cup dried tart cherries
- ¼ cup roasted shelled sunflower seeds

1. In a bowl stir together beet, turnip, carrot, onion, and cabbage. In a small bowl combine oil, lemon juice, sugar, 1 teaspoon salt, and ½ teaspoon pepper. Add to beet mixture; toss to coat. Cover; chill overnight. Let mixture stand at room temperature for 30 minutes before serving. Arrange greens on 6 salad plates. Using a slotted spoon, top greens with beet mixture. Sprinkle with cherries and seeds. Makes 6 servings.

MORE ABOUT RECIPES...

CLIP AND SAVE RECIPES IN YOUR **BETTER HOMES AND GARDENS®** NEW COOK BOOK

PRIZE TESTED RECIPES® $200 WINNER



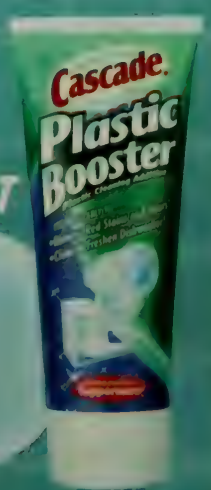
FRUITED CHEESE LOG

LAURIE ROBINSON, TONASKET, WASH., IN THE CHEESY APPETIZERS CATEGORY, OCTOBER 2002

- ½ cup snipped dried apricots
- 8 oz. shredded Monterey Jack cheese (2 cups)
- ½ of an 8-oz. pkg. cream cheese
- 2 Tbsp. orange juice
- ⅓ cup golden raisins, chopped
- ¼ cup pitted whole dates, snipped
- ¼ tsp. salt
- Chopped toasted almonds (optional)
- Assorted crackers and/or apple slices

1. In a small bowl soak apricots in 1 cup hot water for 1 hour or until softened. Drain well; set aside. Meanwhile, place Monterey Jack cheese and cream cheese in a medium bowl and bring to room temperature, about 30 minutes. Add orange juice to cream cheese mixture. Beat mixture with an electric mixer until thoroughly combined. Stir in raisins, dates, apricots, and salt. Divide mixture in half. On a large piece of waxed paper shape one portion of the mixture into a log about 5 inches long. Repeat with remaining portion. Cover and chill for 4 to 24 hours. Roll in nuts before serving, if desired. Serve with assorted crackers and/or apple slices. Makes 32 servings.

DO YOUR LEFTOVERS LEAVE LEFTOVERS?



NEW CASCADE PLASTIC BOOSTER GETS THE STAINS OUT

the first time, you can get rid of nasty red stains and ugly odors left any kind of plasticware. And keep it looking new. Simply fill the -wash cup of your dishwasher with Cascade® Plastic Booster.™ Use with your regular detergent. It penetrates surfaces, so there's only thing left over–clean plasticware. *Eat, drink and be messy.*

QUESTION:

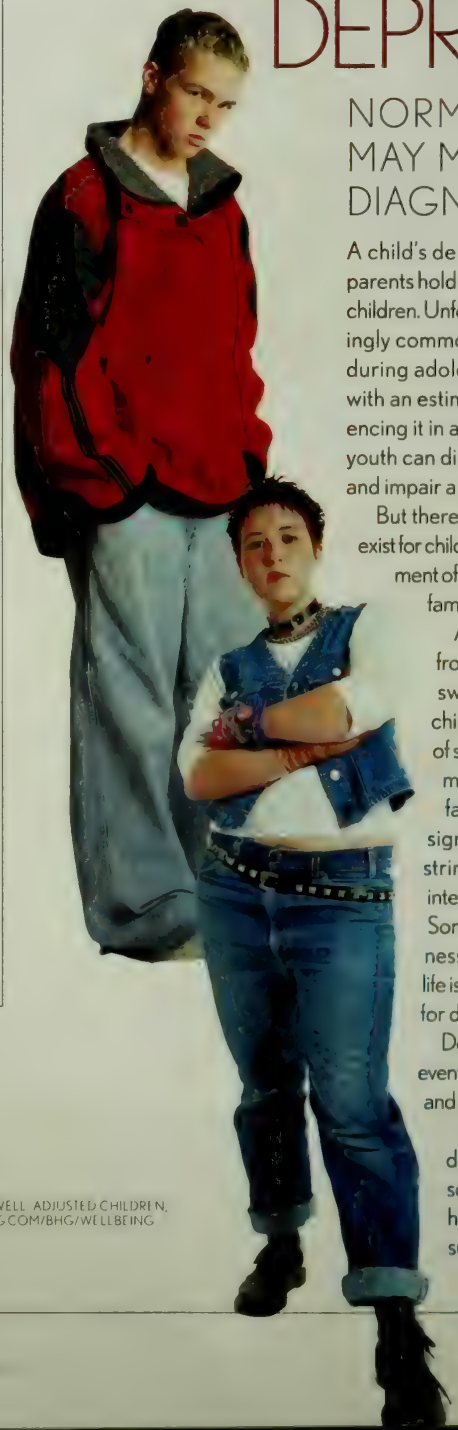
I had the smallpox vaccine as a child. Am I still safe?

ANSWER:

No. Almost everyone vaccinated before the mid-1970s, when smallpox was eradicated, has now lost their immunity. Researchers made this discovery after examining microbiologists in Maryland who received fresh vaccinations between 1994 and 2001 to protect them in their work. Only about 40, or just 6 percent, were still immune from their earlier vaccinations.

CHILDHOOD DEPRESSION

NORMAL MOOD SWINGS MAY MASK THIS HARD-TO-DIAGNOSE DISEASE



A child's depression can strike at the heart of what parents hold most dear—the ability to take care of their children. Unfortunately, childhood depression is increasingly common. This mental illness is more prevalent during adolescence than in the early school years, with an estimated 5 percent of young adults experiencing it in any given year. If untreated, depression in youth can disrupt family life, break down friendships, and impair a child's ability to get work done.

But there is hope. New medications and therapies exist for children and adolescents. Recognition and treatment of the disease, including providing support for families, can enable children to fully recover.

Although depression is not easily sorted out from the normal range of emotions and mood swings of young adulthood, depression in children often is marked by a persistent sense of sadness or a lack of energy. Other changes may include an inability to accomplish tasks, fatigue, excessive weight gain or loss, and significant changes in sleep patterns. Less stringent hygiene, withdrawal from social interactions, and chronic crying are other clues. Some youths experience a sense of hopelessness and loss of control. Some may feel that life is not worth living. The symptoms may persist for days, weeks, and longer.

Depression is often triggered by such significant events as the death of a loved one, parental divorce, and severe medical or learning problems.

If you suspect that a family member has depression, seek help from a pediatrician, school counselor, religious leader, or mental health professional. If your child talks about suicide, get professional help immediately.

DR. WILLIAM BEARDSLEE

MORE ABOUT RAISING WELL ADJUSTED CHILDREN, WWW.BHG.COM/BHG/WELLBEING



"When I have a cold sore, I feel like that's all people are looking at."

abbreviate cold sores

abbreviate

abreviate

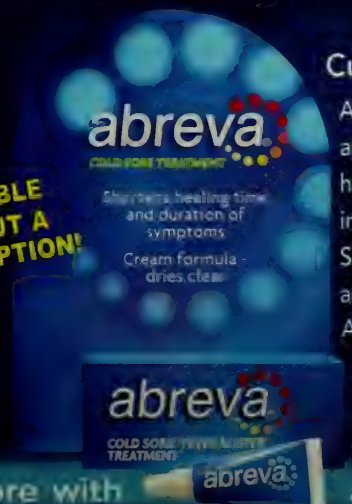
abreviate

abreviat

abrevia

abreva

with abreva®



AVAILABLE WITHOUT A PRESCRIPTION!

Cut cold sore healing time in half.[1]

Abreva® is the only non-prescription medicine approved by the FDA to actually shorten healing time. Abreva helps stop the cold sore infection from invading healthy cells.[2]

So use Abreva at the first sign of a cold sore and cut healing time in half.

Ask your pharmacist or dentist about Abreva, or visit **www.abreva.com** for more information and a money-saving coupon.

breviate your cold sore with abreva® and cut healing time in half.

©2002 GlaxoSmithKline [1]On average versus untreated outbreaks [2]based on laboratory studies



PAMPER YOUR FEET—SAFELY

Pedicures offer sole-soothing relaxation, but poor hygiene and unsafe practices at some nail salons can put you at risk for serious infections. Recently, more than 100 women were infected with bacteria in a California salon that left painful feet and leg sores, some of which caused permanent scarring. The source of the infection? A whirlpool that customers used for soaking their feet was contaminated. The key to a safe pedicure is knowing where to go. "It's wonderful to have your feet pampered as long as you go to a place that maintains certain standards," says Dr. Robin Ross, a podiatrist in Southold, New York. That means going to a salon that employs only licensed technicians who never use a sharp tool, such as a blade, to scrape the feet—only a pumice stone or emery board. To ensure that the right equipment is used at your nail salon, the American Podiatric Medical Association recommends bringing your own equipment. If problems develop after visiting a nail salon, see a doctor.

—ELAINE COOPER, R.N.

Buzz

FEMALE VIAGRA ON ITS WAY?

Pharmaceutical manufacturer Pfizer Inc., maker of Viagra—the much-heralded drug used to treat male impotence—says a female version of Viagra is currently in clinical trials and progressing well. If successful, the new "little blue pill" will improve a woman's sexual response by increasing blood flow to the genitals.

HAVE A CUP OR TWO

It seems appropriate that a study on tea and its medicinal benefits should originate in Boston, home of the original "Tea Party." The research, conducted in the 1990s by several Boston-area physicians and published in *Circulation: The Journal of the American Heart Association*, involved 1,900 patients over a period of four years. The conclusion was that moderate tea drinkers—those who consumed about two cups of black tea per day—had a 28 percent lower death rate than nondrinkers in the study.

The likely reason? Tea contains flavonoids—antioxidants thought to prevent cardiovascular diseases.

So should non-tea drinkers with heart disease indulge the habit? Not necessarily. Heart disease is complex and not fully understood, making it difficult to draw permanent conclusions based on the tea study.

"It's not clear whether it was the tea or another characteristic of tea drinkers that is actually causing the effect," says Alice H. Lichtenstein, vice chairman of the American Heart Association's nutrition committee and a Tufts University nutrition professor.

Nevertheless, the results are encouraging. So go ahead and brew up a pot of Darjeeling or Earl Grey for the simple pleasure of it, and savor the moment.




no says you can't
have an ageless smile?
Crest
REJUVENATING EFFECTS
STRENGTHENS ENAMEL
with fluoride to fight cavities
WHITENS TEETH
REFRESHES GUMS
with a tingly sensation
Rejuvenating Effects helps keep
ile looking and feeling younger, longer.
rest-RE.com

rom
eaters®:
n Vegetable
& Southwestern



Real Eggs.
Real Vegetables.
Real Tasty.

Introducing two delicious and easy ways to enjoy the healthy side of eggs. Egg Beaters® Garden Vegetable and Southwestern have all the goodness of real eggs, real vegetables and special seasonings. So you get all the taste without the cholesterol and fat in two delicious new flavors.

egg beaters®
taste the healthy side of eggs

©2006 Con Agra Foods, Inc. Egg Beaters® is a registered trademark of Con Agra Brands, Inc. www.eggbeaters.com



BREAKING THE SOUND BARRIER

So you think a chronic snorer in your bedroom is a disaster? For the United States government, it's a matter of national security. A snoring soldier hiding behind enemy lines could be a dead giveaway. Snoring also makes life miserable on a submarine—a shipmate who saws logs may disrupt the alertness and efficiency of other crew members. Two military doctors have come to the rescue. They have developed an anti-snoring solution called injection snoreplasty, says Dr. Kathleen Yaremchuk, a member of the American Academy of Otolaryngology board of governors.

Injection snoreplasty—now being performed on civilians across the country—involves the injection of a chemical agent (similar to one used to treat varicose veins) into the back of the mouth just above the uvula—that little flap of skin that hangs down the back of the throat. The injection causes a burn that stiffens the tissue, which usually prevents snoring, Dr. Yaremchuk says. The surgery is often effective after only one application and takes just 20 minutes. Some patients experience a temporary sore throat, but pain medication seems to take care of most discomfort. It's still not known if the effect of injections is permanent or if the procedure needs to be repeated to maintain the sounds of silence.

CAR SEAT SAFETY

With so many car models and types of child safety seats available, it can be difficult to know if you've properly secured your child's seat. To make sure, call 866/732-8243 for the location of the nearest free safety check. Advisers there will help you determine whether your child's seat is snug and safe.



They taste like real eggs, because they are real eggs.

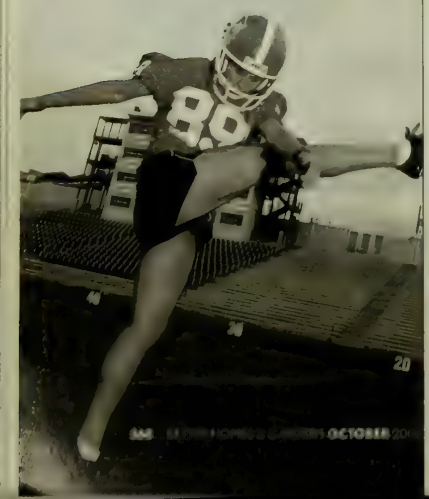
It's no surprise Egg Beaters® has all the great taste of eggs. After all, they are real eggs. So you get all the taste, without the cholesterol and fat. Guaranteed. If you're looking for a healthier egg, get crackin'.

egg beaters®
taste the healthy side of eggs

©2002 ConAgra Foods, Inc. Egg Beaters is a registered trademark of ConAgra Brands, Inc. www.eggbeaters.com







YOU GO GIRL!

MEET THREE WOMEN ATHLETES WHOSE SUCCESSES ARE A MESSAGE TO OUR DAUGHTERS: YES, YOU CAN!

Light the candles. This is the 30th anniversary of the level playing field for women.

Fans of sports and equality are still celebrating the 1972 passage of Title IX, a landmark federal law prohibiting discrimination against girls and women in federally funded education, including athletic programs. Before Title IX, less than 300,000 girls played high school sports; the number is now 2.7 million, according to the National Federation of State High School Associations.

To celebrate the anniversary, we spoke with three accomplished women who have made their marks not only in athletics, but in the totality of their lives. We hope their stories will help inspire even more girls, their mothers, and all women to get onto the playing field. The athletes are:

Ashley Martin, who plays soccer and is a football placekicker for Jacksonville State University in Alabama. She is the first woman to score in a Division I football game, when she kicked three extra points in a game last season. She is a senior at the university studying psychology and English.

Debi Thomas, the 1988 Olympic bronze medalist in women's figure skating—the first African American to win a medal in the Winter Games. Now married and the mother of a 5-year-old son, Luc, Thomas is nearing completion of her medical residency in orthopedic surgery.

Val Ackerman, who helped found the Women's National Basketball Association in 1997 and is now its president. She played basketball for the University of Virginia and spent one season as a professional in France.

BY **BECKY MOLLENKAMP**

©2022 Orange Glo International, Inc.

HELPING TEENS COVER UP OUSE PARTIES SINCE 1992.



Clean™ attacks stains on carpet and upholstery, and lifts
out like magic. It's color safe, too, so it won't damage
cs the way chlorine bleach will. As a parent, you may
already seen it in action. Whether you know it or not.

Millions believe for a reason.™


Secret
Nervous? Keep it Secret.

YOU GO GIRL >> from 268

SPORTS FOR LIFE

There is no magic pill that can guarantee your daughter a lifetime of healthy habits and attitudes. Encourage her to play sports, however, and there's an excellent probability she'll gain the confidence and skills that exert a positive influence on her entire life.

Studies by such organizations as the Melpomene Institute and the Women's Sports Foundation have shown that regular activity reduces risk for obesity, osteoporosis, eating disorders, and depression.

"Sports are very healthful," says Ackerman. "Part of overall wellness is being physically fit, and sports can certainly improve health in a way that's lifelong."

Thomas says her good fitness habits paid off during pregnancy. Childbirth was easier, she says, and she returned to her pre-birth weight soon after Luc was born.

Team sports also teach skills, such as leadership and discipline, which Martin says carry over to her studies as a psychology and English major.

"In sports and life there are things that you do not want to do, or that you do not have time to do, but with discipline and time management, you'll surprise yourself at the things you can accomplish," she says.

These skills transfer into adulthood. This was demonstrated by a 2002 survey, commissioned by Oppenheimer Funds, which found that 81 percent of 401 top female executives played team sports growing up.

As a college athlete turned CEO, Ackerman knows how difficult it can be to balance athletics, work, and a social life. She performs circuslike feats in balancing her current roles of wife, mother, and boss.

"When you have to go from practice to class you get good at juggling your time. That certainly applies now in having to juggle work and family," Ackerman says.



GET INTO THE GAME

Given the benefits of sports, how does a mother get her daughter interested? Ackerman says parents can find out what opportunities are available in their area and then encourage their daughter to try them out.

Parents play a crucial role in motivating girls to be active. Parental encouragement in almost any form—showing up at practice or cheering at a game—is associated with higher levels of physical activity among girls. >> on 272

KICKER FOR THE JACKSONVILLE STATE UNIVERSITY GAMECOCKS

ASHLEY MARTIN

NAMED PROM QUEEN BY HER HIGH SCHOOL CLASSMATES, MARTIN (*ABOVE, AT RIGHT*) IS NOW A STAR OF WOMEN'S SOCCER AND FOOTBALL, FORMERLY MALES-ONLY, AT HER UNIVERSITY.

Introducing:

A new clear gel from Secret.



It's stronger than the leading clear gel, goes on invisibly and activates instantly. So you'll keep your cool even if your specialty doesn't.

Keep it clear.

Keep it Secret.

YOU GO GIRL >> from 271

"Parents should be a part of everything, not just going to the games," Ackerman says. "Kids may need extra motivation because sports can be scary at first. Parents need to be very encouraging."

Ackerman's daughters, ages 7 and 9, have learned socialization skills, discipline, and goal setting by playing team soccer. "They have a great time, even if they lose," she says.

Getting children into sports while they're young will help them view athletics as a part of life, not a chore. While attending the 2002 Winter Olympics, Thomas and her husband, Chris Bequette, took their son skiing for the first time (he was a natural). Super-athlete Martin wanted to play soccer at age 5. Her parents put her on a team, igniting in their daughter a true passion for sports. In high school, she lettered in five sports—soccer, track, basketball, softball, and, with the boys, football.

"My mother and father have always been supportive of any endeavor that my brother, sister, or I have attempted," Martin says. "Love, support, and encouragement are the greatest gifts any family can give to a child."

Make sports a family activity. Everyone will get both the health benefits and the joy of quality time spent together. Most important, mothers can motivate their daughters by modeling athleticism themselves.



1988 U.S. OLYMPIC BRONZE MEDALIST

DEBI THOMAS

A BABYSITTER ONCE TOLD THOMAS SHE WOULD NEVER BE A DOCTOR BECAUSE SHE IS FEMALE. SHE IS NOW A RESIDENT IN ORTHOPEDIC SURGERY AT A LOS ANGELES HOSPITAL.



PRESIDENT OF THE WNBA

VAL ACKERMAN

A STAR ATHLETE IN COLLEGE, ACKERMAN WAS ALSO AN ACE STUDENT–A TWO-TIME ACADEMIC ALL-AMERICAN. SHE LATER RECEIVED HER LAW DEGREE FROM UCLA SCHOOL OF LAW.

SPORTS ARE FOR EVERYONE

Being athletic doesn't have to mean picking up a basketball or long days spent on the soccer field. Find an activity that's just right for you.

"Even if I hadn't gone on to compete in figure skating, I knew from the start that it would always be an important part of my life," Thomas says. "On the ice, I love feeling the wind in my face, and the speed, power, and strength that skating provides."

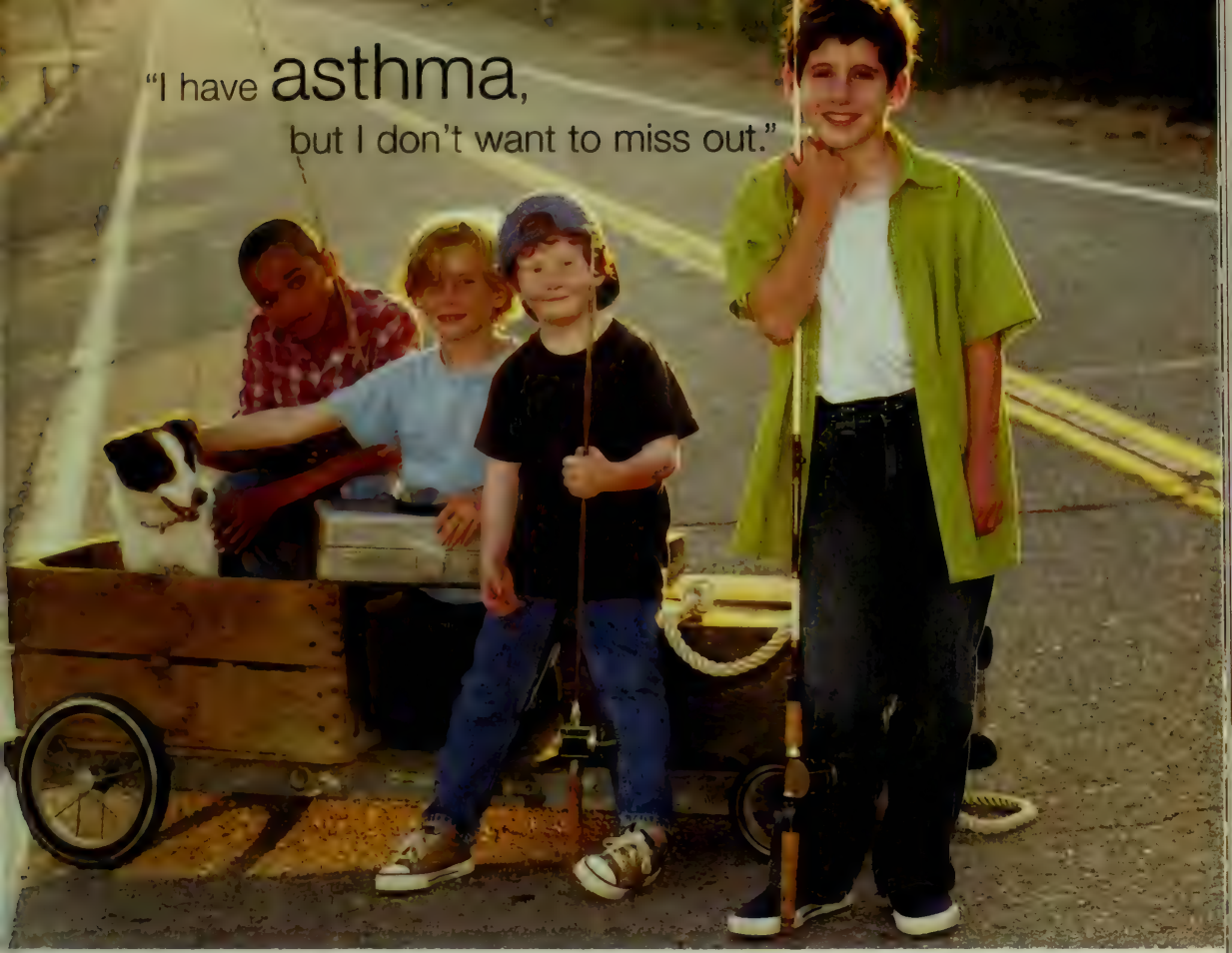
Perhaps your calling is biking, in-line skating, golfing, or swimming. Whatever you choose, women have the opportunity to participate in a whole host of school sports that weren't available to them a few decades ago.

When Ackerman entered the University of Virginia in 1977, there was only one scholarship for the entire women's basketball program, so she and a teammate were forced to split it. Thanks to Title IX, every player on the University of Virginia women's basketball team now receives a full athletic scholarship.

"I credit Title IX for opening many doors for women in sports—including for me—and I'm proud that the WNBA has become yet another barometer for how far women have advanced in our culture," Ackerman says.

You go, girl.

PHOTOGRAPHS PAGE 268: VIRGINIA ATHLETIC MEDIA RELATIONS; JERRY WACHTER. DEBORAH WHITLAW PHOTOGRAPHER PAGE 271: DEBORAH WHITLAW PHOTOGRAPHS. PAGE 272: TOM MCWILLIAM, MICHAEL GARLAND



GULAIR can help you control your child's asthma.

GULAIR is different from many daily inhaled con-ers. It's not a steroid and it's a once-a-day cherry wable tablet that can help control your child's asthma full 24 hours.

GULAIR helps keep the airways open to make breathing er. It's also been shown to reduce reliance on rescue ications.

GULAIR should NOT be used for the fast relief of e asthma attacks or to prevent or treat asthma ie worse by exercise. Your child should still have ue medication available. Your child should continue to their other asthma medications unless their doctor you to stop. SINGULAIR should be taken once a day, e evening as prescribed, whether or not your child has asthma symptoms. If symptoms get worse or they need to increase the use of their rescue inhaler, call their doctor at once.

In clinical studies, side effects were usually mild, and included headache, flu, runny nose, and ear infection, and generally did not stop patients from taking SINGULAIR. Side effects varied by age.

SINGULAIR is available in a 4-mg cherry chewable tablet for children 2–5 and a 5-mg cherry chewable tablet for children 6–14. It's also available in a 10-mg tablet for adults. SINGULAIR is available by prescription only.

Ask your child's doctor about adding once-a-day SINGULAIR.

And call 1-888-MERCK-57. Or visit our website at **singulair.com/kids**

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)

Asthma control that can help you breathe easier.

Please see the Patient Product Information on the next page and discuss it with your doctor.

SINGULAIR is a registered trademark of Merck & Co., Inc.

MERCK

©2002 Merck & Co., Inc. All rights reserved
20202645(1)(210)-SNG

SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets
Patient Information about
SINGULAIR® (SING-u-lair)
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR® Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

What is SINGULAIR®?

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
  1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
  2. A 5-mg chewable tablet (for children ages 6-14).
  3. A 4-mg chewable tablet (for children ages 2-5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

What is asthma?

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
  - coughing
  - wheezing
  - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- If you are breast-feeding. SINGULAIR may be passed in your milk to your baby.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

How should I take SINGULAIR?

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- You may take SINGULAIR with or without food.
- Children who are prescribed SINGULAIR should take it under the supervision of an adult.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- **Do NOT take SINGULAIR to stop an asthma attack.** If an attack occurs, follow the instructions your doctor gave you for asthma attacks.
- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not lower the dose of any of your asthma medicines unless you are told to do so by your doctor. Your doctor may decide to reduce the amount you use of your current asthma medicine.
- If your asthma is made worse by exercise, continue to use the medicines your doctor prescribed for you to use before exercise, unless your doctor tells you otherwise. Always have your inhaled rescue medicine for asthma attacks with you in case you need it.

The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. The dose for children 2 to 5 years old is one 4-mg chewable tablet daily.

What should I avoid while taking SINGULAIR?

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medication).

The list below is NOT a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness
fever
abdominal (stomach) pain
stomach or intestinal upset (gastroenteritis)
heartburn
dizziness
headache
rash
cough
flu
stuffy nose

Less common side effects included the following

- allergic reactions including:
  - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
  - hives
  - itching
- bad/vivid dreams
- hallucinations
- irritability
- restlessness
- insomnia
- seizures
- nausea
- vomiting
- dyspepsia
- diarrhea
- pancreatitis
- muscle aches and muscle cramps
- increased bleeding tendency
- bruising
- edema

Rarely, patients taking SINGULAIR have e
rienced a condition that includes a combi
tion of certain symptoms that do not go a
or that get worse. These symptoms may in

- a flu-like illness
- rash
- a feeling of pins and needles or nu
ness of arms or legs
- severe inflammation (pain and swe
of the sinuses (sinusitis)

These have occurred usually, but not alwa
patients who were taking oral corticosterc
pills for asthma and those corticosteroids
being slowly lowered or stopped. Althoug
SINGULAIR has not been shown to cause
condition, you must tell your doctor right
if you develop one or more of these symp

Remember, anytime you have a medical
problem you think may be related to SINGULAIR, talk to your doctor.

Other Information

Do not share SINGULAIR with anyone el
was prescribed only for you. Do not use
a condition for which it was not prescrib

Keep SINGULAIR and all medicines out
reach of children.

Phenylketonurics: SINGULAIR 4-mg and
chewable tablets contain 0.674 and 0.84
phenylalanine, respectively.

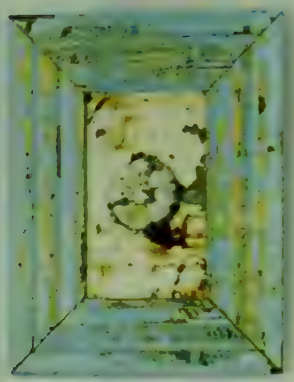
This leaflet provides a summary of infor
tion about SINGULAIR. If you have any
tions or concerns about either SINGULA
asthma, talk to your doctor. In addition,
can talk to your pharmacist or other hea
care provider. Your doctor or pharmacis
give you an additional leaflet that is writ
health professionals.

Inactive ingredients:
4-mg and 5-mg chewable tablets: mann
microcrystalline cellulose, hydroxypropy
cellulose, red ferric oxide, croscarmello
sodium, cherry flavor, aspartame, and
magnesium stearate.
10-mg tablet: microcrystalline cellulose,
lactose monohydrate, croscarmellose s
hydroxypropyl cellulose, magnesium st
hydroxypropyl methylcellulose, titaniun
dioxide, red ferric oxide, yellow ferric o
and carnauba wax.

Issued Aug
MERCK & C
Whitehouse Station, NJ 088
2020645(1)(21

® Registered trademark of MERCK & CO., Inc.
COPYRIGHT © MERCK & CO., Inc., 1998
All rights reserved

for your love affair with new country







free year!

Country Home® Magazine is the most popular resource for inspiration and information on country decorating. Every issue brings you the most current directions and forward-looking trends that showcase new expressions of this increasingly diverse style.

free-year certificate

Get 2 years for the regular price of 1 – only $17.97

Please print

Name

Address Apt. #

City State Zip

send no money mail today!

Mail to:
Country Home Magazine • P.O. Box 37244 • Boone, IA 50037-0244
or call toll free 1.800.374.9431

For each subscription outside the U.S., add $20 (plus 7% GST or 15% HST in Canada). First issue mails in 6–8 weeks. Savings based on $4.95 newsstand price.

JH2S11CHH



A strong CENTER

FOR A HEALTHY AND ENERGETIC YOU, FITNESS STARTS WITH YOUR TUMMY AND THESE EXERCISES.

Nothing shows off a fit body like a sleek, flat stomach. It's sexy, an eternal symbol of youth—and just think of the clothes you will be wearing.

But there's more to tightening your tummy than fitting into your clothes. Strong abdominal muscles are the body's central powerhouse, says Karen Voight, a fitness expert based in Los Angeles. "When you have a good, stable center, every movement you do with your arms and legs is more efficient," she says.

Strong abs act as your body's natural corset, keeping vital organs in the right position and lifting the diaphragm, which makes breathing easier. They stabilize the spine, so your body stays in correct alignment no matter what you are doing.

BY **DEBBE GEIGER** PHOTOGRAPHS BY **COLLEEN DUFFLEY**

The Eczema Beast™

takes a little trip



teroid-free Protopic gives moderate to severe eczema the treatment it deserves

gh there's no cure, Protopic is strong to manage the Eczema Beast for atients. Yet, it may even be used on e, neck, and hands of a 2 year old.

c prescription ointment is used ort or repeated treatments for who don't respond well to or who ave side effects with traditional ents. It's prescribed for adults in trations of 0.1% and 0.03% and ldren, aged 2 to 15 years, in 3% concentration only. Although al results may vary, many people see improvement after the first few weeks of treatment.

The most common side effects are stinging, burning, or itching, which generally occur early in treatment and typically lessen as skin heals. Protopic may be associated with an increased risk of certain skin infections. When using Protopic, avoid direct sunlight, tanning salons, and phototherapy, and don't cover the skin being treated with bandages, dressings, or wraps.

Enjoy the trip, Eczema Beast.

Please see important product information on the next page. Only your doctor can weigh the risks and benefits and decide if Protopic is right for you.

dramatically *different*

Protopic® (tacrolimus) Ointment 0.03%* 0.1%*

Ask your doctor about steroid-free Protopic, or for more information call 1-800-774-8426 or visit protopic.com

©2002 Fujisawa Healthcare, Inc. CPT119 08/02

Fujisawa
45670/Issued: December 2000

PATIENT INFORMATION ABOUT

Protopic®
(tacrolimus)
Ointment

Read this important information before you start using PROTOPIC [pro-TOP-ik] Ointment and each time you refill your prescription. There may be new information. This summary is not meant to take the place of your doctor's advice.

What Is PROTOPIC?
PROTOPIC Ointment is a prescription medicine that is used to treat eczema (atopic dermatitis). It is for adults and children age 2 years and older. You can use PROTOPIC for short or intermittent long periods of treatment. Intermittent means starting and stopping repeatedly, as directed by your doctor. You can use it on all affected areas of your skin, including your face and neck.

Who should not use PROTOPIC?
Do not use PROTOPIC if you are

- breastfeeding
- allergic to PROTOPIC Ointment or any of its ingredients. The active ingredient is tacrolimus. Ask your doctor or pharmacist about the inactive ingredients.

Before you start using PROTOPIC, tell your doctor if you are:

- using **any** other prescription medicines, non-prescription (over-the-counter) medicines, or supplements
- receiving any form of light therapy (phototherapy, UVA or UVB) on your skin
- using any other type of skin product
- pregnant or planning to become pregnant

How Do I Use PROTOPIC?
Use PROTOPIC only to treat eczema that has been diagnosed by a doctor.

- Wash your hands before using PROTOPIC.
- Apply a thin layer of PROTOPIC to all skin areas that your doctor has diagnosed as eczema. Try to cover the affected areas completely. Most people find that a pea-sized amount squeezed from the tube covers an area about the size of a two-inch circle (approximately the size of a silver dollar).
- Apply the ointment twice a day, about 12 hours apart.
- Before applying PROTOPIC Ointment after a bath or shower, be sure your skin is completely dry.
- Do not cover the skin being treated with bandages, dressings or wraps. Unless otherwise instructed by your doctor, do not apply another type of skin product on top of PROTOPIC Ointment. However, you can wear normal clothing.
- Do not bathe, shower or swim right after applying PROTOPIC. This could wash off the ointment.
- If you are a caregiver applying PROTOPIC Ointment to a patient, or if you are a patient and are **not** treating your hands, wash your hands with soap and water after applying PROTOPIC. This should remove any ointment left on the hands.
- Use PROTOPIC only on your skin. Do **not** swallow PROTOPIC.

Because 2 strengths of PROTOPIC are available for adult patients, your doctor will decide what strength of PROTOPIC Ointment is best for you.

Many people notice that their skin starts to improve after the first few weeks of treatment. Even though your skin looks and feels better, it is important to keep using PROTOPIC as instructed by your doctor.

If you do not notice an improvement in your eczema or if your eczema gets worse within the first few weeks of treatment, tell your doctor.

What Should I Avoid While Using PROTOPIC?

- Avoid sunlight and sun lamps, tanning beds, and treatment with UVA or UVB light. If you need to be outdoors after applying PROTOPIC, wear loose fitting clothing that protects the treated area from the sun. In addition, ask your doctor what other type of protection from the sun you should use.

- Check with your doctor or pharmacist before you
  - start taking any new medicines while using PROTOPIC.
  - Start using any other ointment, lotions, or creams on your skin.

What Are The Possible Side Effects of PROTOPIC?
The most common side effects of PROTOPIC are stinging, soreness, a burning feeling, or itching of the skin treated with PROTOPIC. These side effects are usually mild to moderate are most common during the first few days of treatment, and typically lessen if your skin heals.

Less common side effects include acne, swollen or infected hair follicles, headache, increased sensitivity of the skin to hot or cold temperatures, or flu-like symptoms [common cold and congestion (stuffy nose)]. Some people may get skin tingling, upset stomach, herpes zoster (chicken pox or shingles), or muscle pain. While you are using PROTOPIC, drinking alcohol may cause the skin or face to become flushed or red and feel hot. Call your doctor if side effects continue or become a problem.

How Should I Store PROTOPIC?
Store PROTOPIC at room temperature (59° to 86°F). For instance, never leave PROTOPIC in your car in cold or hot weather. Make sure the cap on the tube is tightly closed. Keep PROTOPIC out of the reach of children.

General Advice about Prescription Medicines
Do not use PROTOPIC for a condition for which it was not prescribed. If you have any concerns about PROTOPIC, ask your doctor. Your doctor or pharmacist can give you information about PROTOPIC that was written for health care professionals. For more information, you can also visit the Fujisawa Internet site at www.fujisawa.com or call the PROTOPIC Help Line at 1-800-727-7003.

Fujisawa Healthcare, Inc.
Deerfield, IL 60015
www.fujisawa.com

45670
Issued. December 2000

REVERSE CRUNCH

Start with back flat on floor, legs elevated, and hands extended overhead. During crunch, keep upper arms against ears. Lift only until shoulder blades are off the floor. Repeat.





BICYCLE MANEUVER

Place hands behind neck; bring one knee to chest while raising opposite shoulder. Don't use elbow to pull forward. Keep feet off the floor. Alternate, left and right.









CRUNCHES ON EXERCISE BALL

Shoulder blades and upper back rest on the ball. With fingertips behind head, slowly bring ribs toward hips. Hold contraction. Lower slowly; then repeat.

A strong stomach also lengthens your torso and improves posture and balance, Voight says.

Since a stomach is one of the body's favorite places to store excess fat, a flabby tummy is a common complaint among women. Age and pregnancy don't help, either.

Peter Francis, Ph.D., director of the biomechanics laboratory at San Diego State University, says as little as 5 minutes of daily exercise can strengthen your midsection. Stomach crunches that combine twisting, bending, flattening, and compressing are a good abdominal workout.

For a fresh twist on sit-ups that won't hurt your lower back, consider using an exercise, or stability, ball. About 2½ feet in diameter, the ball is comfortable and supports the back.

An exercise ball prods you to work harder because you can bring your feet closer together, Francis says. This positioning helps in the toning of the oblique muscles, the muscles that let you twist side to side. The balls sell for around $20.

But exercise alone won't flatten your stomach. You also need to eat a low-fat diet and lose any extra pounds.

"You can have the best abs in the world, but if you have pounds of fat on top of these muscles, you'll never have a flat stomach," Francis says.



"I found a better way to experience intimate cleansing...

(and it fits in my purse)."

Vagisil™

FOAMING WASH



I like that it gently *cleanses* away *wetness* and *odor*.
I like that it needs *no water* or *rinsing*, just toilet tissue.
I like that it *fits in my purse*, I can feel *fresh anywhere*.

Trust Vagisil A better understanding of better intimate care.™ vagisil.com

advertisement

Building was Never Easier!



Because ALL of your clothes should be your favorites!

Discover Covington™ clothing from Sears.

What is Covington™? A collection of new classic clothing that features quality wardrobe essentials with clean designs, updated colors and comfortable, natural fabrics—and includes everything from apparel for the family, handbags, and shoes for men and women.

How do I build a wardrobe with Covington™? Make selections based on what you wear most—whether it's denim, classic white shirts, khakis, etc.—whatever your favorites are, you can mix and match to get the most value from your wardrobe and what you spend on it.

Why should I consider Covington™? You don't have to be trendy to be stylish and you can build a functional, affordable, and classic wardrobe. Covington™ clothing makes it easy.

COVINGTON™

only at

SEARS

RESOURCES

SOME OF THE PRODUCTS SHOWN EDITORIALLY IN *BETTER HOMES AND GARDENS*® MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION, CONTACT THE MANUFACTURERS LISTED BELOW.

OCTOBER

Page 28: art pens, "Zig," PigmaMicron by Sakura of America—The Art Store, 600 Martin Luther King Jr. Pkwy., Des Moines, IA 50312; 800/652-2225; Web site: www.shopheartstore.com. **Lanterns, electrical base**—Pier 1 Imports; for a retail store call 800/447-4371 Cost Plus World Market; 800/267-8758; Web site: www.costplusworldmarket.com.

Page 30: wine glasses, similar styles available—Target Stores; 800/800-8800; www.target.com.

Page 32: pillow fabric, similar styles available—Hancock Fabric; 877-426-2625; www.hancockfabrics.com.

TABLE FOR 20

Page 38: Naomi's and August's dresses—Tumbleweed, 1804 NE. Alberta St., Portland, OR 97211; 503/335-3100; www.kara-line.com.

Page 42: all other items—antique, discontinued, or personal belonging. **To request a reservation for a family supper**—Michael and Naomi's e-mail address: info@familysupper.com. For catering, call 503/493-9500; www.ripepdx.com. The Gotham Building Coffee Shop, serving coffee, pastries, breakfast, and lunch, is located at 2240 N. Interstate, Portland, OR 97227; 503/493-2646. Hours are Monday through Friday, 7 a.m. to 5 p.m. **All other items**—antique, discontinued, or personal belonging.

CREATING LATE-SEASON BEAUTY

Pages 48-52: Euphorbia marginata—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 800/274-7333; free catalog. **Hella Lacy, Alma Potschke asters, goldenrod**—We-Du Nurseries, Route 5, Box 724, Marion, NC 28752; 704/738-8300; catalog $2. **Zebra miscanthus, Karl Foerster calimagrostis**—Earthly Pursuits, 2901 Kuntz Rd., Windsor Mill, MD 21244; 410/496-2523; www.earthlypursuits.net, catalog $3. **Profusion zinnias**—Nichols Garden Nursery, 1190 N. Pacific Hwy., Albany, OR 97321; 503/928-9280; free catalog.

A FAMILY'S HOUSE GROWS UP

Page 54: windows with blinds—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Pendant lights,** "Kovacs Lighting"—Ello Furniture, 1883 Merchandise Mart, Chicago, IL 60654; 312/644-1183 **Faucet**—Grohe America, Inc.; 800/201-3407; Web site: www.groheamerica.com. **Cabinetry,** custom design (cherry)—Jay Kaiser, Kaiser Gutheim Partnership, Inc., 1734 W. Cortland St., Chicago, IL 60622; 773/342-4695. **Cabinetry construction**—Superior Wood Products, Inc., 1058 W. CR 400 North, Warsaw, IN 46580; 574/267-5879. **Rug**—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093; 847/446-3800 **Flooring,** Brazilian cherry—Abbey Flooring Co., 3100 N. Elston, Chicago, Il 60618; 773/279-1930; Web site: www.abbardwood.com.

Page 56: chairs at island, Philippe Starck—Luminaire, 301 W Superior, Chicago, IL 60610; 312/664-9582, www.luminaire.com. **Dining room chairs,** "Tonon"—Keller Collection, 1878 Merchandise Mart, Chicago, IL 60654; 312/644-5959. **Torchère light,** "Voka"—George Kovacs Lighting, Inc., 67-25 Otto Rd., Glendale, NY 11385; 718/628-5201; Web site: www.georgekovacslighting.com. **Leather sofa and nubuck leather chairs**—Natuzzi Americas, Inc., 130 W. Commerce Ave., High Point, NC 27260; 336/887-8300 **Rug**—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093; 847/446-3800

Page 58: pendant lights—Tech Lighting, Inc.; 800/522 5315; www.techlighting.com. **Faucet**—Franke Kitchen Systems Div.; 800/626-5771; www.frankeksd.com. **Island design**—Jay Kaiser, Kaiser Gutheim Partnership, Inc (address above). **Constructed by**—Superior Wood Products, Inc. (address above). **Black Absolute granite countertop and backsplash**—International Marble & Granite Supply Co., 2950 W. Grand Ave., Chicago, IL 60622; 773/252-2550 **Hardware on cabinets**—Superior Wood Products, Inc. (address above)

Page 60: cooktop—Miele, Inc.; 800/843-7231; www.miele.com. **Hood over cooktop**—Best by Broan; 800/558-1711; www.broan.com. **Window**—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Oven**—Dacor; 800/772-7778; www.dacor.com. **Stainless cabinet, custom design**—Jay Kaiser, Kaiser Gutheim Partnership, Inc. (address above) **Constructed by**—Superior Wood Products, Inc.

Page 63: torchère light, "Voka"—George Kovacs Lighting, Inc., 67-25 Otto Rd., Glendale, NY 11385; 718/628-5201; www.georgekovacslighting.com. **Leather sofa and nubuck leather chairs**—Natuzzi Americas, Inc., 130 W. Commerce Ave., High Point, NC 27260; 336/887-8300. **Rug**—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093; 847/446-3800.

ROOM SERVICE

Pages 100-103: hotelware—P.O.S.H., 3729 N. Southport Ave., Chicago, IL 60613; 773/529-7674

SPEAKING VOLUMES

Page 108: yellow paint, 310; **accent white,** 967—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com **Light fixture**—Rejuvenation Lamp & Fixture Co.; 888/401-1900; Web site: www.rejuvenation.com. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/268-7644; www.marvin.com. **Table, chairs, open shelves with baskets**—Pottery Barn Kids; 800/993-4923; Web site: www.potterybarnkids.com. **Rug**—Ethan Allen, Inc.; for a store near you call 800/228-9229; www.ethanallen.com **Child and dog on rug,** runner—Plow & Hearth; 800/627-1712; www.plowhearth.com.

Page 110: hanging light fixture—Rejuvenation Lamp & Fixture Co.; 888/401-1900; www.rejuvenation.com. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/268-7644; www.marvin.com. **Open shelving,** custom design—Fred Wilson, Morgante Wilson Architects, Ltd., 3813 N. Ravenswood, Chicago, IL 60613; 773/528-1001; www.mwa@morgantewilson.com. **Shelving construction**—Walter Dusold, Artisan Woodworking, Inc., 3950 N. Holton St., Milwaukee, WI 53212, 414/963-9229 **White shelves, table and chairs**—Pottery Barn Kids, 800/993-4923; www.potterybarnkids.com. **Products for store**—Sweet Pea, 3447 N. Southport Ave., Chicago, IL 60657; 773/281-4426

ADDING VINTAGE COLOR

Page 120: Dupioni silk fabric—The Robert Allen Group; through your designer or 800/240-8189; Web site: www.robertallendesign.com. **Beads on pillow edge**—d'Kei, Inc.; through a local interior designer

Page 122: beads on curtain—d'Kei, Inc.; through a local interior designer.

Page 124: slipcover fabric, "Partisan"—The Robert Allen Group; through your designer or 800/240-8189, www.robertallendesign.com. **Fringe on pillow, ball fringe**—Hollywood Trims, Prym-Dritz Corp., P.O. Box 5028, Spartanburg, SC 29304; www.dritz.com.

Page 128: sheet music—through your local music store.

FRAGRANT BULBS

Pages 130-136: bulbs—Brent and Becky's Bulbs, 7463 Heath Trail, Gloucester, VA 23061, 877/661-2852; free catalog; www.brentandbeckysbulbs.com.

DOWNSIZED WITH STYLE

Page 150: deck planking, "Trex" (natural)—The Trex Co.; 800/289-8739; www.trex.com

Page 152: direct-vent fireplace, "Maxus"—Heatilator; 800/843-2848; www.heatilator.com. **Tumbled-stone tile border on fireplace,** "Giallo Atlantica"—Tileshop, 408/436-8877; www.tileshop.com. **Glass coffee table,** "Marilyn"—Elite Mfg., 562/777-9200. **Painting in book**

>> on 300





This begins the season for family, friends and the irresistible taste of Challenge Butter. The kind that comes from only the purest cream, fresh from our very own farms. Where since 1911 we've learned it's okay to grow up, but never old.

Challenge Butter Lollipop Cookies

1 cup (2 sticks) Challenge Butter, softened
1 1/2 cups firmly packed brown sugar
2 eggs
2 1/2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon each: cinnamon, nutmeg
1/2 teaspoon salt
1/4 teaspoon baking soda
1/4 cup milk
2 1/2 cups quick cooking oats (not instant), uncooked
Wooden sticks
Cookie decorations

Cream butter and sugar in large mixing bowl until light and fluffy. Beat in eggs. Combine flour, baking powder, spices, salt and baking soda. Add milk to butter mixture; mix well. Stir in oats. Cover and refrigerate 1 to 2 hours or until firm for ease in handling. Preheat oven to 375°F. Shape dough into 1 1/2-inch balls. Place about 3 inches apart on unbuttered cookie sheets. Insert wooden stick halfway into each ball of dough. Flatten using a flat bottom glass dipped in granulated sugar. Bake 13 to 15 minutes or until lightly browned. Cool on cookie sheets 2 to 3 minutes. Transfer cookies to wire racks; cool completely. Decorate as desired. Store at room temperature in airtight metal containers up to 2 weeks.
Yields 2 dozen cookies.

For other delicious cookie and holiday recipes visit www.challengedairy.com



© 2001 Challenge Dairy Products, Inc.


We must have taken a right turn somewhere.
Oregon. Things look different here.
Viking plunder. Saturday Market. Portland, Oregon.
For vacation ideas and a free issue of Travel Oregon magazine
call 1.800.547.7842 or go to www.traveloregon.com.







SAVVY SLICING

THE MANDOLINE CUTS A JAZZY TUNE IN THE KITCHEN REPERTOIRE. PLAY SAFE, THOUGH.

For the record, the mandoline is a precision cutting tool with a precise job description: cutting thin, uniform, or decorative slices from potatoes, cucumbers, cabbages, lettuces, carrots, and the like. It won't replace your knives, but it's a useful supplement to your other cutting tools.

When purchasing a mandoline, it's a good idea to spend a few extra dollars for one with all the bells and whistles. Check for stability, a comfortable angle for slicing, and blades that are easy to change or adjust for thickness. Blades should give you the cuts you want, such as a ripple cut or wafer-thin slices. Make sure there is a finger guard or food carriage for safety.

The mandoline is a quick and creative tool that brings a level of artistry to a dish's final presentation. But a little practice is needed before its use will become second nature, so pay special attention to the safety usage tips *below*.



BY KEN HAEDRICH
PHOTOGRAPHS: COLLEEN DUFFLEY
FOOD STYLIST BROOKE LEONARD

SHRED A SALAD

Create a sassy, colorful slaw with cabbages, peppers, carrots, fennel, and radishes (*above left*).

MAKE A PICKLE

Make short work of bread-and-butter pickles (*above center*), pickled beets, sauerkraut cabbage, fresh ginger, or zucchini slices.

SLICE A SPUD

Cut potatoes the way you like them for chips (*above right*) and fries—thin, thick, or rippled—or shred them for potato cakes and hash browns.

SAFETY TIPS

- Place the mandoline on a damp tea towel to prevent it from sliding around. If a table clamp comes with your model, use it.
- Let the mandoline do the work. The blades are sharp; slide foods over them, don't push.
- Dry your hands thoroughly before use so you don't slip and cut yourself. Always cut away from you, not toward.
- Use the finger guard at all times.
- Preslice the bottom side of the food first to create a flat surface for cutting.
- When the finger guard starts to stick or the food becomes difficult to move over the blades, stop slicing. Reserve the remainder of the vegetable or fruit you're cutting for another use.
- Take care to avoid exposed blades when cleaning.
- Keep the mandoline away from kids!

©2002 Sara Lee Corporation

FIVE FRESH,
DELICIOUS DELI SANDWICHES.



AND WHERE
THEY CAME FROM.



ntroducing Hillshire Farm Deli Select® Ultra Thin™—just about the thinnest sliced deli meats you can get out a deli. In fact, they're in the refrigerated meat section. Choose from Roast Beef, Honey Ham, ey Roasted & Smoked Turkey, Smoked Ham and Oven Roasted Turkey. At least a half a pound of meat, ble-sealed in Gladware® for freshness. And they're all sliced ultra-thin for an ultra-big deli taste.

Hillshire Farm

V DELI SELECT ULTRA THIN MEATS ULTRA THIN. ULTRA FRESH. ULTRA DELICIOUS. DELI SELECT



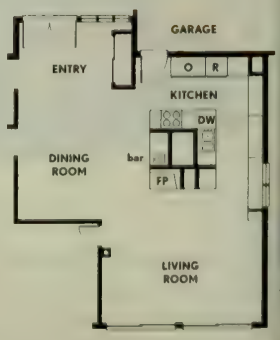
HEARTH OF THE HOME

Knocking down walls to create a more open, casual floor plan ranks as a top remodeling goal. Mary Jo Biondo of St. Louis overhauled her ranch home's overly compartmentalized layout by removing the walls dividing her kitchen, dining room, and living room. Taking the place of load-bearing walls that were removed is a centrally located, freestanding wall. The wall is a focal point that brings definition to the new, wide-open space. A fireplace faces the living room on one side and a wet bar faces the dining room on the other.

Mary Jo chose a corner fireplace, which allows flames to be seen from the living room and dining room. To the right of the wood-burning unit, built-in shelves hold logs, matches, and fireplace equipment, but could double as display space for books and collectibles. Some of the shelves are made of a clear-finish hardwood and are adjustable. Around the corner from the fireplace is the wet bar, which also features hardwood built-ins. Countertops, walls, and floors are surfaced with gray, stone-look ceramic tile.

The simple materials and open layout suggest the look of loft. "I always wanted to live in a loft," Mary Jo says, "and this is as close to that look as I could get in a house."





Nooks next to the fireplace (*above*) keep logs, kindling, and matches within reach. Even if pieces of wood or ash fall to the floor, the ceramic tile allows for easy cleanup. Cabinets below the bar (*right*) hold the dining room dishes. Glasses hang from an above-bar rack—keeping them within quick grasp and saving cabinet space for other items.

BY SHAWN GILLIAM. PHOTOGRAPHS: ALISE O'BRIEN. PRODUCER: MARY ANNE THOMSON

Sometimes, it's what's happening on the outside that counts.



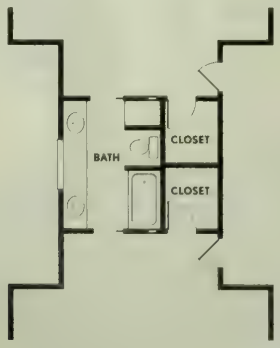
A good environment is important to all of us and, now - thanks to biotechnology - seeds can be planted that require fewer pesticide sprayings. That's better for the environment, better for the crops and so it's better for the whole community. That's a bright forecast for every child's tomorrow!

biotechgoodtogrow.com
Sponsored by Monsanto Company

BIOTECHNOLOGY good to grow!



Bath IN-BETWEEN



Thanks to its between-the-bedrooms placement and efficient design, this handsome bath easily serves a trio of masters: the three grade-school-age sons of homeowners Bernadette and John Sarkisian. The couple wanted this room in their new, custom-designed house to stand up to heavy use by the guys, yet have a stylish feel that would wear well as the kids aged.

"We chose granite countertops; hardy, commercial-grade tiles for the floor; and sturdy maple cabinetry," says interior designer Lorri James. "Because there's so much warm wood, I recommended a pale, grayish-blue granite to cool down the counters a bit." The result is not only elegant, but also durable and easy to clean. A large window and a mirrored wall make the space seem much larger than it is. The maple cabinets blend nicely with the floors, built-in desk, and custom cabinetry in the adjoining bedrooms.

Pocket doors at either end of the bath lead to the boys' bedrooms. When not in use, the bath makes for a handy pass-through corridor as well.

The warmth of wood and the sparkle of low-maintenance granite enliven this pass-through bath, which connects two bedrooms shared by three young boys. Except for the whimsical fish showerhead, the owners avoided a "little boy look" in favor of durable, masculine, ageless design. Ceiling-to-countertop mirrors are always the right height for any child or adult, and the glass visually expands the room. Dramatic downlighting shows off the glittering granite surfaces.

PHOTOGRAPH: JOAN VANDERSHUIT. INTERIOR DESIGNER: LORRI JAMES, INTERNATIONAL DESIGN. GENERAL CONTRACTOR: JOHN GALLAGHER, MASTER BUILDER. ARCHITECT: RICHARD SALPIETRA. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY



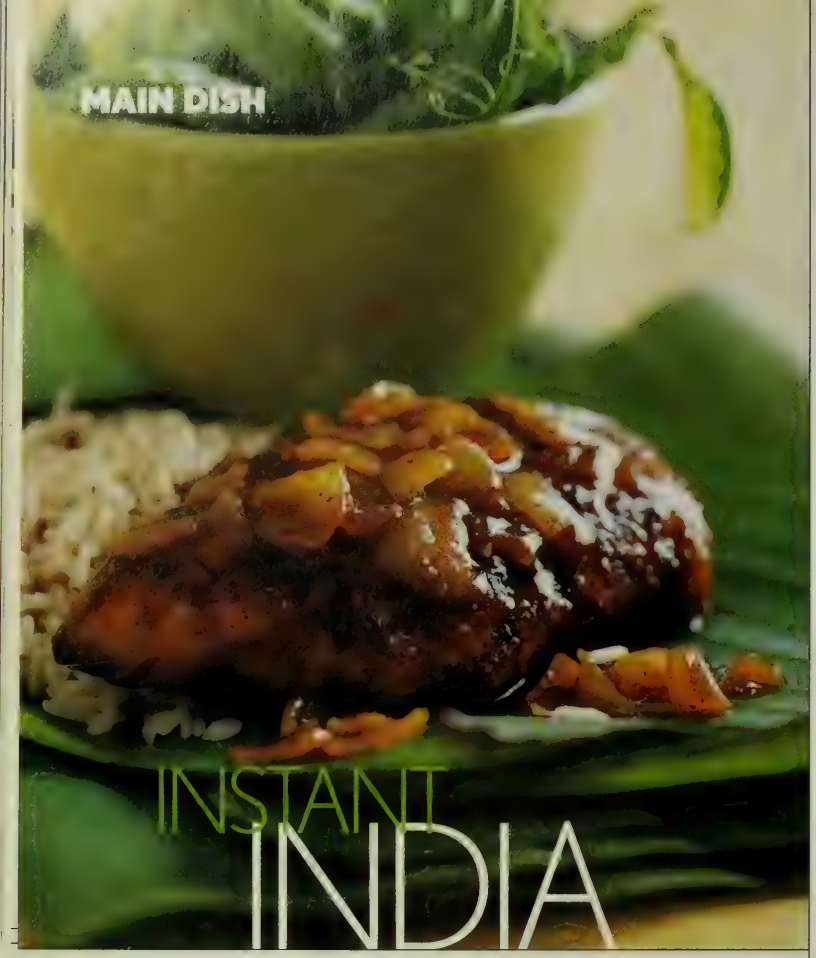
th beautiful, clear finishes from Minwax®.

er it's the warmth of wood furniture, the richness of a wood floor, or the classic
l wood doors and trim, trust Minwax® to protect it all. Fast-Drying Polyurethane provides superior protection while enhancing
s natural beauty. Wipe-On Poly applies easily for a rich, hand-rubbed look. Water-based, low odor Polycrylic® dries crystal clear.
And Helmsman® Spar Urethane guards against moisture and fading from sunlight. So protect
wood beautifully with Minwax® clear finishes...and enjoy your view of the great indoors.

MINWAX

minwax.com ©2002 Minwax Company. All rights reserved.

Makes And Keeps Wood Beautiful®



INSTANT INDIA

Indian food, all the rage these days, is yours to enjoy at home with one secret ingredient: a jar of mild or hot Indian curry paste. It's available in many large supermarkets and ethnic food stores, and ideal for use as a rub or as the base for a sauce.

Indian curry paste is really a family of products, with nearly a dozen styles available. Each represents a seasoning combination and hotness level unique to a different region of India.

Curry paste seasonings typically include pepper, cumin, coriander, turmeric, cloves, tamarind, and chilies. The aromatic spices are first blended and ground, then preserved in oil to maintain freshness.

Indian cooking sauces, in jars or cans, are an easy alternative to the curry pastes. These are less concentrated in flavor, but simple to use: Just heat cooked meat, poultry, fish, or vegetables with the sauce.

The beauty of these sauces is that you don't have to invest in lots of different spices and unfamiliar ingredients or spend hours over a hot stove to enjoy a taste of India at home. A simple "stir-in and simmer" brings Bombay right to the doorstep.

BY NANCY BYAL. PHOTOGRAPHS: COLLEEN DUFFLEY. FOOD STYLIST: BROOKE LEONARD

Busy People's Indian Chicken

PREP: 35 MINUTES **COOK:** 20 MINUTES

- 4 medium skinless, boneless chicken breast halves (about 1 lb.)
- ¼ cup purchased Indian curry paste
- Nonstick cooking spray
- 1 medium onion, coarsely chopped
- ½ cup chicken broth
- 1 recipe Cumin Rice (see *below*)
- Steamed sugar snap peas (optional)

1. With a knife, score chicken on both sides by making shallow diagonal cuts across the surface. Brush chicken liberally with curry paste; let stand at room temperature 30 minutes.
2. Coat a skillet with cooking spray; add onion. Cook onion over medium heat until just tender and beginning to brown, stirring occasionally. Remove onion from skillet; set aside. Add chicken to skillet; cook over medium heat for 8 to 10 minutes or until chicken is tender and no longer pink, turning once. (Reduce heat as necessary to prevent burning.)



3. Remove chicken from skillet. Slowly add broth to skillet, scraping up crusty bits. Return chicken and onion to skillet. Simmer, uncovered, for 3 to 5 minutes or until liquid thickens slightly. Transfer chicken to serving platter; drizzle with onion mixture. Serve with Cumin Rice and snap peas. Makes 4 servings.

CUMIN RICE: In saucepan toast 2 teaspoons cumin seed over medium heat 1 minute. Cool. Add 2 cups water and ¼ teaspoon salt to seeds in saucepan; bring to boiling. Add 1 cup basmati or long-grain rice. Return to boiling; reduce heat. Cover; simmer about 15 minutes. Makes 3 cups. For Indian cooking sauces and pastes: Patak's; 800/726-3648 or www.worldfood.com.

NUTRITION FACTS PER SERVING: 377 cal., 11 g total fat (1 g sat. fat), 66 mg chol., 905 mg sodium, 38 g carbo., 3 g fiber, and 31 g pro. Daily Values: 4% vit. C, 7% calcium, and 19% iron.



Here at our farm, my family's been making pure sausage for over six generations, and I still make it me way for you.

We never put anything in that you wouldn't put urself. So you can still have the delicious, honest- odness pure pork sausage that you remember when you were a kid. It's the kind that I serve my , it's the kind you want to serve yours.



You can enjoy it each morning for breakfast, or you can try being a little more adventurous with a fabulous sausage recipe for lunch or dinner.

Just be sure you use the real thing—pure pork sausage from the Jones family farm.

1889 JONES

Ingredients: Pork, Water, Salt, Spices, Dextrose, Sugar.

Jones. Pure sausage since 1889.

Philip Jones's Scrumptious Stuffing

You're going to love this stuffing. It makes enough for a 14–16 lb bird.

Sauté sausage, onion, and celery in a large skillet. Break up the sausage with a fork as it cooks. When it's done, add the stuffing mix and enough of the liquid to give you a consistency you like. Fold in raisins or cranberries. Blend the stuffing thoroughly and stuff your bird loosely. Be ready for compliments at dinner.

- 1 package Jones All-Natural Roll Sausage (no other will do)
- 1 package (16 oz) stuffing mix
- 2 cups liquid (chicken broth, apple juice or hot water)
- 2 medium onions, chopped, 1/2 cup white raisins or dried cranberries
- 2 stalks celery, diced or chopped

Visit us at www.jonesdairyfarm.com for more recipes from the farm.

Chadwick's®

Save 20% - 50% every day on name-brand fashions!

Call Now to Ord
1-800-525-665

"Great style, great quality and the best selection for less."

Tribeca Studio™ variegated rib twinset. Each sleeveless, turtleneck shell is topped by a long-sleeve, button-front cardigan. Acrylic/cotton. Machine wash. Imported.

Tribeca Studio Twinset
Misses S, M, L, XL
2156-38892-904

Compare at $54
OUR PRICE $39

Plus $4.99 shipping & handling on each order

smart value!

Tribeca Studio™ twinset
only $39



call 1-800-525-6650
to order or request a free catalog

To order at www.chadwicks.com enter the item number in the "order from catalog" feature.



Shown smaller than actual size of 8¼" in diameter.

oppy Love

by Simon Mendez

ted-edition collector plate mmed with 23kt gold.

s playful Pug, a game of nd Seek' is the perfect way d the day. Concealed the red poppies and look- ou with those big round u can't help but fall in love! rresistible Pug has been per- aptured by acclaimed artist Mendez. Now you can ac- Poppy Love" as a porcelain r plate *exclusively* from the y Mint.

A Limited Edition.

"Poppy Love" will be forever limited to a maximum of 75 U.S. firing days. Each plate will be trimmed with 23kt gold and accompanied by a personalized Certificate of Authenticity. The price is just $29.90, payable in two convenient installments of $14.95* each.

No Obligation—No Risk.

You acquire "Poppy Love" with our *Guarantee of Satisfaction.* If not delighted, simply return your plate within 30 days for replacement or refund.

"Poppy Love" impeccably depicts the undeniable charm of the Pug. Order today!

*Plus $3.95 per plate shipping and handling.

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, CT 06857

PG82F018
Limit: two plates per collector.

Poppy Love

by Simon Mendez

Reserve "Poppy Love" for me as described in this announcement. I wish to reserve _____ (1 or 2) plate(s).

Name _____
Please print clearly

Address _____

City _____

State/Zip _____

Signature _____
Orders subject to acceptance

Allow 2 to 4 weeks after initial payment for shipment

Detach here and mail.

ADVERTISEMENT

free HOME & TRAVEL info

yours for the asking

CALL TOLL FREE 1-800-837-9017 (Mention Dept. Code BH1002YF),
send the coupon, or log on to **bhg.com/info**

Get in on everything you need to know about home, family, travel and much more....

HOME

Apparel

1. **COLDWATER CREEK**—Shop for casual women's apparel, distinctive jewelry and gifts you won't find anywhere else. Unique, quality items with your satisfaction guaranteed. Catalog. COLDWATER CREEK Free
2. **L.L. BEAN**—Classic men's and women's apparel; kids' clothes that are fun to wear and made to last; quality outdoor sporting gear; and beautiful home furnishings and bedding. Catalog. L.L. BEAN. Free.
3. **SPIEGEL**—Order your FREE 550-page Spiegel Fall Catalog. Fashions and home furnishings, all in one place! Hurry, quantities limited. SPIEGEL. Free.

Building and Remodeling

4. **ACE HARDWARE**—Offers quality products in every major hardware category. Get more information. ACE HARDWARE. Free.
5. **FOUR SEASONS SUNROOMS & CONSERVATORIES**—Exciting Easy Living and Elegant Living catalogs feature America's largest selection of Sun and Shade Rooms, Sun and Stars Rooms, Cathedral Rooms, and English-Style Conservatories. Exclusive MC Wonderglass™ keeps out summer heat and winter cold Free color catalog. FOUR SEASONS SUNROOMS & CONSERVATORIES. Free
6. **ICYNENE INC.**—The Icynene Insulation System completely air-seals the building providing a Healthier, Quieter, More Energy Efficient™ home. Brochure ICYNENE INC. Free.
7. **JAMES R. MODER CRYSTAL CHANDELIER INC.**—Catalog available from world-famous designer James R. Moder. A beautiful selection of crystal chandeliers, priced from $300 to $10,000. JAMES R. MODER CRYSTAL CHANDELIER INC. Free.
8. **KRAFTMAID CABINETRY, INC.**—KraftMaid's FREE Kitchen Planner and 100-page Cabinetry Idea Book will inspire you with design ideas, provide you with helpful planning tips and illustrate the reasons that KraftMaid has been named a Consumers Digest Best Buy for five years running. KRAFTMAID CABINETRY, INC. Free.
9. **MASONITE INTERNATIONAL CORPORATION**—The makers of premium quality interior and exterior doors and wainscoting for the home. Brochure. MASONITE INTERNATIONAL CORPORATION Free.

Fireplace Products

10. **HEAT-N-GLO**—Heat-N-Glo offers quality gas, woodburning and electric fireplaces, including gas log sets, stoves, and inserts for preexisting fireplaces. HEAT-N-GLO FIREPLACE PRODUCTS. Free.

Windows and Doors

11. **ANDERSEN WINDOWS & PATIO DOORS**—FREE! The "Long Live The Home"℠ idea book from Andersen Windows. Get room ideas, inspiration and more. ANDERSEN WINDOWS. Free.
12. **COUNTRY CURTAINS**—Over 100 ready-made curtain styles and fabrics. 72-page color catalog. COUNTRY CURTAINS. Free
13. **THE DESIGNPLACE DIRECT**—Up to 85% off name brand wallpaper. Blinds and area rugs direct from leading manufacturers. Free shipping on all orders. Free brochure. THE DESIGNPLACE DIRECT. Free.
14. **MARVIN WINDOWS & DOORS. THINK OF THE POSSIBILITIES.**—30-page catalog featuring their wood and clad wood windows and doors. Information on Marvin's standard and custom products. MARVIN WINDOWS. Free.

Walls and Floors

15. **CARPET ONE**—Carpet One offers thousands of colors and styles of carpet, vinyl, laminate hardwood and ceramic tile in name brands like exclusive LEES® For Living carpet. CARPET ONE. Free.
16. **DUPONT STAINMASTER**—For Comfort and Durability You Can Trust. DuPont™ STAINMASTER® carpet features the Advance Teflon® Repel System, which helps repel dirt and soil. DUPONT STAINMASTER. Free.
17. **MOHAWK CARPETS**—Send for free Mohawk product literature—Mohawk's Right Choice Carpet Guide. MOHAWK CARPETS. Free.

Furnishings

18. **ANDERSON ULTIMATE BED**—Save space with a top quality, solid wood underbed dresser. Sleep better on an adjustable air mattress with dual firmness controls! 48-page catalog. ANDERSON ULTIMATE BED. Free.
19. **FLEXSTEEL**—The Christopher Lowell Home Collection from Flexsteel is so easy, so stress-free, so effortless, you'll hardly have to lift a finger. FLEXSTEEL $2.00
20. **FRAN'S WICKER & RATTAN FURNITURE**—Spectacular sets. Hard to find specialty items. All from America's oldest and largest wicker & rattan importer Free 72-page color catalog. FRAN'S WICKER & RATTAN FURNITURE. Free.
21. **PARTYLITE**—Receive information on how to preview PartyLite's exciting new fall and holiday line of quality candles, candle accessories and decorating ideas. PARTYLITE. Free.
22. **PIONEER TABLE PAD CO.**—For over 83 years, this family-owned company has been committed to providing families with the finest traditional hand-tailored table padding. PIONEER TABLE PAD CO. $2.00
23. **SURE FIT SLIPCOVERS BY MAIL**—Catalog features affordable, washable covers in beautiful fabrics. Fits most upholstered furniture including recliners, wing and dining chairs. SURE FIT, INC. Free.
24. **WAMSUTTA**—Wamsutta home fashions add luxury and style throughout the house. Quilts, comforters, bath accessories, rugs and more. Available at department and specialty stores. Information. WAMSUTTA. Free

Outdoor Living

25. **THE CEDAR STORE**—Specialists in red cedar outdoor furniture and porch swings. Brochure. THE CEDAR STORE. Free
26. **TIDEWATER WORKSHOP**—Recently named "Best Value" by The Wall Street Journal, offers an exclusive line of affordable, durable and comfortable white cedar outdoor furniture in classic styles, including Adirondacks, rockers, swings, dining furniture, planters, chaises and more! Benches start at just $100! Free catalog. TIDEWATER WORKSHOP. Free

Food

27. **GEVALIA® KAFFE**—Experience the pleasure of Gevalia Kaffe. We will send you information on ordering a trial shipment and receiving a free gift. GEVALIA KAFFE. Free

Miscellaneous

28. **Go RVing**—Life's A Trip. Rich experiences can still be affordable. RVs provide the best value for every family budget. Free video. Go RVing. Free.
29. **GUTHY RENKER CORPORATION**—Say good-bye to acne and hello to clear skin! Discover the simple 1-2-3 approach to healthy-looking skin with dermatologist-developed Proactiv solution. Information. GUTHY RENKER CORPORATION. Free.
30. **WRITE CHILDREN'S BOOKS**—If you've ever dreamed of writing for children, here's your chance to test that dream and find out if you have the Aptitude to make it reality. Free Writing Aptitude Test offered. INSTITUTE OF CHILDREN'S LITERATURE. Free.
31. **PETMEDS**—Pet medications; your pet's same exact medications delivered to your home. Saving you time and money! Brochure. PETMEDS. Free.
32. **VETERINARY PET INSURANCE**—Protect your pet in case of illness or injury—VPI plans cover more than 6,400 medical problems and conditions including cancer. Brochure. VETERINARY PET INSURANCE. Free.

TRAVEL

Alabama

33. **KAISER REALTY, INC.**—C'mon and have a ball with us! Beach vacation rentals since 1980. FREE Vacation Guide.

Arkansas

34. **ARKANSAS**—From breathtaking scenery to festivals and museums, Arkansas offers something for everyone.

Connecticut

35. **COASTAL FAIRFIELD COUNTY**—New England on a whole lot closer. Free fun vacation guide.
36. **CONNECTICUT**—For 52 great getaway ideas for couples, families, active adventurers and culture buffs
37. **CONNECTICUT'S LITCHFIELD HILLS**—A world as nature intended—Unspoiled. Unhurried. Unwind. Free page guide & map.
38. **WATERBURY REGION IN CONNECTICUT**—This is gotta see! New England starts here.
39. **ALL CONNECTICUT OFFERS**

Florida

40. **DALE E. PETERSON VACATIONS**—Great rates on beautiful Florida beachfront homes, condominiums and cottages
41. **KISSIMMEE-ST. CLOUD**—Planning a Walt Disney World® vacation? Request a FREE Vacation Planning K
42. **ORLANDO**—Save up to $500 on your trip to Orlando with a free Orlando Magicard
43. **PANAMA CITY BEACH**—White sand beaches, crys clear waters, theme parks, fishing, diving, golf and m
44. **ALL FLORIDA OFFERS**

Maryland

45. **DEEP CREEK LAKE/GARRETT COUNTY**—Lakes, rivers, mountain scenery, outdoor adventure, antiquing, romantic inns, quaint towns, premier lakefront rental homes, festivals. Free brochure
46. **FREDERICK COUNTY**—Maryland's crossroads of history, parks, antiques, wineries. "So close to so much more!" Free kit
47. **HOWARD COUNTY**—Rolling hills between Baltimore and Washington covered with antiques, historic towns, festivals, golf and more.

visit www.bhg.com/info

ADVERTISEMENT

free HOME & TRAVEL info

yours for the asking

CALL TOLL FREE 1-800-837-9017 (Mention Dept. Code BH1002YF),
send the coupon, or log on to **bhg.com/info**

MARYLAND VACATIONS—Beaches, mountains, big cities, small towns. Maryland has so much to offer. Welcome.

SOMERSET COUNTY—Where history is ever present and every sunset a celebration. Discover a gentler America.

ALL MARYLAND OFFERS

issouri

INDEPENDENCE—Thirteen heritage attractions from pioneers to President Harry Truman. Great shopping, restaurants, lodging.

KANSAS CITY—Discover the excitement of a city with a flavor all its own—the music, food, attractions, and FUN!

ST. JOSEPH—Pony Express, Jesse James, Victorian Tour Homes, museums, unique attractions. Family friendly!

ALL MISSOURI OFFERS

ew Hampshire

FREE NEW HAMPSHIRE VACATION KIT—Filled with information on lodging, dining, attractions, and more.

ew York

ADIRONDACKS/LAKE GEORGE—Your most favorite getaway is here! Free 2002 vacation guide.

CAPITAL-SARATOGA REGION—Experience historic sites, bike and hike trails, shows, cultural activities and horse racing.

FINGER LAKES WINE COUNTRY—A special land of scenic beauty, American Heritage, and fine wine.

GATEWAY TO THE ADIRONDACKS—Fulton County. The foothills of the famed Adirondack Mountains along the shores of the Great Sacandaga Lake.

NIAGARA USA—It's absolutely wonder-full… waterfalls, shopping, history, the arts, family fun and sportfishing.

ALL NEW YORK OFFERS

regon

OREGON TOURISM—Travel Oregon magazine offers readers firsthand accounts of great vacaton opportunities around the state.

Pennsylvania

63. **ALLEGHENY MOUNTAINS CVB**—FREE Special Events Calendar and Coupon Book. Complete list of events and activities for the Southern Allegheny Mountains. Hotel and activity packages. Ask about "DO IT ALL!" promotion!
64. **ARMSTRONG COUNTY**—Free visitors' guide.
65. **BEAVER COUNTY**—Minutes from Pittsburgh. Cultural and historical attractions. Wonderful lodging and dining opportunities.
66. **BRANDYWINE COUNTRY**—Unforgettable gardens, museums, inns and shops. Free visitor's guide/hotel packages.
67. **CENTRE COUNTY—PENN STATE COUNTRY**—Penn State Country! Exciting attractions, events, dining and entertainment—Four Seasons of Fun in the Heart of Pennsylvania!
68. **CHESTER COUNTY**—Home to the Brandywine Valley. Free visitors guide and information on local attractions.
69. **COLUMBIA MONTOUR VISITORS BUREAU**—Explore our covered bridges, festivals, antiques, nature preserves and cultural events. Send for information.
70. **ENDLESS MOUNTAINS**—The possibilities are endless. Relaxing. Recreational. Peaceful. Exciting. Beautiful. Anytime-vacation in the Endless Mountains.
71. **GETTYSBURG**—Free 72-page booklet includes maps, hotels, B&Bs, campgrounds, attractions, shopping, special events, arts, antiques and recreational experiences.
72. **JOHNSTOWN**—Historic attractions, museums, festivals and events, outdoor recreation, friendly people. Free visitors guide available.
73. **LAUREL HIGHLANDS**—Something special in Southwestern Pennsylvania! Free Visitors Guide, golf packages and seasonal offers.
74. **MERCER COUNTY**—In western Pennsylvania at the crossroads of I-79 and I-80. You'll be delighted by what you find.
75. **NORTHWEST PA'S GREAT OUTDOORS VB**—Free information on packages for Pennsylvania's Great Outdoors: Elk viewing, canoeing, horseback riding, hiking, biking and golf.
76. **PEDDLER'S VILLAGE**—75 specialty shops and restaurants, 66-room inn, family entertainment center and year-round events.
77. **PENNSYLVANIA TOURISM**—Memories last a lifetime'.
78. **POCONO MOUNTAINS VACATION BUREAU**—FREE Poconos Vacation Guide… scenic beauty, attractions, events, sports, outlets, resorts. Pennsylvania memories last a lifetime.
79. **READING & BERKS COUNTY**—Plan a Girlfriends Getaway in the Original Outlet Capital plus antiques galore, jazz and the Hex Tour.
80. **CENTRAL PENNSYLVANIA'S SUSQUEHANNA VALLEY**—Discover tranquil countryside, charming towns and friendly faces. Relax… you're here.
81. **VF OUTLET VILLAGE**—Over 90 Outlets, including VF Factory Outlet offering 1/2 off lowest price on Lee, Wrangler, Vanity Fair, Healthtex.
82. **WILLOW VALLEY RESORT**—Scenic Lancaster County, PA. 3 pools, golf, restaurants, kids eat free and more.
83. **YORK COUNTY**—Factory tour capital of the U.S.A.! Free brochure.
84. **ALL PENNSYLVANIA OFFERS**

South Carolina

85. **THE MYRTLE BEACH AREA OF SOUTH CAROLINA**—Offering sixty miles of beaches and family fun.
86. **SEABROOK ISLAND RESORT**—Discover your own private island. Enjoy beautiful beaches and premier resort amenities with rates starting at $150.
87. **ALL SOUTH CAROLINA OFFERS**

Wisconsin

88. **WISCONSIN TOURISM**—Play just a little bit longer… in Wisconsin. Plan your fun-filled getaways today! Free guide.

---

ours for the asking | call toll free **1-800-837-9017**
or log on to bhg.com/info

items are free, detach and mail this coupon. If there are charges for your items, mail coupon and check or money in U.S. dollars only to: Better Homes and Gardens®, Dept. BH1002YF, P.O.Box 9292, Des Moines, IA 50306-9292

your choices below

...Free 12....Free 23....Free
...Free 13....Free 24....Free
...Free 14....Free 25....Free
...Free 15....Free 26....Free
...Free 16....Free 27....Free
..Free 17....Free 28....Free
...Free 18....Free 29....Free
...Free 19..$2.00 30....Free
...Free 20....Free 31....Free
...Free 21....Free 32....Free
...Free 22..$2.00

going places travel info

33	43	53	63	73	83
34	44	54	64	74	84
35	45	55	65	75	85
36	46	56	66	76	86
37	47	57	67	77	87
38	48	58	68	78	88
39	49	59	69	79	
40	50	60	70	80	
41	51	61	71	81	
42	52	62	72	82	

To subscribe to **Better Homes and Gardens® Magazine** please circle
89 Bill me $19. *(2 yrs. U.S.)*
90 Bill me $21.50. *(1 yr. outside U.S.)*

Decorate
Move

ZIP

E-MAIL ADDRESS

ow 6-8 weeks delivery

Coupon expires February 28, 2003

Expired cards will not be processed

TO ORDER YOUR FREE INFORMATION CALL:

1-800-837-9017

OR log on to bhg.com/info

Order by phone

1.
2. changes
3. Call TOLL FREE 1-800-837-9017 to
pm, CST and Saturday 8 am to 4 30pm

Order by Mail

1. Circle your choices on the attached card
2. Write your name and address
3. If your items are all FREE, tear out the
4.

Better Homes and Gardens
Dept. BH1002YF, P.O. Box 9292
Des Moines, IA 50306-9292

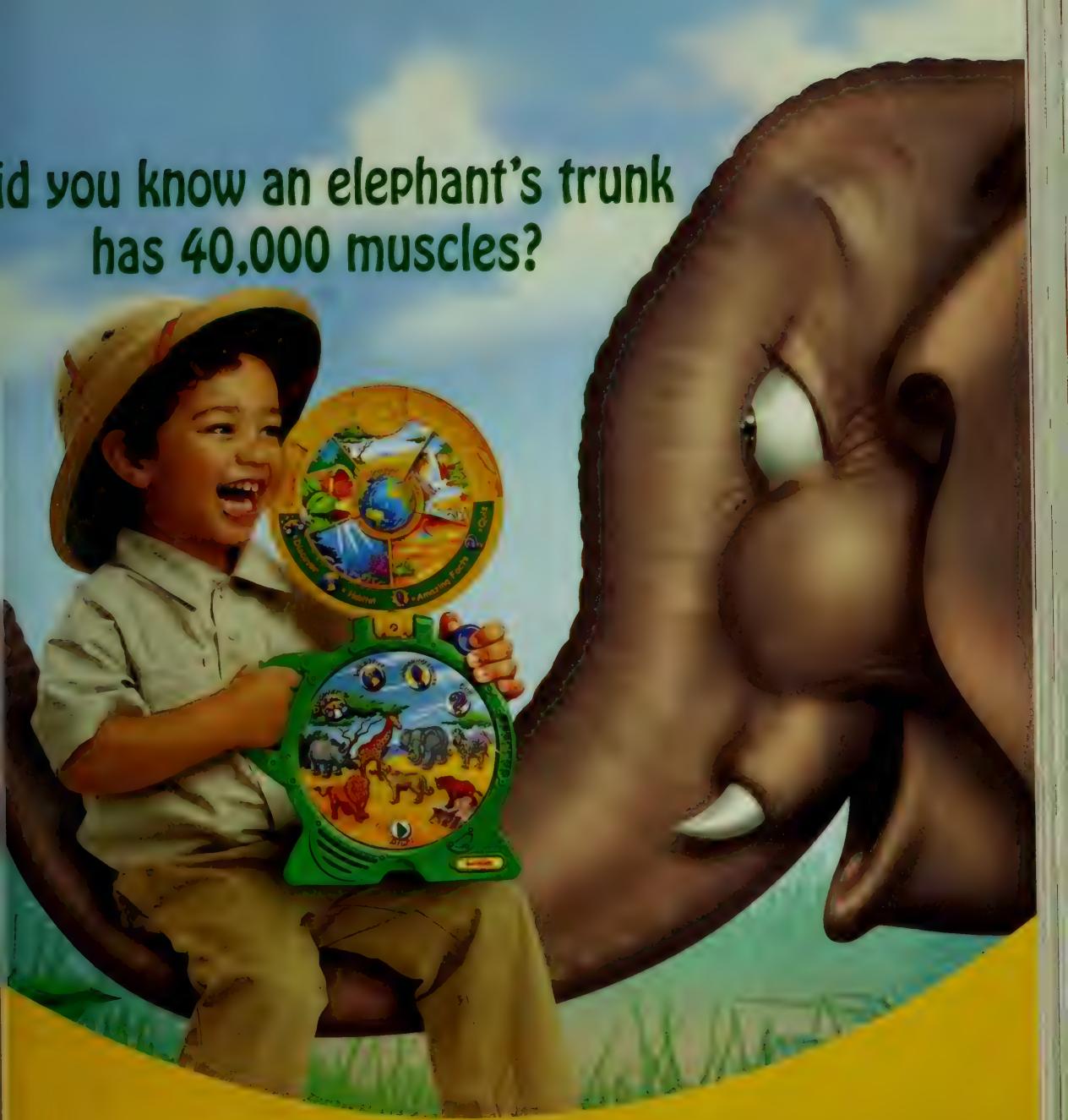
visit www.bhg.com/info

LOOKING FOR AN IMAGINATIVE (YET SIMPLE) COSTUME? ALL KIDS WILL FIND A CREATURE THEY LOVE HERE—AND OUTFITS WON'T TAKE DAYS TO MAKE.

FOR 15 A CREATIVE INSTRUCTIONS AND MORE

QUICK AND QUIRKY COSTUMES FOR TRICKY TREATSTERS

BY **BECKY MOLLENKAMP** PHOTOGRAPHS BY **COLLEEN DUFFLEY** COSTUME DESIGN **CARRIE HANSEN** FOOD STYLIST **BROOKE LEONARD**



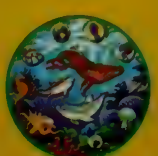
With the See'n Say® Animal Explorer,™ kids learn over 200 amazing animal facts.

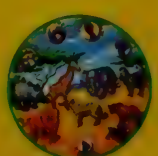
They'll explore 5 wild animal kingdoms on 5 different discs. Realistic sounds will stir their senses as they learn about 35 animals through 4 exciting modes. And, it's built for travel, so kids can go exploring wherever they go.


Rainforest


Insects & Arachnids


Prehistoric


Under Water


Grasslands

See 'n Say®

Fisher-Price

www.fisher-price.com

MAD SCIENTIST

People say you're too smart for your britches? Scare the pants off them this year by turning your brainpower into a creepy costume. Partner with a friend who can play the role of your evil creation (see *page 298*). To get this scary-smart look, cut a couple yards of flesh-colored tulle into 3-inch-wide strips. Sew up each strip with red or blue thread to create a long tube, then stuff with pink tulle. Twist and glue tubes onto a stocking cap or tight-fitting hat to make a brain. It's okay to be messy—glops of glue only make it more realistic. Glue or stitch a thin elastic strap to each side of the cap for a chin strap. Dress up a plain lab coat (or white jacket) by stitching on rubber snakes, lizards, mice, plastic eyeballs, and fake beakers. Turn an ordinary gift bag into an appropriate treat sack by gluing on a light bulb shape cut from white and gray crafts foam. Use a black marker to outline the shape and to write scientific or mathematical equations on the bag. Finish the brainiac look with nerdy pants and thick glasses or protective goggles.



EDIBLE EXPERIMENT

Serve up this gross-out drink at a lab-themed Halloween party. Using a wooden spoon, mix 1½ cups ginger ale and a 3-ounce box of lime gelatin in a saucepan. Cook over low heat until gelatin dissolves, stirring constantly. Remove from heat. Stir in another 1½ cups of ginger ale. Chill for 1½ hours or until slightly thickened. Make a second batch with a 3-ounce box of blueberry gelatin. Layer green and blue gelatin in a glass, and insert a plastic test tube, available at crafts stores. Fill tube with small candies. Create eyeballs by sticking jelly bean halves on large white gum balls. Moisten area around jelly bean with a small amount of water and sprinkle with orange and red edible glitter.

>> on 288

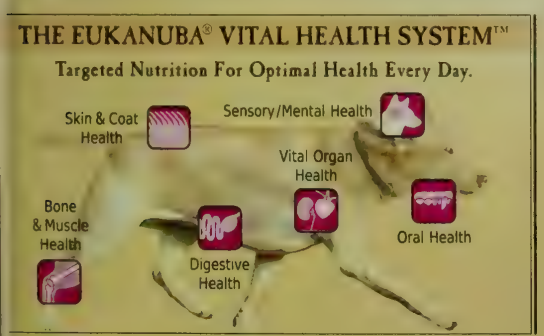
AFTER DIANE KASTAMA LOST THE USE OF HER TWO LEGS,

she gained

THE STRENGTH OF FOUR.



An alarm ock buzzes. horse out- de whinnies. nd a dog's fework continues. hough never trained to elp out on a horse ranch, this mine companion has made herself invaluable. Whether corralling horses, pulling her owner up a hill just closing a door, she uses the full capacity of er mind and body from dawn to dusk. All the while, aking the term "confined to a wheelchair" absolutely relevant. Meet Fritzie. An eight-year-old Yellow Lab who relies on her total body health to do her job. Which is why her owner feeds her Eukanuba.® The only dog food with the Vital Health System. By targeting six essential health functions of every dog, the Eukanuba Vital Health System™ delivers nutrients when and where they're needed for optimal health [see graphic].





All Eukanuba foods incorporate the Vital Health System, with unique formulas customized to meet the specific needs of different life stages.

Look for Eukanuba in specialty pet stores. Or call 1-888-EUKANUBA to find out more. Because the Vital Health System not only means better health for dogs, but also for the people who count on them.

Eukanuba

What Healthy Dogs Are Made Of.™

THEME KIDS >> from 286



GARDEN NYMPH

Some of the best costumes aren't scary or sinister—they're simply sweet. Get this woodsy look by gluing silk flowers to the collar and cuffs of a green leotard; pair it with green tights (you can dye white tights by soaking them in water mixed with green acrylic paint). For the skirt, hot-glue long lengths of ribbon to the back of one thick ribbon. Hot-glue a layer of green tulle to the back of the ribbon lengths. Make the waist ribbon long enough that it can be tied behind the back. Cut wing shapes from sheer fabric. Wrap and glue sheer fabric edges around green chenille stems. Attach wings to leotard using hook-and-loop fasteners. Use more ribbons, silk flowers, and bugs to dress up a plain headband, dowel rod wand, green tennis shoes (or white shoes modified with green acrylic paint), and a green gift bag.





FAIRY FOOD

Crush a 16-ounce package of chocolate sandwich cookies in a self-sealing plastic bag using a rolling pin. Prepare Butterfly Wand (*below*). Pour 3½ cups cold milk into a bowl. Add two 4-serving-size packages of instant chocolate pudding. Beat with whisk for 2 minutes. Stir in 3 cups of frozen whipped dessert topping, thawed, and half the crushed cookies. Chill mixture one hour. In plastic cups, layer pudding mix, remaining crushed cookies, and pink and green jelly beans. Top with pink sugar and edible pink flowers.

For Butterfly Wand: Cut a pink fruit-flavored jelly candy in half for wings. Cut two antennae and a body piece from yellow jelly candy. Push body onto straw; stick into cup. Attach remaining pieces with icing; let dry.

>> on 290

¡Gracias Mamá!



Lunchables



SCALY SERPENT

Turn a hooded green sweatsuit into a scaly and scary dragon using crafts foam and hot glue. Cut fangs, horns, and eyeballs from white and green crafts foam; hot-glue to the hood. Cut dozens of less-than-perfect circles from several shades of green crafts foam. Cut smaller circles from shimmery blue-green fabric. Hot-glue several layers of foam and fabric circles together to create scales, then glue the scales to sweatsuit, shoes, gift bag, and tail (*far right, top*). Glue foam fangs inside the top of the treat bag. Stitch the foam tail to the sweat-

SUIT TOP





DRAGON DESSERT

Your fanged friends will dig this dirty treat. Follow directions for Fairy Food pudding (*see page 288*), using yellow jelly beans rather than pink. Also, replace the Butterfly Wand with fruit-flavored worm-shaped jelly candies. Add a "mush-room" or two made by sticking a round green jelly candy attached with icing to the cut end of an oblong yellow jelly candy.

>> on 291

Pp

ig
izza
eanut Butter
laytime
lease





lates In
ariety Packs
ww.heftyzoopals.com





Hefty NEW
ZOO PALS
PLATES

BARGAINS >> from 290



TOP GUN

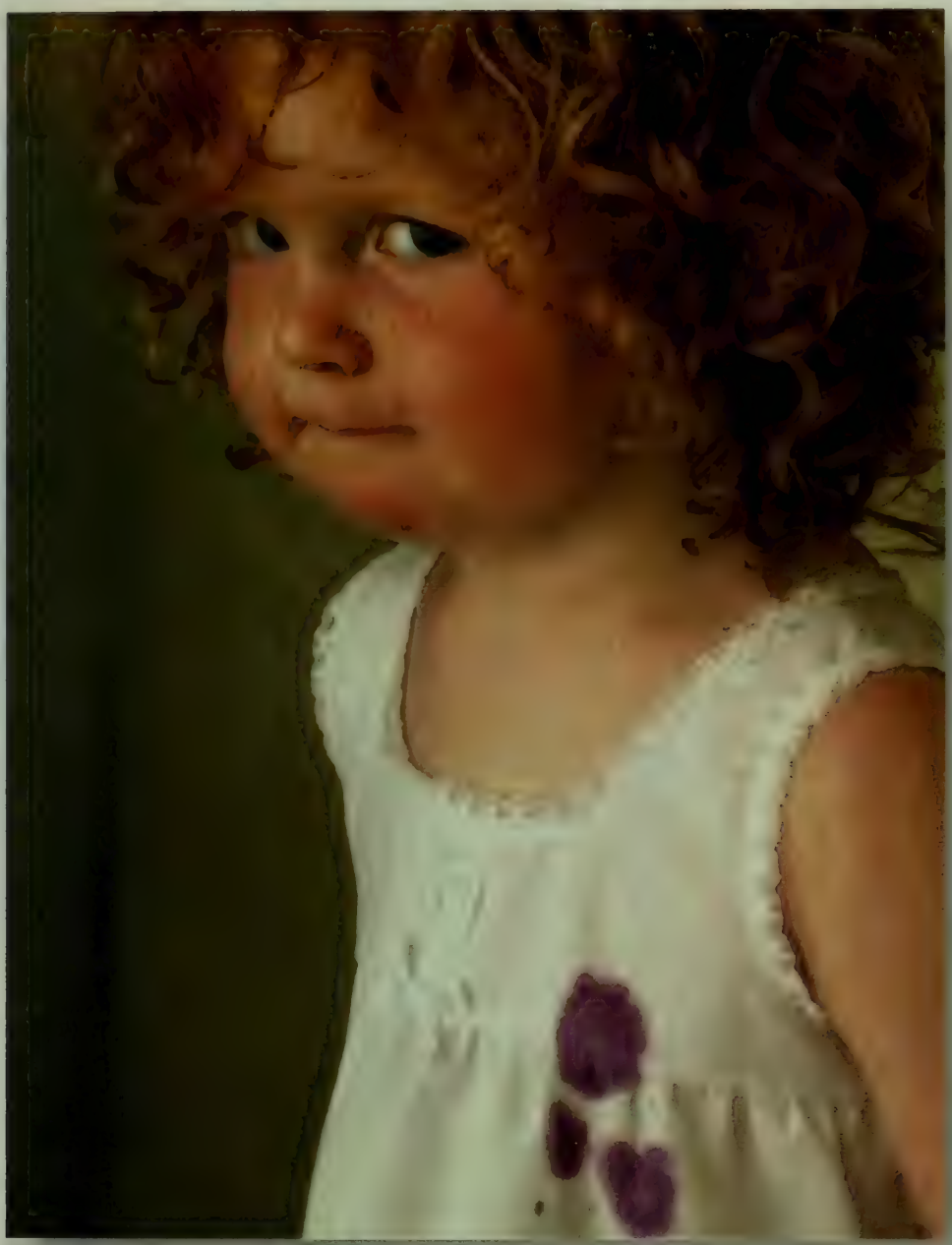
The sky's the limit when you trick-or-treat in a costume that makes you an aviation ace. Dye a white sweatsuit brown, following fabric dye instructions. Cut shirt up the front for jacket. Cut woolly material—available at fabric and crafts stores—into collar, lapel, and cuff shapes, and stitch or hot-glue onto shirt. Glue store-bought or vintage patches onto shirt. Create beanie by cutting four rounded triangles from still brown felt to form a circle large enough to cover child's head. Sew or glue together. Add felt earflaps, line with woolly fabric. Poke a 22-gauge wire through top of cap; add beads and crafts foam propellers. Loop wire back into cap, twist ends, and cover with felt. Trace shape of swim goggles onto brown felt; cut out and hot-glue to goggles. Wear with a white dress shirt, white scarf, and brown boots. Carry a simple brown gift bag embellished with patches, stickers, and a felt buckle.



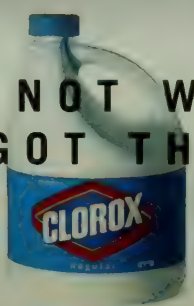
HIGH-FLYING SNACK

It's OK to have your head in the clouds—especially this yummy candy variety. Make these fluffy cloud treats by clustering miniature white marshmallows together using white decorator icing in a tube as glue. Use the icing to attach the marshmallow clusters to purchased blue cotton candy. Serve in paper cups alongside a toy airplane.

>> on 294



MAMA'S NOT WORRIED.
MAMA'S GOT THE MAGIC.™



*Clorox® Bleach doubles the stain removing power of your detergent.**

©2002 The Clorox Company *Based on results with the leading detergent



HONEST ABE

Pay homage to one of our nation's finest presidents by putting a fun spin on the Abe Lincoln look. Create the penny by cutting two large circles from poster-size sheets of copper-colored crafts paper. Cut two circles of the same size from foam board. Using a real penny as inspiration, draw images and words (front and back) on the copper circles. Paint over the designs with copper metallic paint; outline with black marker. Glue copper sheets to foam board circles. Use hot glue or hook-and-loop fasteners to attach ribbon suspenders to the foam circles. Create a stovepipe hat by cutting an oval rim from black crafts paper and gluing to a tube also cut from black crafts paper. Cover paper in black felt, if desired. Glue black ribbon around brim. Cut beard from black craft fur, making a hole for each ear. Wear with a white dress shirt, and black pants and shoes. Make piggy bank bag (*top right*) by gluing crafts foam ears, nose, and eyes to a pink gift bag. Outline features with black marker.

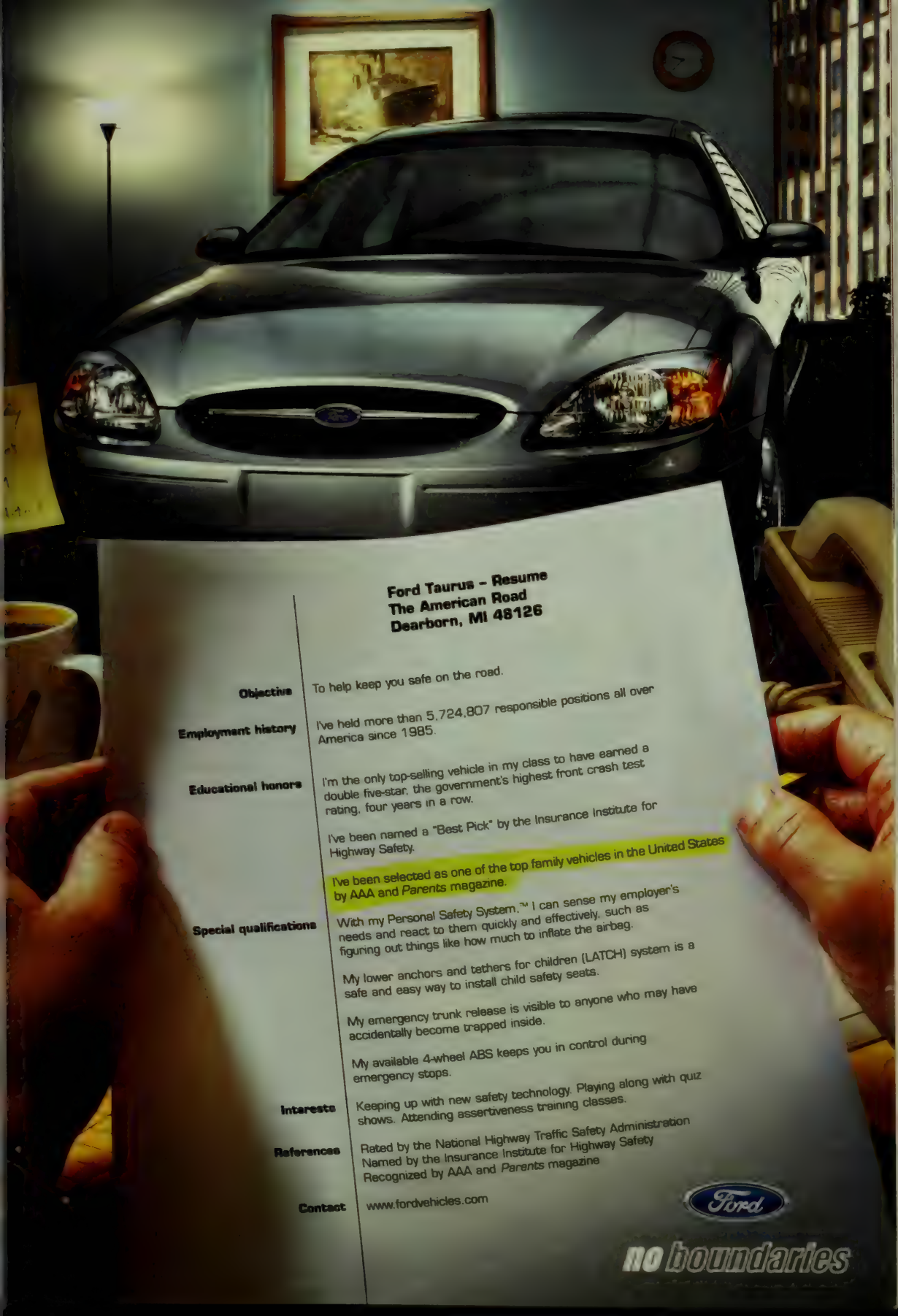




LINCOLN LOGS

Build a log cabin just like the one Abe Lincoln grew up in—except this one is edible. Use white decorator icing to attach two graham crackers together side by side to create the cabin. Place two more crackers at an angle to create the pitched roof. Attach roof to cabin using white icing. Cover the surface of cabin and roof with a thin layer of the icing, spreading until smooth with a table knife. Decorate the cabin using pretzel rods as logs, and cherry licorice twists and candy stars for door. Outline roof with licorice twists, fill in with white chewing gum shingles, and star and cinnamon candies. Attach a decorative flag to the roof.

>> on 29



Ford Taurus – Resume
The American Road
Dearborn, MI 48126

Objective

To help keep you safe on the road.

Employment history

I've held more than 5,724,807 responsible positions all over America since 1985.

Educational honors

I'm the only top-selling vehicle in my class to have earned a double five-star, the government's highest front crash test rating, four years in a row.

I've been named a "Best Pick" by the Insurance Institute for Highway Safety.

I've been selected as one of the top family vehicles in the United States by AAA and *Parents* magazine.

Special qualifications

With my Personal Safety System.™ I can sense my employer's needs and react to them quickly and effectively, such as figuring out things like how much to inflate the airbag.

My lower anchors and tethers for children (LATCH) system is a safe and easy way to install child safety seats.

My emergency trunk release is visible to anyone who may have accidentally become trapped inside.

My available 4-wheel ABS keeps you in control during emergency stops.

Interests

Keeping up with new safety technology. Playing along with quiz shows. Attending assertiveness training classes.

References

Rated by the National Highway Traffic Safety Administration
Named by the Insurance Institute for Highway Safety
Recognized by AAA and *Parents* magazine

Contact

www.fordvehicles.com

Ford

no boundaries



LADY LIBERTY

Using a T-shirt and an A-line skirt as guides, make paper patterns. Make one shoulder seamless and move the other extra long so it can be tied into a knot. Cut both from mint green fabric and iron. Sandwich the skirt between with seams. Buy matching tights and shoes or paint or dye white ones to match. Use silver ribbon as shoelaces and glue stars on toes. Cut crown from mint green crafts foam and embellish with silver paper. Use hook-and-loop fasteners to tighten crown around head. Hot-glue fabric to flashlight handle. Cut flames from yellow and red plastic—available at fabric stores—and glue to top of flashlight. Add a strip of silver paper to cover flame edges. Create "book" bag by covering a paper gift bag with crafts foam. Glue white foam to one side; draw pages with marker. Add details to the spine and front cover with foam pieces and black marker.

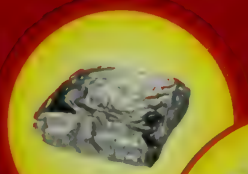


CROWNING ACHIEVEMENT

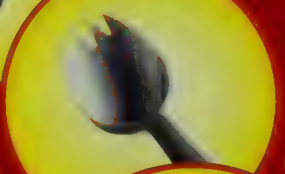
For a crown of eight, melt about two cups premier white baking pieces in a saucepan over low heat, stirring constantly, until smooth. Working with one cone at a time, generously drizzle with the melted baking pieces. Sprinkle with coarse pink-colored sugar and pink decorative candies, working quickly before melted white pieces become firm. Repeat with each cone. For an extra treat, fill each cone with candies, then seal the open end with a vanilla wafer attached with decorator icing. To serve, place cones on a platter in a circle to form a crown. Scatter the platter with blue and aqua candies.

>> on 298

...ENTS THAT CHANGED LUNCH AS WE KNOW IT



Aluminum Foil 1926



The Spark 1970



The Juice Box 1980



Pringles Snack Stacks 2002



New Pringles Snack Stacks™ join the ranks of products that have changed lunch forever. The modern single-serve pack seamlessly unites taste and convenience. Available in multi-packs, Pringles Snack Stacks are a lunchtime hit with moms and kids alike. **Once you pop, the fun won't stop.®**

Pringles
Snack Stacks

More Great Ways to Play



"Barney's™ Round and Round We Go" video



10" Singing "I Love You" Barney

Barney

"Watch and Win" with Barney & Friends!

Details on www.barney.com

HiT Entertainment

© 2002 Lyons Partnership, L.P. All rights reserved. The names and characteristics of Barney and Baby Bop, Barney & Friends and the overlapping dino-spots logo are trademarks of Lyons Partnership, L.P. Reg. U.S. Pat. & Tm. Off. 07/30-02



SEA CREATURE (F

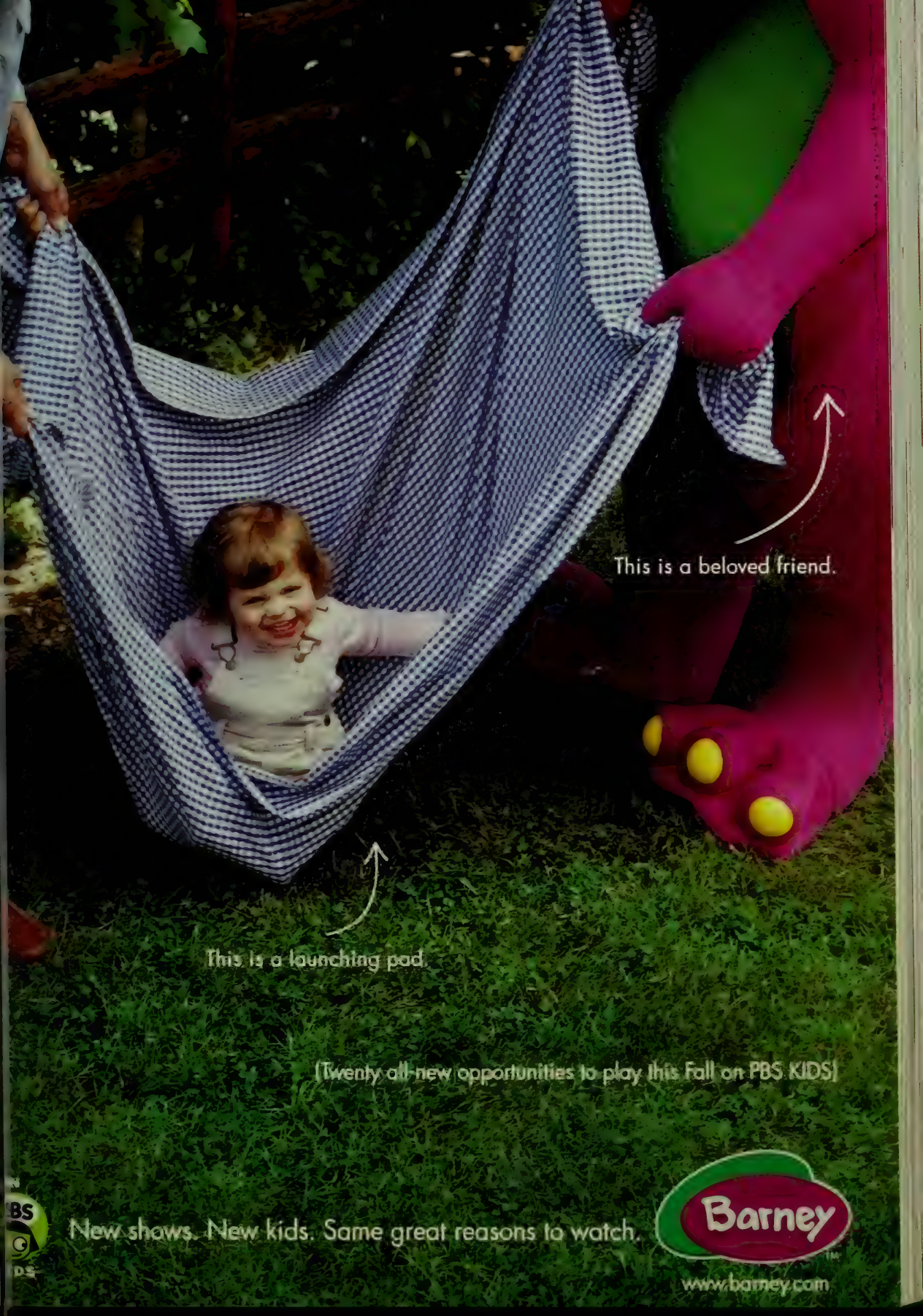
Turn a blue sweatsuit and swim gear into a creepy, crawly creation, remi of the *Creature from the Black Lagoon*. Pair this costume with the Mad S (see *page 286*) for a loony laboratory look. Make the monster by gluing r of "hair" from a black boa onto circles cut from dark blue crafts foam; glu pieces to blue sweatshirt and blue gift bag. Spray-paint a swim cap dark b let dry. Cut ears from dark blue crafts foam and hot-glue to cap. Glue bo to cap and swim mask. Cut spiky wings from blue fuzzy fabric, and glue o handstitch them under arms and along sides of the sweatshirt. Glue or sti remaining boa to pants seat for a tail.



BLUE BLOB

Pour 2 cups cold milk into large bowl. Add two 4-serving-size packages of vanilla pudding. Beat with wire whisk for two minutes. Gently stir in 2 cups frozen whipped dessert topping, thawed. Tint, as desired, using blue gel food coloring. Stir in mini chocolate sandwich cookies and blue candies. Spoon mixture into a large plastic bag. Snip a ½-inch piece off corner of bag. Hold top of bag tightly and squeeze mixture into small plastic cups. Make a face with blue and green candies. Outline goggles with black decorator icing. Add a mini chocolate sandwich cookie hat and a gummy octopus to the side. Refrigerate until ready to serve. Makes 8.

MORE ABOUT COSTUMES WWW.BHG.COM/CELEBRATE


This is a beloved friend.
This is a launching pad.
(Twenty all-new opportunities to play this Fall on PBS KIDS)
New shows. New kids. Same great reasons to watch.
Barney
www.barney.com



ADVERTISEMENT

connect@home™

check out these sites for the latest information

FOUR SEASONS SUNROOMS
Outdoor Living...Indoors
www.fourseasonssunrooms.com

HGTV HOME & GARDEN TELEVISION
www.hgtv.com

THE HOME DEPOT
www.homedepot.com

ORTEGA
www.ortega.com

OSH Orchard Supply Hardware
www.osh.com

STATE FARM INSURANCE
www.statefarm.com

Uncle Ben's NATURAL SELECT
www.unclebens.com

Uncle Ben's RICE BOWL
www.unclebens.com

Vagisil FOAMING WASH
www.vagisil.com

RESOURCES >> from 280

shelf, "Rivers End"—Marian Decker; 831/247-7270; Web site: www.@deckerworks.com. **Painting on wall,** "Color Festival"—Sharon Medler, 866/438-4457; Web site: www.sharonmedler.com **Love seat,** "Virginia"; **leather chairs,** "Savannah" (Oxford Blue, Teak)—Ekornes Inc.; 888/329-2632; www.Ekornes.com. **Cabinets,** "Mandolay" (Frost Glaze)—KraftMaid Cabinetry, Inc.; 888/562-7744; Web site: www.kraftmaid.com. **Wall paint** (Filtered Sunlight); **trim paint** (Ivory Tusk)—Benjamin Moore; 800/826-2623; www.benjaminmoore.com

Page 154: wine rack units, tumblers, stemware—Cost Plus World Market; 800/ 267-8758; Web site: www.costplusworldmarket.com. **Ceramic tile on counters,** "Gange"; **backsplash**—Tileshop; 408/436-8877; Web site: www.tileshop.com. **Vent hood,** "Allure" (Stainless Steel)—Broan-Nutone; 800/558-1711; Web site www.broan.com. **Cabinets,** "Huntington" (Honey Spice)—KraftMaid Cabinetry, Inc.; 888/562-7744; www.kraftmaid.com. **Wall paint** (Filtered Sunlight); **trim paint** (Ivory Tusk)—Benjamin Moore; 800/826-2623; Web site: www.benjaminmoore.com. **Jetted shower system,** 1824 (Brilliance Pearl Nickel); **personal hand shower,** RP32541 (Brilliance Pear Nickel)—Delta Faucet Co.; 800/345-3358; www.deltafaucet.com. **Porcelain ceramic tile in shower,** "Jura Bone"; **floor,** "Cobalto"; **glass mosaic tile insets,** "Sicus," "Zinnia 3"—Tileshop; 408/436-8877; www.tileshop.com. **Grab bars/towel racks** (Satin Nickel)—Franklin Brass by Bath Unlimited; 800/421-3375; Web site: www.FranklinBrass.com. **Shower enclosure**—Basco Shower Doors of Excellence; 800/543-1938; www.bascoshowerdoor.com. **Wall paint** (Icy Blue); **trim paint** (White)—Benjamin Moore; 800/826-2623; www.benjaminmoore.com.

DIVING IN HEART FIRST

Page 175: sisal floor mat—Pottery Barn; 800/922-5507; www.potterybarn.com.

Pages 176-177: love seat—Eddie Bauer Home; 425/755-6100. **Red pillow**—Great Jones Home, 11919 Eighth NE, Bellevue, WA 98005-3023; 425/688-1033. **White linen curtain panels**—Pottery Barn; 800/922-5507; Web site: www.potterybarn.com. **Lamp on mantel**—Eddie Bauer Home; 425/755-6100

Pages 178-179: leopard lampshades—Lamp Plus, 11919 Eighth NE, Bellevue, WA 98005-3023; 425/688-1033. **Black painted breakfront**—Carol Rose Antiques, 105-102nd Ave., Bellevue, WA 98004-6129; 425/450-9939 **Bamboo chest**—Parker-McFall Antiques; 425/739-6930

Pages 180-181: kitchen cabinets—IKEA Home Furnishings; 800/434-4532; www.ikea.com.

Pages 182-183: slipcovers—Pottery Barn, 800/922-5507; www.potterybarn.com. **Sconces**—Harold's Lamps; 206/633-2557. **Sinks**—Kohler Co.; 800/456-4537; www.kohler.com. **Accessories**—Great Jones Home, 11919 Eighth NE, Bellevue, WA 98005-3023; 425/688-1033

EDEN AT WATER'S EDGE

Pages 194-202: wisteria—Wayside Gardens, 1 Garden Lane, Hodges, SC 29695-0001, 800/845 1124, free catalog **Doublefile viburnum**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544, 541/846 7269, Web site www.forestfarm.com; catalog $4.

AUTUMN'S ADDRESS

Page 197 dormer window—Andersen Windows Inc., 800/426-4261, www.andersenwindows.com

Pages 198-199 all items—antique, discontinued, or a personal belonging

Pages 200-201 sofa—Broyhill Furniture Inds.; for dealer near you, 800/327 6944

Pages 202-204 all items—antique, discontinued, or a personal belonging

COOKING TOGETHER
Pages 207-214: all items—antique, discontinued, or personal belonging

READER SHOPPING
Page 82 "Home and Family" Rose—Edmunds Roses, 6235 SW Kahle Rd., Wilsonville OR 97070
Page 138 Fragrant Bulbs—Van Bourgondien, 245 Route 109, Babylon, NY 11702
Page 228 Soup Plates—Harold's Kitchen, 140 Lehigh Ave., Lakewood, NJ 08701 **Soup Spoons**—RSVP, 4021-13th Ave., W, Seattle, WA 98119
Page 230 Thermometer—Zenco, 65 Haven St., Mt. Vernon, NY 10533

ARCHITECTS AND DESIGNERS

A FAMILY'S HOUSE GROWS UP
Pages 54-63: architects—Jean & Jay Kaiser, Kaiser Gutheim Partnership, Inc., 1734 W Cortland St., Chicago, IL 60622, 773/342-4695

FOLLIES FOR FEATHERED FRIENDS
Pages 90-96: birdhouse and beehouse designs—Brenda Demetriou, 1065 Gaskins, Cincinnati, OH 45245, or call 513/752-0860

SPEAKING VOLUMES
Pages 106-110: architect—Fred Wilson, Morgante Wilson Architects, Ltd., 3813 N. Ravenswood, Chicago, IL 60613; 773/528-1001; www.mwa@morgantewilson.com

DOWNSIZED WITH STYLE
Pages 150-156: modular home manufacturer—Golden West Homes, 3100 Perris Blvd., Perris, CA 92571, 800/628-4443. **Design consultants**—Sally Haile, The Center for Universal Design, North Carolina State University, Raleigh, NC 27696-8613; 800/647-6777; www.design@ncsu.edu/cud. Phil Dommer, Bright Keys Development Co., 1809 N. Western Ave., Stillwater, MN 55082; 651/430-8656; www.brightkeys.com. Amy Noakes, 660 J St., Ste. 270, Sacramento, CA 95814; 800/390-2699 or 800/900-0706; www.atnet.org. **General contractor**—Mike Saso, Saso Construction Services, 434 Windham St., Santa Cruz, CA 95062, 831/426-7384; fax: 831/426-7455. **Landscape architect**—Bill Drulius, Director of Design, The Beals Group, 2425 Porter St. 14, Soquel, CA 95073; 831/476-6630; Web site: www.thebealsgroup.com. **Kitchen designer**—Heather Goode, CKD, Santa Cruz Kitchen and Bath, 1833 Soquel Ave., Santa Cruz, CA 95062; 831/426-9600; fax: 831/426-4757

all today 1.800.869.6841
for your FREE Catalog!



custom blinds
direct to your home
wallpaper
over 220,000 patterns
area rugs
for every decor
you can also order these name brands:
Hunter Douglas®, Graber®
Levolor®, Bali®, M&B®
the Designplace® Direct

ountry Curtains.
ed Lion Inn • Stockbridge, MA 01262
V DECORATING - SIMPLIFIED!
ge Color Catalog. Ask for Dept. 32502
6.6123 or www.sendcatalog.com



Work at Home
Earn up to $35,000 a year typing medical histories!
High-pay office jobs, too. Train at home to be a Medical Transcriptionist
CALL 1-800-475-0100 Dept. BHGA92
or write At-Home Professions, 2001 Lowe St., Dept. BHGA92, Fort Collins, CO 80525

DESIGN YOUR OWN FUTURE.
An exciting career in interior decorating and a business of your own. Visit our website www.DecoratingDen.com or call 1-800-DEC-DENS.



Custom Table Pads
88 years of experience
factory direct prices
lifetime guarantee
PIONEER TABLE PAD CO.
www.pioneertablepads.com
call toll free for a sample brochure
1-800-541-0271 x 60

ORDER DIRECT
WALLPAPER
THE LOWEST PRICES GUARANTEED!*
PLUS
— Expert advice and assistance. —
— Convenient returns at over 2,000 stores nationwide. —
CALL TODAY
and take an additional
$10.00 OFF
a $100.00 purchase.
OFFER EXPIRES OCTOBER 31
1-800-257-5714
SHERWIN WILLIAMS
*Competitor's price must be verifiable. Cannot be combined with any other offers. Retail Sales Only. Offer expires 10-31-02. © 2002 The Sherwin-Williams Company

NEW LOW PRICES!
Custom Table Pads
LIFETIME GUARANTEE!
FREE Product Info Kit:
1-800-444-0778
GUARDIAN
ALL MAJOR CREDIT CARDS ACCEPTED
Est 1923
www.guardian-tablepad.com

Better Homes and Gardens MARKETPLACE

For *classified* advertising rates & info: 800/424-3090, fax: 312/464-0512

ANIMAL LOVERS

ELIMINATE PET ODORS and stains with unique line of products. For all pets. Satisfaction guaranteed. **www.lilesgreat.com** 800-369-9903

HELP YOUR PET Live the Healthiest, Happiest, & Longest Life Possible. For FREE Info Visit: www.petopp.com/info

AREA RUGS

www.CapeCodBraidedRug.com Wool, flat braided rugs handcrafted on Cape Cod. Custom colors/sizes available. Sold direct only. **888-784-4581.**

ART

Shop www.ArtOnCanvas.com for affordable canvas art reproductions. Various sizes, beautifully framed. Monet, vanGogh, hundreds more. **www.artoncanvas.com**

BEDDING/MATTRESSES

SPECIALTY BEDDING EXPERTS. Memory foam, airbeds, electric beds. Low price guarantee. www.bsleep.com **800-810-4870.**

BLINDS/WINDOW TREATMENTS

WWW.BLINDSONSALE.COM SAVE$$$ Graber, Nanik, Timberline Basswood, Fauxwood, Crystal Pleat, Verticals, Plantation Shutters. Free Catalog & Samples **1-800-919-4301**

WWW.JUSTBLINDS.COM Buy Blinds Online and Save! Wood, Fauxwood, Cellular, Verticals, Shutters. Free Samples. Satisfaction Guaranteed.

BRASS/IRON BEDS

BRASS AND IRON BED SALE!!! Buy factory direct and save 50%. Free color catalog. 216-229-4900 **www.brassbedshoppe.com**

CABINET RE-FACING

DO-IT-YOURSELF CABINET RE-FACING KIT. Guaranteed professional results. Pre-finished, hardwood doors, 1/4" facing, panels, trim. 888-689-1873. www.cabinetrestyle.com

CARPET/FLOORING

CARPET, VINYL, HARDWOOD FLOORING. True Wholesale Prices. **1-800-922-5582.** Carpet Express "America's Floor Store" Dalton GA.

BUY SMART First quality, warranted carpet, vinyl, hardwood, ceramic, laminate flooring, and area rugs. Dalton's largest outlet. Family owned and operated for 29 years. Guaranteed low prices. Free samples. Ship anywhere. Call Carpets of Dalton toll free **1-888-514-7446. www.carpetsofdalton.com**

ACCESS CARPET Lowest Prices. Name Brands. Free Samples. Ship Anywhere. **1-800-848-7747 Ext. 18.** www.dalton.net/access/ Dalton, GA

BUY WHERE THE DEALERS BUY- Georgia Carpet Industries has provided service and quality for over 30 years. Warehousing over a MILLION YARDS OF CARPET. We ship Carpet, Hardwood, Vinyl, Laminate and Ceramics - Anywhere! Call 1-800-420-7594. FREE SAMPLES (www.georgiacarpet.com)

BUY WHOLESALE CARPET. Vinyl, Vinyl Tile, Hardwood Flooring. Save 30% to 60%. Cash/Charge. Beaver Carpets, Dalton, GA 1-800-633-5238.

DIAL 1-800-C-A-R-P-E-T-S. Will absolutely beat any price. **90 DAYS NO PAY!** Major brands, area rugs. www.800carpets.net

1-800-789-9784 ALL MAJOR BRANDS 5% over cost. Don't pay retail! 90 Days No Interest! American Carpet Brokers

DODD'S CARPET. Family owned for 25 years. Guaranteed lowest prices on all flooring. "Free samples" 1-800-526-9116

CARPET & HARDWOOD. Long's Carpet, Inc. Since 1976. Best pricing on all brands. **800-545-5664.** www.mycarpetsource.com

CARPET WHOLESALE 1-800-526-5050. Buy where dealers buy. First quality. Guaranteed. 90 days same as cash. Samples available.

CHINA/CRYSTAL/STERLING

edish. Discontinued China, dinnerware, crystal. Buy/sell by the piece. 888-892-1182. Purchase on-line at www.edish.com

CUSTOM CABINETRY/FURNITURE

APOTHECARY CABINETS made to order. Heirloom quality. Many wood choices available. **www.stanpikedesigns.com/** Tel: 413-527-6700.

FABRICS/UPHOLSTERY

ABC DECORATIVE FABRICS. Drapery & Upholstery. Discount prices. Free shipping. Mon-Sat 9-6 EST **1-800-548-3496.**

DECORATIVE Fabrics, Upholstery, Drapery, Fabrics. Give manufacturer's name, pattern & color. Low prices. 1-800-392-5337 www.discountfabric.com

www.OutdoorFabrics.com Buy **Sunbrella® Fabrics** online. Wholesale prices. Ideal for patio cushions, boats, furniture, awnings. 1-800-640-3539

SOUTHERN DESIGN CONCEPTS - Discounted DESIGNER Fabrics, Wallpaper and Trims. Guaranteed First Quality - **NEVER UNDERSOLD! 1-800-245-3071.**

FINANCIAL SERVICES

GET OUT OF DEBT, START TODAY! Established, BSI Accredited Debt Management Company can help you. Reduce monthly payments by 50%. Eliminate/Reduce Interest Rates & Over Limit Fees. End Harassing Creditor Calls. No Credit Checks. Homeownership Not Required. Community Credit **1-800-564-1499 Ext. 400 www.DebtAdjuster.org** A National, Non-Profit Organization.

MONEY TROUBLES? Overdue bills? Save thousands, cut credit card payments. Non-profit agency can help. Call **1-800-SAVE-ME-2.**

GARDENING

JAPANESE BEETLE CONTROL. Milky Spore stops Japanese Beetles for good! Developed by USDA, one application lasts 20 years. Safe for children and pets. Free Catalog. Call St. Gabriel Labs 800-801-0061

GOURMET/SPECIALTY FOODS

PECANS, other nuts, dried fruit, cakes, candies, mo idea! FREE CATALOG 800-999-2488 **www.nutsandcar**

HEALTH/NUTRITION

STRESS AND ANXIETY RELIEF for busy families. Pe sessions with world renowned author/psychologist v 800-359-CURE (2873).

HOLIDAY DECORATIONS/LIGHTI

Unique, high-quality, decorative lighting. Wide styles/colors. Decorate indoors or outdoors. **www.holiday-junction.com 800-987-1225.**

HOLIDAY/SPECIAL OCCASION GI

BOYDS BEARS, WILLIRAYE, Cup of Christmas Tea Items and more! Shop Online www.personalre **888-444-3302.**

THE BOUTIQUE! Unique gifts/collectibles! Art, China, Leath Fashion, more. Free Catalog. 1-800-422-6758. www.thebo

High-quality, Personalized Engraved CAKE PANS Ch designs. Perfect gift idea! **www.thatsmypan.com** 715-

HOME CARE PRODUCTS

WWW.YOURFILTERS.COM Save on Replacement Humidifier and Spa Filters. Quantity Discounts and H 1-866-363-4868.

HOME FURNISHINGS/ACCESSOF

DISCOUNT FURNITURE! 843-497-8686 Call for imm Tremendous savings! Most major manufacturers Delivery. **carolinafurniture@sc.rr.com**

1-800-714-4448. FURNITURE DIRECT **** Save u major brands! White Glove Express Delivery. Major Accepted. Immediate Quotes. www.furnitureorders.co

Cushions and Covers to fit your **This End Up** a furniture **www.cratefurniture.com** or 1-800-627-5161

"CAROLINA FURNITURE DIRECT is great." NAME BF 65% SAVINGS! Insured in-home delivery representatives. Quotes or brochures **1-800-838-7647**

PATIOS, WICKER/RATTAN Leather Furniture, major bra prices, ship nationwide **www.PatiosUSA.com** or **1-88**

DISCOUNTED ADVERTISED FURNITURE Savings To Experience 1-800-488-4720: Hamilton Furniture NC 28516. www.hamiltonsfurniture.com

"FURNITURE COLLECTIONS OF CAROLINA" SAV From Hickory, NC. Major Manufacturers. Brochures 1-800-968-9079

INCREDIBLE SAVINGS TO 65%. Name brand furnitu white glove delivery. Wholesale Furniture Galleries Free Brochure **www.discountfurniture.net**

DISCOUNTS UP TO 65%, 500 finest brands. In- since 1933. CHERRY HILL FURNITURE. 1-800 www.cherryhillfurn.com brochures, 1-800-888-0933

INVENTORS

INVENTORS - FREE INFORMATION PACKAGE. Have yo idea developed and professionally presented to Manufa assistance available. Call: **1-800-54-IDEAS** (1-800-54

JOB/BUSINESS OPPORTUNITI

EASY WORK! EXCELLENT PAY! Assemble Products Toll Free 1-800-467-5566 EXT. 11748

Get **PAID** to **WORK FROM HOME!** Hundreds of legitima jobs! 1-800-944-4703, Dept. 3598 **www.moneyfrom**

PARTY SUPPLIES AND MORE! Great opportunity home for expanding company. No inventories, deliv parties **1-877-561-0541.**

Finding a Job in Tough Times, book for recent grad professor's plan. Six Steps To A Paycheck Amazon.com

1,000'S WEEKLY POSSIBLE MAILING b advertisements! Free supplies/postage! SASE: Listin Lake Zurich, IL 60047

SIX FIGURE POTENTIAL from home (p/t time) 26 yr billion dollar tech company with 5A1 D&B rating. Fo internet marketing approach, visit: **www.myautomati**

LIGHTING/FIXTURES

RESTORED VINTAGE FIXTURES. Circa 1850-1940 plus Wall, hanging & porch lights online. www.vintagehigh

PATIO/OUTDOOR FURNITUR

PATIO, POOL, PORCH FURNITURE. Quick Ship Manufacturers. Lowest North Carolina Prices 1 www.thegardenroom.com

QUILTING PATTERNS

HISTORY CHERISHED: 150+ original Nancy Page Meticulously collected 1930's by my Aunt Alice attractive booklet. Fun, useful, unique! Great Gift Heidie McCall, 2712 Esther, Vancouver, WA 98660.

REAL ESTATE

YOUR OWN FOREST in Western Washington. Ga 40-acre parcels. Views, streams, low $100's 1 (1-866-347-2663). www.forestreserveinfo.com

World's Largest Inventory!
China, Crystal, Silver & Collectibles
Old & New • 125,000 Patterns
6 Million Pieces • Buy & Sell
REPLACEMENTS, LTD.
PO Box 26029, Greensboro, NC 27420 Dept GB
1-800-REPLACE (1-800-737-5223)
www.replacements.com

SPIEGEL
Limited time offer! Order your FREE 550-page Spiegel Fall Catalog ($10 value) by October 15, 2002* Over 550 pages of fashions and home furnishings, all in one place! Call 1-800 SPIEGEL and ask for offer F6809. *Hurry, quantities are limited.

America's #1 Choice for
linds, Wallpaper & More!

25%-85% Lower Than Most Store Prices!

PLUS Take An Extra **10%* OFF** CODE: BED1

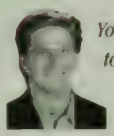
• Wall Art • Lighting • Curtains • Home Decor • Shutters • Paint • And More!

e Lowest Price & 100% Satisfaction Guarantee*
oday, and if you ever find the identical item for
us know and if we can verify it, we'll refund you
f the price difference! And, we're so confident
'll be happy with your purchase that we offer an
e 100% money-back guarantee.

ry Only First Quality Name Brands
Douglas, Duette, Waverly,® Village,® Wallies
® Levolor, American, Kirsch, Graber, Louverdrape,
, Thomas Kinkade, Carey Lind, and more!

the internet at www.decoratetoday.com
view over 300,000 blinds, shades, wallpaper
and borders and other home decorating products
e over 650 personal shoppers online to answer
estions and help you place your order. Instantly
our entire collection by product, style, material,
color, size, price range and keyword.

ur Local Decorating Store or Home Center
e something you like in your local decorating
rite down all the product information (brand
style, color, etc.) then call for your Lifetime
eed Lowest Price.



You'll never find a reason to buy from anyone else! We guarantee it!
Steve Katzman, President

CALL OR VISIT US ON-LINE FOR A FREE
- **Blind Catalog**
- **Wallpaper Catalog**
- **Area Rug Catalog**

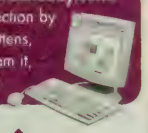
Shop On-line 24 Hours a Day!

Michigan Shoppers!
Visit our Sterling Heights or Plymouth Factory Showroom Outlets. Call 1-800-442-3919 for directions.



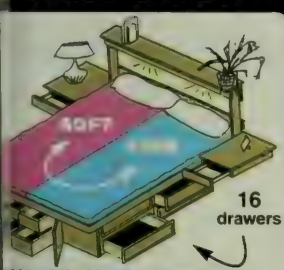
FREE UPS DELIVERY* *Ask for details

300,000 More at Decoratetoday.com!
Search our extensive collection by design element such as kittens, tulips, etc. If you can dream it, we can find it ... instantly!



American
Blind and Wallpaper Factory
decoratetoday.com
1-800-689-4485
Decorating so easy, it's fun!
FAX: 1-800-391-2293
909 N. Sheldon Rd, Plymouth, MI 48170
All major credit cards, money orders & checks accepted

TIMATE BED™

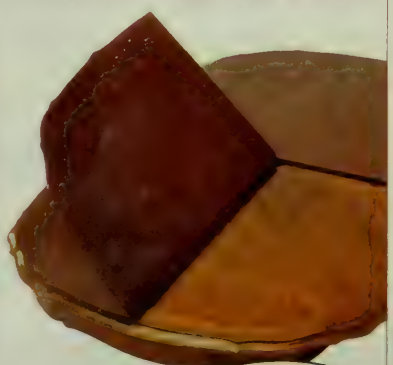


World's Most Advanced
erbed Storage System &
ble Air Mattress . . . Period!
www.ultimatebed.com
2 800-782-4825

WWW.FREEDOMCRYSTAL.COM
Spectrum
ORDER TOLL FREE! (800) 668-3899
WWW.FREEDOMCRYSTAL.COM
POLISHED HAND CUT 24% LEAD CRYSTAL FOR CHANDELIER & CHRISTMAS ORNAMENTS!



Custom Table Pads



9-Day Delivery Available

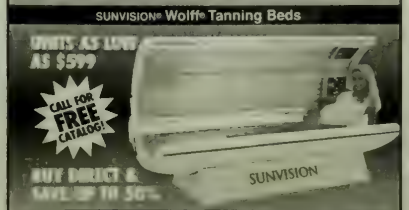
Guaranteed quality and service from America's oldest and largest table pad company - since 1911. Free measuring service is available in most metro areas. Satisfaction guaranteed with unconditional return privilege. 30-year limited warranty.

1-800/328-7237 Ext.210

Sentry Table Pad Co.
visit us at: **www.sentrytablepad.com**

YOU NEED BLINDS R WALLPAPER?
P TO **5%** + 10%
WOOD BLINDS
DUETTE® SHADES
ER DOUGLAS • GRABER • LEVOLOR
• DELMAR...ALL MAJOR BRANDS
GOUS DISCOUNTS!!! WE DO IT ALL!!!
signer Sample Kit • Free UPS Shipping
BLIND & WALLPAPER CO.
800-782-7800
90 DAYS NO PAYMENT
ur web page: www.starblinds.com
Established 1932

TAN AT HOME!
SUNVISION® Wolff® Tanning Beds



HOME DELIVERY • FINANCING AVAILABLE
1-877-783-8356

...= FASHIONS AND ...STORY DESCRIBES EVERY DECADE. THE BEST LIFE HAS TO OFFER, HOWEVER, LEAVES A ...ONSTANT WHISPER IN THE HEART—THE LAUGHTER OF FRIENDS, THE COMFORT OF HOME, THE JOY OF OUR CHILDREN. THESE ARE ...E'S MOST INDELIBLE ...MENTS—AND THEY HAPPEN EVERY DAY.



While visiting the Conroy family of Connecticut for our May 2001 issue, we captured a special moment as then 3-year-old Grace reveled in the daisies.



I am enclosing a snapshot of my backyard garden of which I am very proud. My belief is that if you take a hoe and spade and go out into the garden and dig and plant and enjoy the fruits of your labor you will have found the real "fountain of youth." I have been a subscriber from the very first number and it has been of great help to me in telling me what to do about my garden and homemaking problems.

[redacted]
A LETTER TO THE EDITOR
BETTER HOMES AND GARDENS, OCTOBER, 1924

...r Homes and Gardens
November

3 9042 05549871 8

Better Homes and Gardens.

ER 2002 $2.99
om
ord.BHG

Making Thanksgiving MEMORIES

From turkey to this
ummy chocolate
spice cake –
ecipes rich
in tradition

kitchen
hat comforts
e cook

ing large in
ma"



BURLINGAME
OCT - 4 2002
LIBRARY

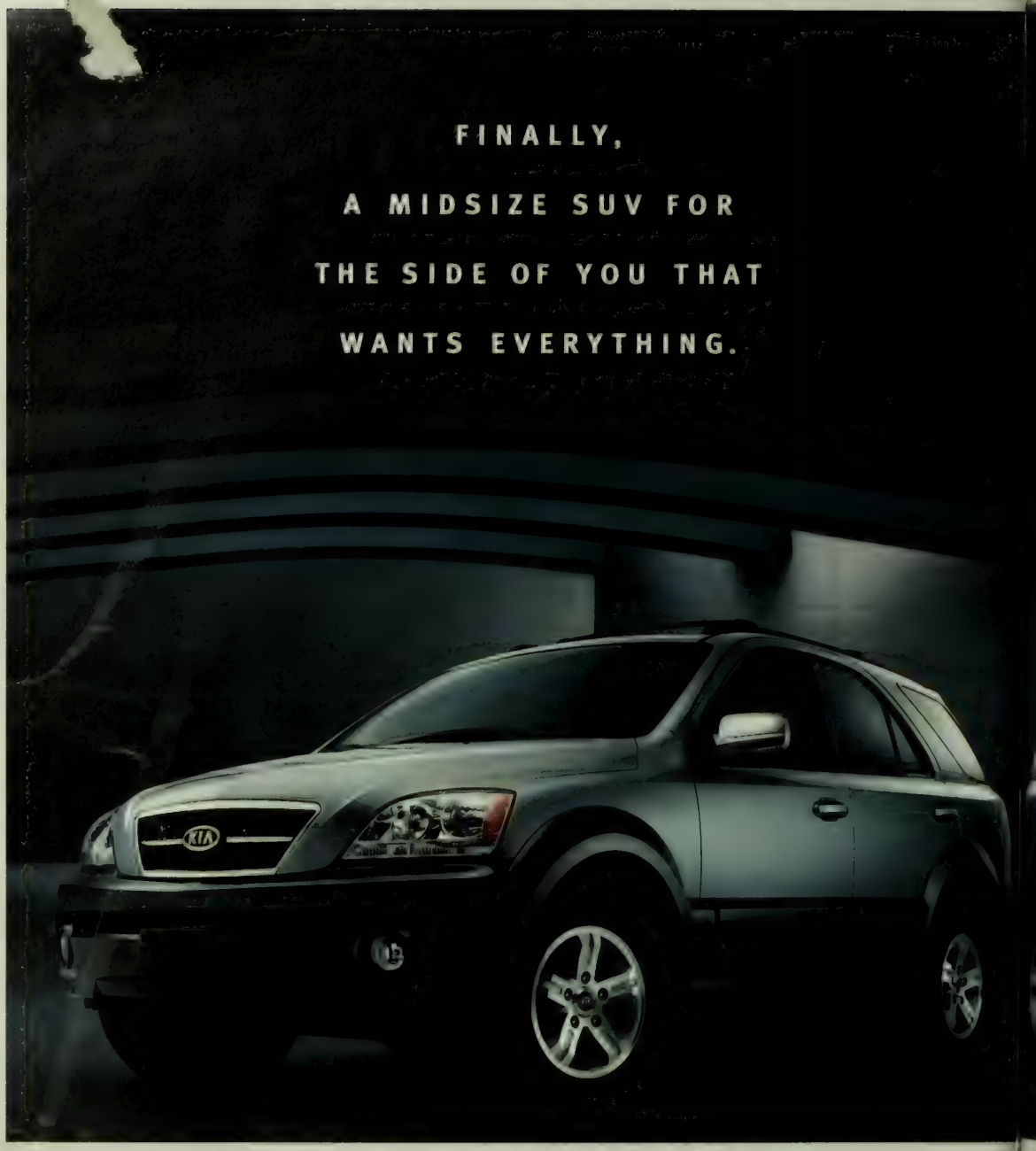
hic & Easy

Fall decorations
made with felt

#BXBBFCK********^R-LOT 0006A*C-030 CVBD
#BHG0199560210/4#
51 JAN03
BURLINGAME PUB LIB BHG P
480 PRIMROSE RD TC RF
BURLINGAME CA 94010-4010


Because all your clothes should be your favorites.™
COVINGTON™
Only at Sears.



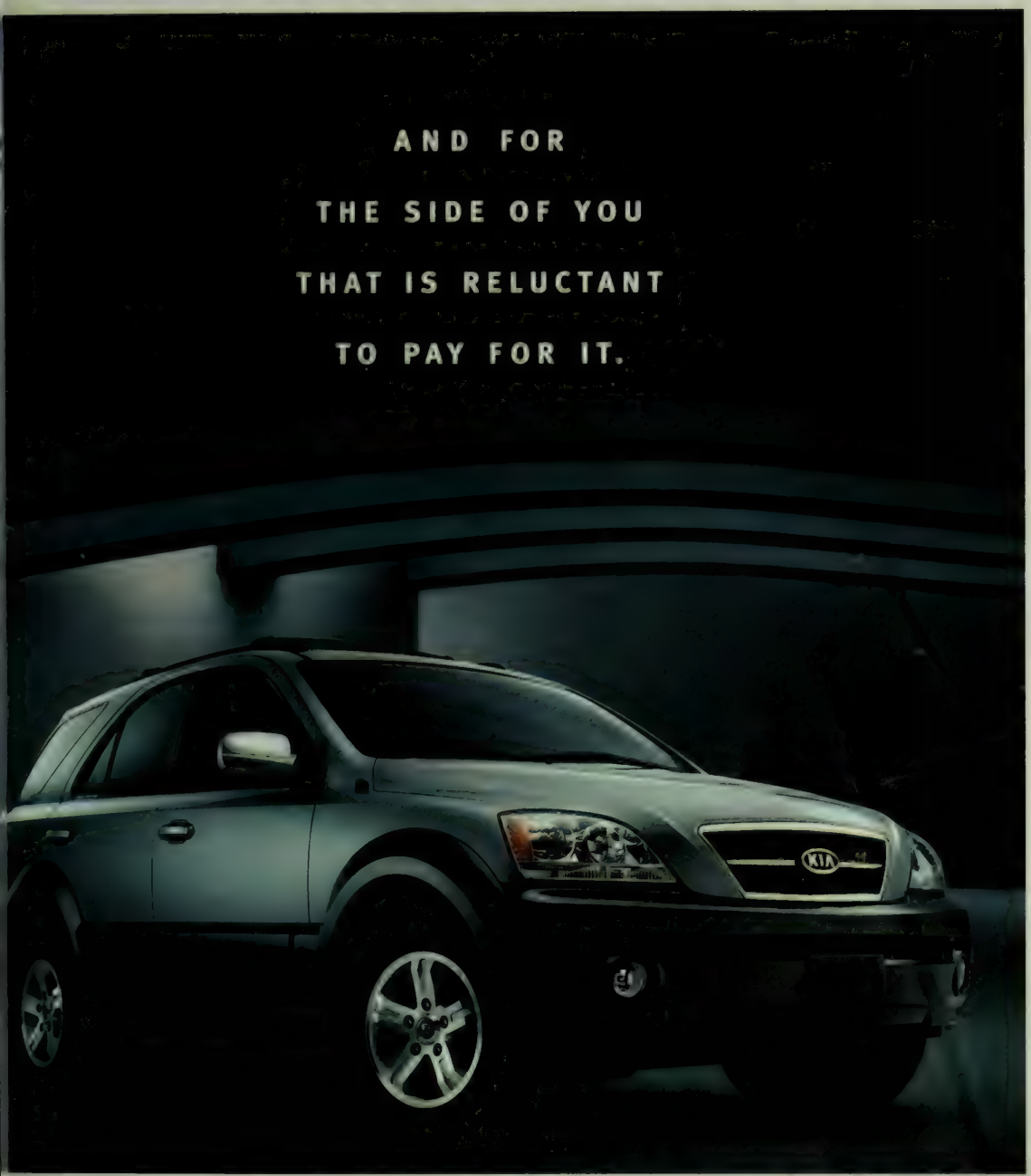


THE NEW, WELL-EQUIPPED KIA SORENTO. STARTING UNDER $20.0

10 YR/100,000 MILE LIMITED
POWERTRAIN WARRANTY

5 YEAR/60,000 MILE LIMITED BASIC WARRANTY
5 YEAR 24-HOUR ROADSIDE ASSISTANCE

For the first time ever, love and logic have come together in one midsize SUV. The
Sorento for 2003. It's got everything you could ever want in an SUV. Big, powe
engine. Standard. Dual front and side curtain airbags. Standard. Power windows,



Automatic transmission. In-dash CD. And Kia's 10 year/100,000 mile limited powertrain warranty. All stan-

get this. The Sorento is affordable. Reasonable. Rational. However you want to say it, you can get into the Sorento

n $20,000. To take a closer look, visit your local Kia retailer or visit kiasorento.com. And bring both sides of you.

KIA

Make every mile count.


©2002 The Goodyear Tire & Rubber Company. All rights reserved

ngs to remember:

lay only his music.

Drop him off at least a block away.

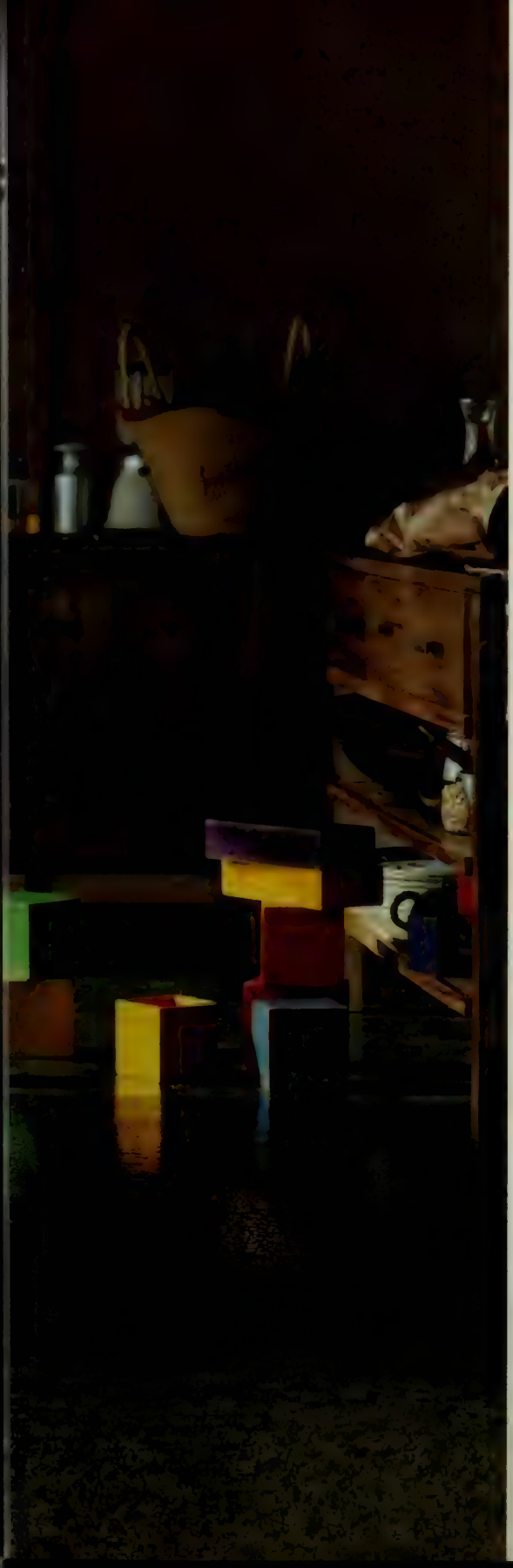
Never, ever kiss him goodbye.

Chauffeuring teenagers. On the wings of Goodyear.

GOODYEAR

MORE MOMS AND DADS DRIVE THEIR KIDS AND THEIR FRIENDS AND THEIR FRIENDS' FRIENDS ON OUR TIRES. GOODYEARTIRES.COM





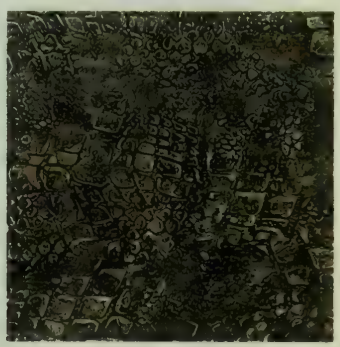
Armstrong

Your ideas become reality

NO ANIMALS WERE HARMED IN THE PRODUCTION OF THIS FLOOR.

Vinyl

FLATTERED, PERHAPS, BUT NOT HARMED.







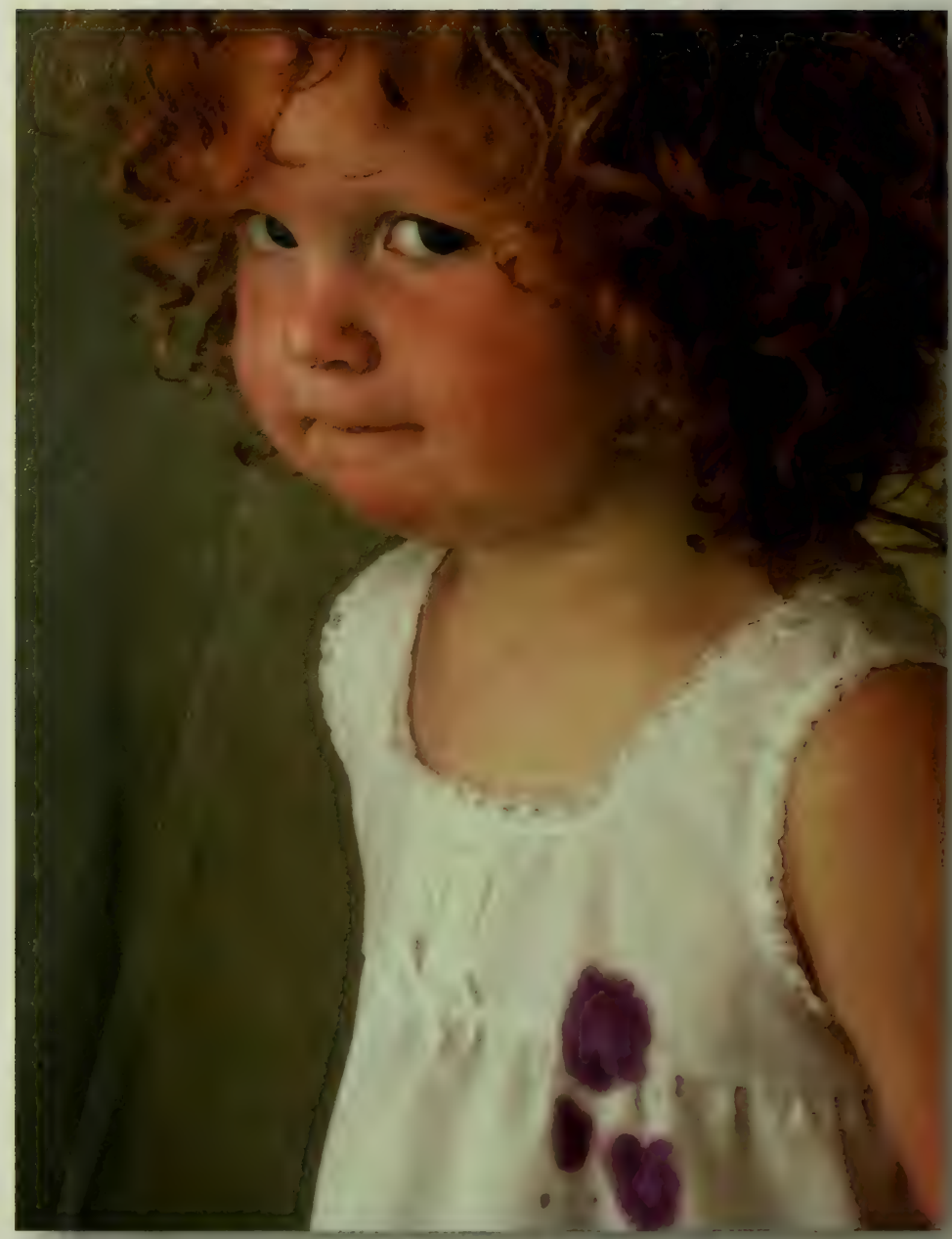




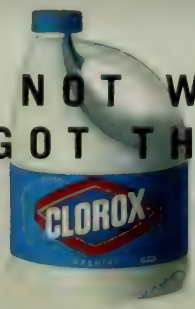
It took a particular eye to envision a crocodile floor in this home. The same eye that saw kitchen chairs needn't match. And that there's room in a child's life for simple blocks as well as 64-bit technology. However, it's easy to see that vinyl's function is every bit as impressive as its form. Few things in life have the durability of Armstrong ToughGuard.™ Which, of course, makes perfect sense once you consider how long the crocodile has been around.

www.armstrong.com

Laminate · **Vinyl** · Linoleum · Ceilings · Wood



MAMA'S NOT WORRIED.
MAMA'S GOT THE MAGIC.™



Clorox Bleach doubles the stain removing power of your detergent.

©2002 The Clorox Company *Based on results with Clorox and detergent



ON THE COVER:
A slice of Thanksgiving tradition that's meant to be shared. See story, *page 191.*
PHOTOGRAPH BY **RICHARD JUNG**



ETTER HOMES & GARDENS

November 2002



LUME 80, NUMBER 11

1716 LOCUST 12
A letter from Karol's desk to you
BHG.COM 18
What's happening at the magazine's site
LETTERS 20
What readers are saying
FAMILY NETWORK 61
Reader solutions to tricky problems
THEN AND NOW 280
Sweet songs of home

HOME DESIGN

NOVEMBER 25
Fanciful felt projects to warm your home
BETTER LIVING 43
The journey to peaceful
RENOVATION 52
Back to cool
HOME FRONT 66
What's happening for homes
DESIGN SOLUTION 72
Revive a chair
GREAT LITTLE HOUSES 79
An early 1900s-style cottage
UNIVERSAL DESIGN 82
Cook's comfort
WEEKEND DECORATING 90
Off the runway
DECORATING 102
Turn up the volume
STORAGE IDEAS 120
Traveling memories
KIDS' SPACE 122
Sweet dreams
BEFORE AND AFTER 129
Classic comes home
FINISHING TOUCHES 146
Adding an accent
GRACE IN A SMALL SPACE 163
Making the most of 780 square feet
NEW LIFE FOR AN OLD SOUL 178
A casual new look for a Victorian flat

GARDENING

COLOR 34
Planting a garden palette
LANDSCAPING 98
Paving the way
GARDEN STYLE 136
Softening the edges
SIMPLICITY MADE BOLD 171
Five projects rejuvenate a yard

FAMILY MATTERS

PARENTING 150
Answering kids' questions
EDUCATION 154
Calm in the classroom
YOUR FAMILY CAR 158
A woman's touch
BH&G KIDS® 264
Setting the kids' table

FOOD

IN GOOD TASTE 110
Well stocked for the season
KEEPING THE FEAST 191
Making Thanksgiving memories
WINE AND SPIRITS 218
Sparkling wines for every palate



WIN!

FREE PISTACHIOS *for a Year!*

Log on to www.pistachios.org to enter.

CALIFORNIA PISTACHIOS®

Grab a handful!

No purchase necessary. US and Canadian residents only (excluding Quebec). Void in Quebec and where prohibited. Promotion ends February 28, 2003. See www.pistachios.org for official rules.







TABLE OF CONTENTS >> from 9

BAKING 220
Chocolate cake to the max

SEASON'S PICK 222
Winter squash

THE BETTER COOK 226
Turkey roasting guide

COOKING WITH KIDS 230
Do the mashed potato

INGREDIENTS 232
Pick a peppercorn

NATURE'S KITCHEN 234
Tapping into maple sugar

FOR THE HOLIDAYS 236
A gift of hot chocolate

HOME BAKING 239
Pie for a party

THE CLEVER COOK 242
Add a burst of chocolate

WIN MONEY 243
Enter our monthly recipe contest

PRIZE TESTED RECIPES® 245
Entrées for Entertaining; Pumpkin Desserts

HEALTH

NUTRITION IN NO TIME 248
Nuts for your heart

FAMILY HEALTH 252
Fibromyalgia: Pain you can't imagine

FAMILY HEALTH UPDATE 256
News you need to stay well

READER SHOPPING

RESOURCES 275
Retailers and manufacturers

DIRECTORY OF ARCHITECTS AND DESIGNERS 276
And other professionals

DECORATING SHOP™ 118
12 Days of Christmas Sampler/Ornaments

QUILTING TWO WAYS 119
Quilt Star Stencil/Classic Tulip Quilt Kit

INSTANT-READ THERMOMETER 202
Must-have accessory for holiday recipes

SOUP PLATES 204
A soup-lover's necessity

MANDOLINE SLICER/ SPRINGFORM PANS SET 212
Make our Chocolate-Pear Spice Cake

FEAST JOURNAL 215
Record your family's feast

FRESH FRUIT GIFT 225
Save 50 percent on our special *BH&G* holiday gift package

Better Homes and Gardens (ISSN 0006 0151) is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Periodicals postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. To order call 1-800/374-4244. Trademark registered in Canada and Australia. Marca registrada en Mexico. **Manuscripts and photographs**: They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, PO BOX 37449, BOONE, IA 50037-0449. NOVEMBER 2002. VOL. 80, NO. 11. Canada Post Publications Mail Sales Product Agreement No. 40069223 Canadian BN 12348 2887 RT.

© Copyright Meredith Corporation 2002. All rights reserved. Printed in U.S.A.

For service on your subscription, including change of address, write to *Better Homes and Gardens*® Customer Service, PO Box 37449, Boone, IA 50037-0449. Please enclose your address label from a recent issue. If you wish to phone, call toll free **1-800/374-4244**. Or, visit us at www.bhg.com/service on the Internet.


For the family that plays together.
CALIFORNIA PISTACHIOS
Grab a handful!



Comments? Questions? Write Karol at *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023, or e-mail her at 1716Locust@meredith.com.

AT *BETTER HOMES AND GARDENS*®, WE NEVER RUN OUT OF IDEAS FOR THE HOME AND GARDEN AND NEVER TIRE OF SHARING THEM WITH OUR READERS.

In addition to the oodles of decorating, building, landscaping, cooking, and gardening ideas we show in each issue, we share many more on our Web site, BHG.com, and in the hundreds of books and special-interest publications we produce every year under the *Better Homes and Gardens* name. Getting the word out about how to make your home wonderful is a big part of what we love to do.

That's why when I was asked to do a *Better Homes and Gardens* segment on WNBC's *TODAY in New York* television show, I enthusiastically said, "Yes!" Being able to bring ideas from our magazine to life for about a million viewers—count me in.

This was the assignment: Take three hot trends in decorating shown on 20-some pages of *Better Homes and Gardens* and condense them into three and a half minutes on a live television show. To illustrate my chosen trio of looks—Swedish Country, Asian style, and updated Cottage—I called in serious help: our staff senior interior designer Joe Boehm. I charged him with shopping high and low for easy-to-get, affordable furnishings that could create these styles and be shown on TV. He took the job so seriously that he continued the quest right up to the very morning of the program. ("It's impossible to find a florist open at 7:00 a.m.," he said, yellow daisies tucked under his arm.) Once on the set, the task was to artfully arrange Joe's cache of pillows, dishes, wallpapers, trays, quilts, candlesticks, and flowers on one small table in about 20 minutes. This was complicated by the fact that we were on a live show, so when the cameras were "on," we couldn't make a peep. Ever try to free a vase from tape and bubble-wrap without making a sound? Then, with lights blaring and cameras rolling, TV host Felicia Taylor introduced me to the viewing audience, and she and I had our first (but totally natural, of course) conversation about how Cottage, Asian, and Swedish styles can be incorporated into any interior. Three minutes, 20 seconds later our segment had been seen across the Big Apple—and I felt a bit hazy about what I actually said.

Post stage-shock aside, I was glad that Felicia's viewers, and the many of our readers who were able to watch, got great decorating ideas from *Better Homes and Gardens* that morning. And if there's a run on Asian blue-and-white pottery or Swedish lace curtains, you know who to blame...

Karol

KAROL DEWULF NICKELL, EDITOR IN CHIEF



You can catch *Better Homes and Gardens* segments on the HGTV's *Smart Solutions* program. Shows were taped recently (*above*) in Burbank, California. Starting this fall, HGTV's *Country Style* also begins showing its own segments.

Finally, results even the judges can agree on.

Want a world-class smile?
Then make Crest Whitestrips part
of your routine. Jamie and David did.
Only thirty minutes twice a day.
And in just two weeks
you'll get a noticeably whiter smile.
Try Crest Whitestrips and judge for yourself.
The results are guaranteed.



Jamie before—and after. David before—and after.*



Reveal your whiter smile.

*Dramatization of typical 14-day results









Make every room bloom.

Introducing Garden Toile, a new addition to Waverly® Garden Room™ now flourishing at Target.® Waverly Garden Room is the simple, easy and elegant way to make your whole home blossom with life. We've done the mixing and the matching . . . all you have to do is the enjoying. Shop in-store or online at target.com.

WAVERLY. garden room

TOYOTA SIENNA.
NOW WITH EVEN MORE FEATURES DESIGNED ESPECIALLY FOR FAMILIES.



PURCHASE A NEW SIENNA BETWEEN OCTOBER 15TH, 2002, AND NOVEMBER 30TH, 2002, AND RECEIVE AN OFFER FOR:

- The 20th Anniversary re-release of *E.T. The Extra-Terrestrial* on DVD.
- A special discount on a purchase of a Panasonic DVD player.*

And be sure to visit www.etsiennasweeps.com for your chance to win a Universal Studios Theme Parks Vacation.**

E.T. The Extra-Terrestrial re-release available on DVD/VHS October 22nd.

GET THE FEELING
TOYOTA

*AN ENROLLMENT PACKET WILL BE FORWARDED APPROXIMATELY 60 DAYS AFTER VEHICLE PURCHASE OR LEASE. OFFER ONLY AVAILABLE ON NEW SIENNA VEHICLES PURCHASED BETWEEN OCTOBER 15 – NOVEMBER 30, 2002. DATE OF PURCHASE AND/OR LEASE SHALL BE DEEMED THE DATE OF SALE OR LEASE DOCUMENT. VEHICLES TAKEN DELIVERY BEFORE OR AFTER THE PROMOTIONAL PERIOD OF OCTOBER 15 – NOVEMBER 30, 2002 WILL NOT QUALIFY FOR THE OFFER. INCENTIVE PACKET MUST BE RECEIVED NO LATER THAN FEBRUARY 15, 2003. THIS BENEFIT IS NONTRANSFERABLE AND CANNOT BE SUBSTITUTED FOR ITS CASH VALUE. RECIPIENT IS RESPONSIBLE FOR ANY TAXES ASSOCIATED WITH RECEIPT OF THIS BENEFIT. ONLY ONE OFFER PER ELIGIBLE RETAIL PURCHASE OR LEASE. OFFER VALID WHILE SUPPLIES LAST. OFFER VOID WHERE PROHIBITED. ©2002 TOYOTA MOTOR SALES, U.S.A., INC. UNIVERSAL ELEMENTS & ALL RELATED INDICIA TM & ©2002 UNIVERSAL STUDIOS. ALL RIGHTS RESERVED. E.T. THE EXTRA-TERRESTRIAL IS A TRADEMARK AND COPYRIGHT OF UNIVERSAL STUDIOS.

**NO PURCHASE NECESSARY. VOID IN FL, MI AND WHERE PROHIBITED BY LAW. SWEEPSTAKES BEGINS OCTOBER 15 AND ENDS NOVEMBER 30, 2002. FOR OFFICIAL RULES, SEND A SASE TO TOYOTA SIENNA E.T. DVD CONTEST RULES, P.O. BOX 6807, BURBANK, CA 91510, OR VISIT WWW.ETSIENNASWEEPS.COM

UNIVERSAL STUDIOS THEME PARKS

Panasonic

Better Homes and Gardens®

Karol DeWulf Nickell
Vice President/Editor in Chief

John Riha, **Executive Editor**
Bradford W. S. Hong, **Creative Director**
Lamont D. Olson, **Managing Editor**

Art Director Michael D. Belknap
Editorial Marketing Director Joan McCloskey

West Coast Editor Sharon Overton
Senior Interior Designers Joseph Boehm, Catherine Kramer
Senior Design Editor Sarah Egge
Senior Building Editor Shawn Gilliam
Senior Building and Environment Editor Laura O'Neil
Editorial Assistants Peggy Daugherty, Marilyn Scott

Food and Entertaining Editor Nancy Wall Hopkins
Nutrition Editor Jeanne Ambrose
Associate Editors Richard Swearinger, Stephen J. Exel
Editorial Assistants Karen Pollock, Anna Anderson

Garden and Outdoor Living Editor Mark Kane
Senior Garden Editor Craig Summers Black
Associate Garden Editor Doug Hall
Test Garden Manager Sandra J. Gerdes
Editorial Assistant Jacque Wittick

Features and Family Matters Editor Stephen C. George
Travel and Features Editor Becky Mollenkamp
Editorial Assistant Doris Lohrman

Photo Design Editor Shelley Caldwell
Associate Art Director Dana Thompson
Assistant Art Directors Zulal Biner, Hung Luu
Senior Graphic Designers Ted Rossiter, Stacey Willey
Design Assistant Malea Hubbell

Assistant Managing Editor Steven Cooper
Makeup Editor Linda Smith Thomas
Associate Makeup Editor Cindy Alberts
Copy Editor Martha Coloff Long
Office Manager Ginger Bassett
Administrative Assistant Suzanne Miller

Test Kitchen Director Lynn Blanchard
Director of Reader Shopping Denise King Scott
Reader Shopping Manager Diana Willits

Regional Contributors

Lisa Mowry, **Atlanta;** Estelle Bond Guralnick, **Boston;** Lynn McBride, **Charleston, S.C.;** Elaine Markoutsas, Sally Mauer, Hilary Rose, **Chicago;** Diane Carroll, **Dallas;** Mindy Pantiel, **Denver;** Khristi Zimmeth, **Detroit;** Eileen Alexandra Deymier, **Easton, Md.;** Betsy Harris, **Indianapolis, Ind.;** Susan Andrews, **Kansas City, Mo.;** Robin Tucker, Laura Hull, **Los Angeles;** Bonnie Broten, Tangi Schaapveld, **Minneapolis;** Bonnie Maharam, Cynthia Bogart, **New York;** Peggy Keonjian, Jan Behrs, **Portland, Ore.;** Mary Anne Thomson, **St. Louis;** Andrea Caughey, **San Diego;** Helen Heitkamp, Carla Howard, **San Francisco;** Trish Maharam, Loralee Wenger, Lynda Turner, **Seattle;** Heather Lobdell, **Tiburon, Calif.;** Claudia Franklin, **Tucson;** Nancy Ingram, **Tulsa;** Betty Campbell, **Victoria, B.C.;** Margaret Ann Fowler, **Wilmette, Ill.;** Karin Lidbeck-Brent, **Woodbury, Conn.**

Daniel M. Lagani
Vice President/Publisher

Geraldine Rizzo, **Associate Publisher**
Sally Preston, **Advertising Director**

Mark Bradbury, **Research Director**
Amy Levy, **Publishing Group Events Director;** Christine Held, **Promotion Art Director**
Patrick O'Donnell, Meredith Stick, **Eastern Sales Managers**
Joy DeVries, Crister Larson, Kim Jamison-Henry, Devon Walsh
Debra Rosenkrantz Brenman, Tracy Glenn, Faith Sussman, **Account Executives**
Peter W Mason, **Travel Manager;** Grace Chung, **Direct Response Advertising Director**
Shari Epstein, **Direct Response Sales Manager;** Ira Libov, Tara Phillips, **Account Executives**
Atlanta: Sibyl de St. Aubin; **San Francisco:** Sandy Fish, **West Coast Manager**
Los Angeles: Barbara Moses; **Chicago:** Gary Wenstrup, **Midwest Manager**
Brad Moore, Valerie Thiel, Jackie Fallon, Rick Wheeler, **Account Executives**
Detroit: Sally Jeffries, **Manager**
Beth Von Linden, **Consumer Marketing Director;** Karen Chiovaro, **Director of Production Operations**
Jan Sime, **Advertising Operations Director**

MEREDITH PUBLISHING GROUP

Stephen M. Lacy, **President**
Jerry Kaplan, **President, Meredith Magazine Group**
Michael Brownstein, **Corporate Solutions**
Ellen de Lathouder, **Creative Services;** Bruce Heston, **Manufacturing**
Karla Jeffries, **Consumer Marketing**
Max Runciman, **Finance and Administration**

Meredith

William T Kerr, **Chairman and Chief Executive Officer**
E. T. Meredith III, **Chairman, Executive Committee**

© Copyright Meredith Corporation 2002. All rights reserved. Printed in the U.S.A.

MPA

toyota.com

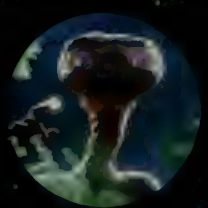


YOTA SIENNA & E.T. THE EXTRA-TERRESTRIAL. BRINGING FAMILIES TOGETHER.

CTOBER 22ND. FOR THE FIRST TIME EVER, E.T. THE EXTRA-TERRESTRIAL COMES HOME ON DVD FOR YOU TO ENJOY WITH THE WHOLE FAMILY. IMAGINE EVERYONE RELAXING THEIR PLUSH, COMFORTABLE CHAIRS. THEY BEGIN TO UNWIND AS THEY STARE UP AT THE SCREEN. COME TO THINK OF IT, THAT'S PRETTY CLOSE TO HOW IT FEELS IN THE SIENNA. LIKE A BIG, COMFORTABLE, EXCEEDINGLY WELL-APPOINTED LIVING ROOM, WHICH MEANS THAT YOU CAN ENJOY DRIVING HOME WITH THE MOVIE JUST AS MUCH AS WATCHING IT.

Available on DVD/VHS October 22 for a limited time only.





GET THE FEELING

TOYOTA

©2002 TOYOTA MOTOR SALES, U.S.A., INC. E.T. THE EXTRA-TERRESTRIAL IS A TRADEMARK AND COPYRIGHT OF UNIVERSAL STUDIOS. LICENSED BY UNIVERSAL STUDIOS LICENSING LLLP. ALL RIGHTS RESERVED.



TURKEY DELIGHTS

Recipe: www.bhg.com/herbturkey

CELEBRATE THANKSGIVING

Whether you're roasting your first bird or your 51st, we have dozens of ideas for a succulent treat, complete with all the fixin's.
www.bhg.com/thanksgiving

BHG.com's **Celebrate!** is your resource for every holiday throughout the year.
www.bhg.com/celebrate

Magazine subscription help is available online at www.bhg.com/service

- Subscribe
- Renew your subscription
- Change your address
- Report a duplicate issue

For other magazine questions, go to www.bhg.com/help

Call us at 1-800-374-4244.
Weekdays: 7 a.m. to 11 p.m. CST.
Weekends: 8 a.m. to 6 p.m. CST.
Please have your address label and/or your invoice handy.

Mail subscription questions to:
Better Homes and Gardens Magazine, P.O. Box 37429, Boone, IA 50037-0429

CRAFTS

WREATHS OF WONDER

Tickle your senses with an assortment of trimmings sprinkled with scents. Our ideas take you through the New Year.
www.bhg.com/wreaths

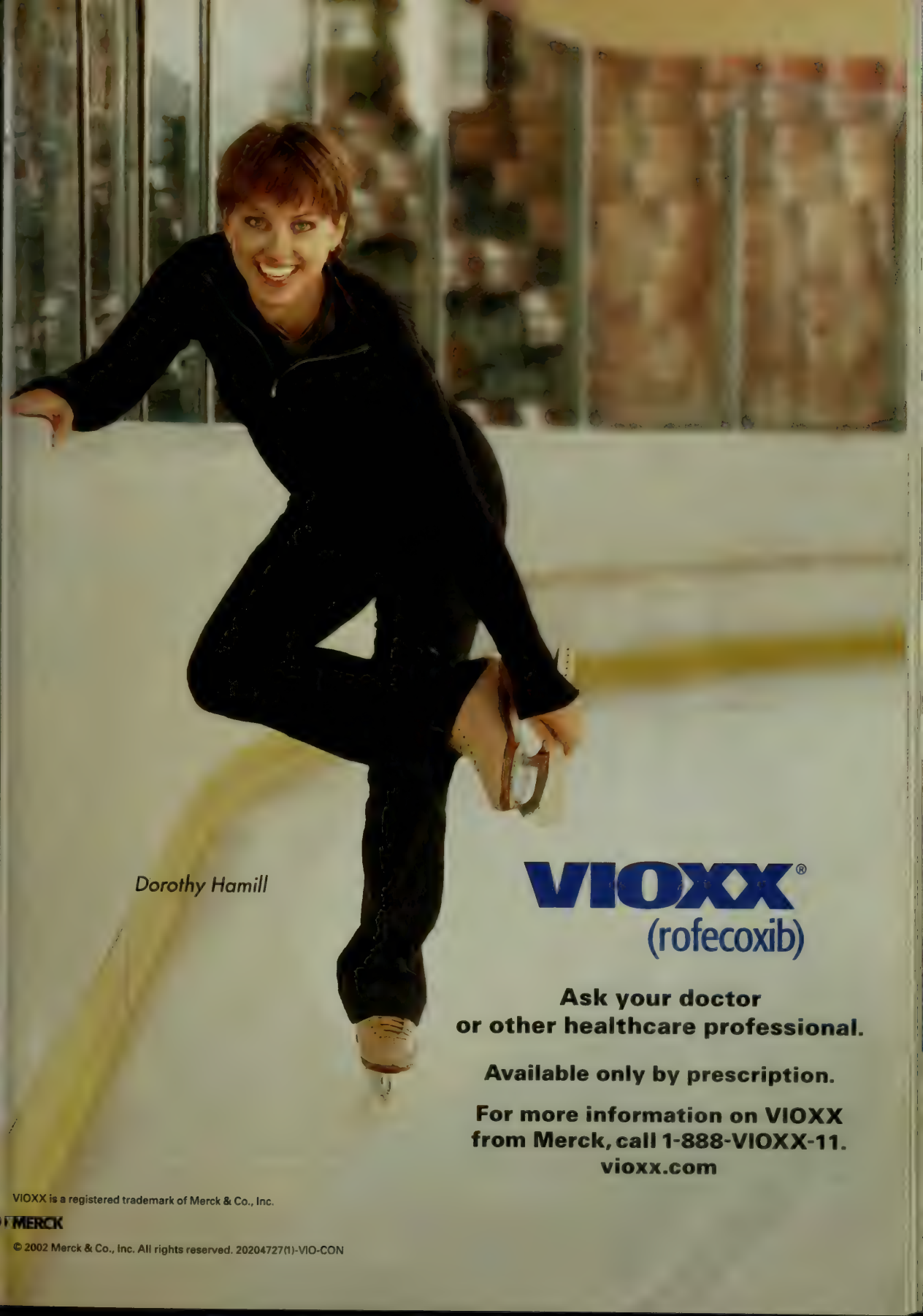




FAMILY TRAVEL

TRAVEL SAFE

Piling into the car or onto the plane at the busiest time of year doesn't have to be a hassle. Follow our tips.
www.bhg.com/travelright



VIOXX®
(rofecoxib)

Ask your doctor or other healthcare professional.

Available only by prescription.

For more information on VIOXX from Merck, call 1-888-VIOXX-11.
vioxx.com

VIOXX is a registered trademark of Merck & Co., Inc.

MERCK

© 2002 Merck & Co., Inc. All rights reserved. 20204727(1)-VIO-CON

In Maine, there's a term for comfort like this: "Wicked Good."



These slippers can be a simple reward after a long day. Genuine shearling sheepskin draws away moisture and conditions your skin with natural lanolin. You'll feel only softness...no rough seams or cold leather against your skin. In Men's and Women's styles.
Bean's Wicked Good® Slippers, $44.



For your FREE Fall Catalog, call 1-888-606-2326 or visit www.llbean.com

L.L.Bean
FREEPORT, MAINE
SINCE 1912

© 2002 L.L.Bean, Inc.

LETTERS

ROLLER BLINDS

I was inspired by the "Style in the Making" article in your January 2002 issue about how to make roller blinds. We have windows in our living room and den that, when opened, allow our front porch and these rooms to feel like one large space. Your toile-pattern fabric roller shades were the perfect solution for elegant window coverings. I used a palm tree print in red with neutral backing.

JOANN HERZENBERG, OAKTON, VA.

MORE THE MAINE WAY

I like your magazine and have for many years. However, I live in Maine and am a gardener. While looking through the last several issues, I find that almost every garden article has been about gardens in the Northwest. It would be nice to find an article about gardens in my part of the world, or at least you could include information about how the plants that are featured will grow in my zone.

ADELE, VIA E-MAIL

Editor's note: We agree with you, Adele. In fact, we've recently scouted Maine for upcoming garden stories.

WHEN A PARENT IS GRIEVING

I want to thank you for running an article on awareness of sudden infant death syndrome (SIDS) in your July 2002 issue. We lost our son, Joey, to SIDS on the morning of his baptism at almost 4 months of age. I cannot express how devastated we are over his death, even now, 1½ years later. As a parent who has suffered a loss, I especially liked your suggestions about what might be said to a grieving family. Just remaining a friend is usually the best thing to do.

MARTA MCGRAW, JACKSON, N.J.

WORKING WOMEN, THEN AND NOW

I just wanted to comment on your May 2002 issue. Being a working mother, I just got around to reading the issue last night and I really enjoyed it, particularly the story about the frontier women and the home of actress Paula Cale. It was great—best issue ever.

MICHELLE, VIA E-MAIL

Editor's note: "The American Family: Strong Hands, Gentle Hearts" was a story about modern women re-creating pioneer life, circa 1883. Actress Paula Cale from TV's Providence was featured in "Confessions of a Hollywood Homebody."

Comments? Questions? Write Karol at *Better Homes and Gardens*®, 1716 Locust, Des Moines, IA 50309-3023, or e-mail at 1716Locust@meredith.com.



YOU'LL WEAR OUT *BEFORE* WEAR-DATED® DOES.

WEAR-DATED® Carpet Fiber

Beautiful colors and styles for every need. Wear-Dated® carpet fiber is so durable we guarantee the entire carpet.* That's why carpet made with Wear-Dated is made for life.

Visit your local carpet retailer and ask about carpet featuring Wear-Dated carpet fiber. *See warranty for details. Wear-Dated is a registered trademark. ©2002 www.weardated.com

advertisement

Barbie TechGirls Just Want to Have Fun! Word Jumble

Mom, help your daughter unscramble the letters to find the hidden names of products made for the high-tech, savvy girl.



Barbie Cool n' Squ
Bubble Camer

Capture that winning smile with your Barbie™ MAEARC _ _ _ _ _ _.

Be the star of your own movie. Film it with the Barbie™ OVDEI _ _ _ _ _ camera.

Sing along with your favorite CD with the Barbie™ ORAAKEK _ _ _ _ _ _ _ boombox.

Keeping in touch with friends is cool with the hip Barbie™ corded EHPON _ _ _ _ _.

Getting up in the morning can be fun with the Barbie™ alarm OLCCK _ _ _ _ _ radio.



Barbie
Alarm Clock Radio



Barbie™ VideoCam



Barbie™ Corded
Hip Phone



Barbie™ CD Karaoke
Boombox

Barbie™ Phone Friends
It's Barbie Calling for You!
Visit us at Barbie.com
Get a phone call from Barbie for just $1.99!
Find out how at barbie.com/phone
(Kids, ask Mom and Dad before you log on!)



tick tock

Barbie Style

Apparel by Barbie™

There's beauty sleep.

And then there's **roll-up-your-sleeves-and-punch-the-daylights-out-of-aging** sleep.



total effects

Put some muscle into your beauty sleep. **New Total Effects Night Firming Cream** actually strengthens skin's structure by improving its moisture barrier. Tightening outer cells with its dynamic blend of hydrators, VitaNiacin and wheat protein to fight the appearance of aging. So you wake with visibly firmer, more beautiful skin.

www.olay.com

OLAY

love the skin you're in

November

BY **SARAH EGGE** PHOTOGRAPHS BY **KING AU** PRODUCED BY **CARRIE HANSEN** AND **ANN HOLTZ**

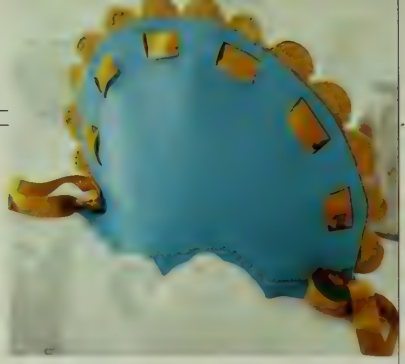
WARM UP WITH FANCIFUL FELT PROJECTS THAT ARE A CINCH TO MAKE.



FRIENDLY BEDFELLOWS

The hefty construction and fuzzy texture of felt lets you create structured shapes without sacrificing softness. And no-fray edges mean hems aren't necessary. For playful touches that contrast with felt's matte texture, thread shiny satin ribbon through slits in the fabric or weave it into a pillow front.





TEA TIME

While your tea steeps, keep it hot with a teapot cozy. This update on a Victorian design is truly no-sew. On a solid color of felt, trace a semicircle big enough to encompass your teapot. Cut two matching semicircles of this size. Using a contrasting color, cut a slightly larger third semicircle and give it a decorative edge. Stack pieces together, then at regular intervals make slits through all three layers using a crafts knife. Thread satin ribbon through the slits. Push the third semicircle to one side.

SOMETHING'S AFOOT

Chilly tootsies love this rug made from a 4×6-foot piece of industrial-weight felt (the stuff used for shoe soles). Measure and cut evenly spaced slits across the base, then weave contrasting-color strips of dressmaker-weight felt through the slits, trimming them at the edges. Sew around the perimeter to hold the strips in place.



MARK THE PLACE

Plant your dishes on these smashing place mats that take advantage of felt's no-fray qualities. Use leather punches to cut the circle design along the edge. These punches are less fatiguing to use than a crafts knife when making certain designs, especially circles. Buy punches at crafts stores in various sizes and shapes, and create your own pattern. Sandwich the two place mats together and stitch around the perimeter. Or, for a no-sew version, adhere the two layers with fabric glue. >> on 28

THE WAY TO YOUR HEART IS STILL THROUGH YOUR STOMACH.



Post® Honey Nut Shredded Wheat is rich in whole grain and can help reduce your risk of heart disease.* And with its delicious taste, it's not just your heart that's going to love it.

Post

*ets rich in whole grain foods, and other plant foods, and low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease



HANG-UPS

Too cute for the closet, these hangers should be displayed on a coat tree or peg rack. Trace the shape of a wooden hanger to use as a template for sewing the covers. Then have fun experimenting with different edges: Pinking shears make a zigzag; scrapbooking scissors let you cut chubby scallops; and regular scissors can cut fringe.



PHOTO FINISH

Less bother than an album, these photo boxes let you have your family keepsakes close at hand—yet safely tucked away. Using felt, wrap brown craft boxes like a gift, and secure the felt with spray adhesive. Show off a special photo on top, and frame it with a separate piece of felt. >> on 30





There used to be no such thing as good news about breast cancer. But that's changing, thanks to people like the millions involved in the Susan G. Komen Breast Cancer Foundation's Race for the Cure®. Ford Division and its dealers are proud to partner with the Komen Foundation in its relentless campaign to put an end to breast cancer and have dedicated over $50 million to support breast cancer awareness. We've come a long way, but there are many more races to run and more lives to save. The women and men of Ford Division invite you to get involved in a Komen Race for the Cure® event near you. For more information and Race dates, please visit fordvehicles.com/fordforce.

RACE FOR THE CURE

Ford no boundaries



TAKE A SEAT—TAKE THREE SEATS! THE MORE CHICLY COVERED OTTOMANS THE MERRIER.



TAILORED COVER-UPS

Felt slipcovers with peekaboo cutout designs update the look of these square hassocks. Follow the dimensions of your ottoman to make a cross-shape cover from felt. With the width of the sides in mind, draw the cutout design around the base; if you have a computer, use it to make a geometric design and print it out. Using your pattern as a template, cut the design into the four sides with a sharp crafts knife. Stich the four sides together with a contrasting felt panel inserted behind each cutout design.

RESOURCES >> 275



Our newest formula applies Scotchgard™ protector while cleans, so your carpets will look good longer than you ever imagined.

Which may or may not be a good thing.



IN ANY UPRIGHT DEEP-CLEANING MACHINE.

BISSELL®

WE MEAN CLEAN

Now there's an easy way to keep your carpets looking good for a very, very long time. Fiber Cleansing Formula™ from BISSELL. It's the only formula that cleans and applies Scotchgard protector for excellent stain protection, all in one simple step. Best of all, it's designed to work great in any upright deep-cleaning machine, including rentals. So look for BISSELL Fiber Cleansing Formula in the vacuum cleaner aisle today. Of all the memorable things to happen to carpet over the years, this is definitely one of the best.

SCOTCHGARD PROTECTOR

Good Housekeeping

Special formulas for pet owners and allergen control are also available.

bissell.com

Welcome to

Thomas Kinkade's



"Holiday Bed and Breakfast" is approximately 6.5 inches high and comes with the FREE figurine of artist Thomas Kinkade, and his wife, Nanette.

The serene vision of renowned *Painter of Light*™ Thomas Kinkade transports you to this radiant Village Christmas where welcoming lights are reflected like thousands of glittering stars in the blanket of new-fallen snow. Warm rays of light stream from elegant homes and charming shops, inviting you to stay.

Enjoy a fascinating stroll through *Thomas Kinkade's Village Christmas*

The stately Victorian house is warm and cozy, its windows aglow with friendly radiance. Let the cheery lights from the "From the Heart Gifts" and "Santa's Workshop Toys" entice you to window shop. As golden light radiates from the graceful street lamps and the "Light of Hope Church," a peaceful feeling passes over the town all hushed by snow. It's time to savor the company of friends and family at the "Holiday Bed and Breakfast." The lights are on, and you're invited!

Begin with "Holiday Bed and Breakfast," Premier Edition—includes FREE figurine!

You will be captivated by the incredible sculptured details w you get "Holiday Bed and Breakfast" and a delightful F collectible figurine of gift-bearers. Each tiny wreath, individual piece of stonework, is meticulously painted by h

FREE ACCESSORIES AND FIGURINES—$75 VALU

A Landmark Collection: A Remarkable Value

After "Holiday Bed and Breakfast," charter subscribers can forward to building their village with more sculptures, about every other month. Your second issue, "Light of H Church," comes with the hand-painted antique car ... FREE

This is a limited time offer and strong demand from legions of Thomas Kinkade collectors is anticipated, so pl don't wait to order. Send no money now. Simply complete mail the coupon.

collectiblestoday.com Home of Hawthorne Village and All Things Collectible

©2000 Hawthorne Village ® Thomas Kinkade. Media Arts Group, Inc., San Jose, CA

illage Christmas

A Hawthorne exclusive featuring lighted sculptures inspired by the artwork of



THOMAS KINKADE

Painter of Light



"Light of Hope Church"

"From the Heart Gifts"

THOMAS KINKADE'S VILLAGE CHRISTMAS

- A Hawthorne exclusive inspired by original works from America's most collected living artist, Thomas Kinkade—and approved by the *Painter of Light*™ himself
- Meticulously hand-crafted and carefully hand-painted for exceptional realism
- Horse and sleigh, gift-bearers, antique car, and 6 lamplights with tiny wreaths—$75.00 value—FREE
- Inscribed on each lighted sculpture is a replica of Thomas Kinkade's signature
- With a hand-numbered Certificate of Authenticity and a 365-Day Unconditional Guarantee

Limited Time Offer - Please Respond Promptly

Yes! Please enter my charter subscription for the illuminated *Thomas Kinkade's Village Christmas* collection, starting with "Holiday Bed and Breakfast." I will SEND NO MONEY NOW. I will be billed the first of three easy payments of $16.65* for my first sculpture and **FREE** figurine before they are shipped. Subsequent sculptures and figurines will be shipped approximately every other month.

Mrs. Mr. Ms.
Name (PLEASE PRINT CLEARLY)

Address Apt. No.

City State Zip

Signature

*Plus $6.99 postage and handling. Illinois residents add state sales tax. Pending credit approval.

HAWTHORNE VILLAGE®

49159-E81203

Hawthorne Village, 9210 N. Maryland St., Niles, IL 60714-1322



PLANTING A GARDEN

PALETTE

JULIE KING'S HOUSE TOOK ITS COLOR CUES FROM THE QUINCE BLOSSOMS IN HER YARD. NOW HER RENOVATED SEATTLE GARDEN FOLLOWS SUIT.

Julie's purple love seat, a $50 purchase that got a rehab and a coat of eye-popping paint, is settled next to warm-toned walls and surrounded by variegated foliage and raspberry-colored blooms.

BY **CRAIG SUMMERS BLACK** PHOTOGRAPHS BY **DAVID MCDONALD** PRODUCED BY **LORALEE WENGER**

'OU SEE BLISSFUL COMFORT.

Ve see Barrier Weave™ fabric and Comfort Lock® construction.



'IC COAST® DOWN
des lasting comfort
resists going flat.

BARRIER WEAVE™
Downproof™ fabrics.

ALLERGY FREE
Dust, dirt and allergens
have been removed.

COMFORT LOCK
No-shift design.

COMFORT GUARANTEE
30-night trial.
Money-back guarantee.

ıty, as they say, is in the eye of the beholder. You see the iest, most inviting promise of comfort imaginable. We, on ɔther hand, see the highest lofting, most durable down ling possible. Our family of natural bedding products— n comforters, pillows and feather beds—was created you in mind. The result is pure comfort. Guaranteed.

SINCE 1884
Pacific Coast
FEATHER CO.®

Fluffy for Life™

a free brochure or to find a retailer near you, call toll free 1.866.433.9476 or visit us at **pacificcoast.com**.



COLOR >> from 34

The quince tree is long gone now, its salmon-colored blossoms only one of Julie's colorful memories. But the warm shade of salmon on the siding and stucco of her home boldly remains, anchoring the vivid new plant hues that echo and contrast that paint scheme. "I love color and playing with color," says Julie, a sign painter with an art background. "I have a sense of what the components of color are. Then I shake it up. Often, what makes composition is the part that is jarring or unsettling." So red flowers complement red leaves, and a purple paint job collides coolly with its hot surroundings. >> on 38



Ornamental grasses create a scrim in a purple and chartreuse bed (*above*). Finding perennials that color up as quick as the always-dazzling canna lilies (Intrigue, *above*, and Tropicanna, *right*) can be daunting, Julie says. "It's a fun challenge, like herding cats." So she often relies on plants with colorful leaves.

It's fun to have an impulsive side.

Just don't send it to the mall with your credit card.



A credit card is a powerful tool.

By all means have fun, just don't go overboard.

usecreditwisely.com is one of the many resources Citi offers to help you know the rules,

be informed, and spend wisely.

1-888-CITICARD
citi.com

citi
Live richly.™



aol keyword citi citi.com

Lysol Presents FACTS of LIFE

FACT: Too many cooks SPOIL the KITCHEN.



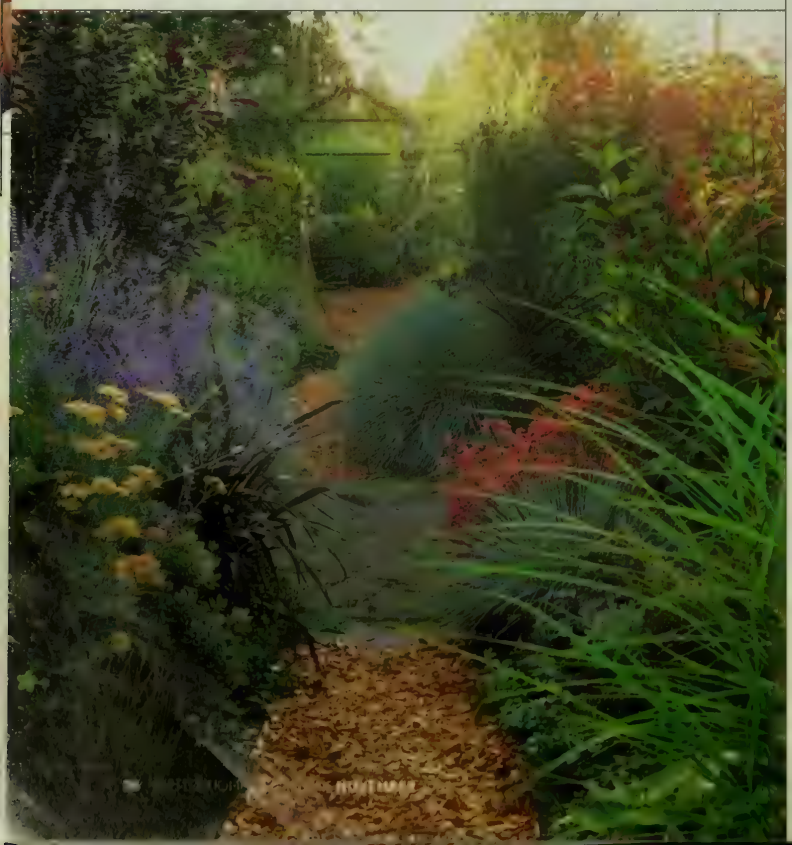
FACT: LYSOL® All Purpose Cleaner removes even the toughest soils. And LYSOL kills 99.9% of germs in 30 seconds.



Visit www.Lyso

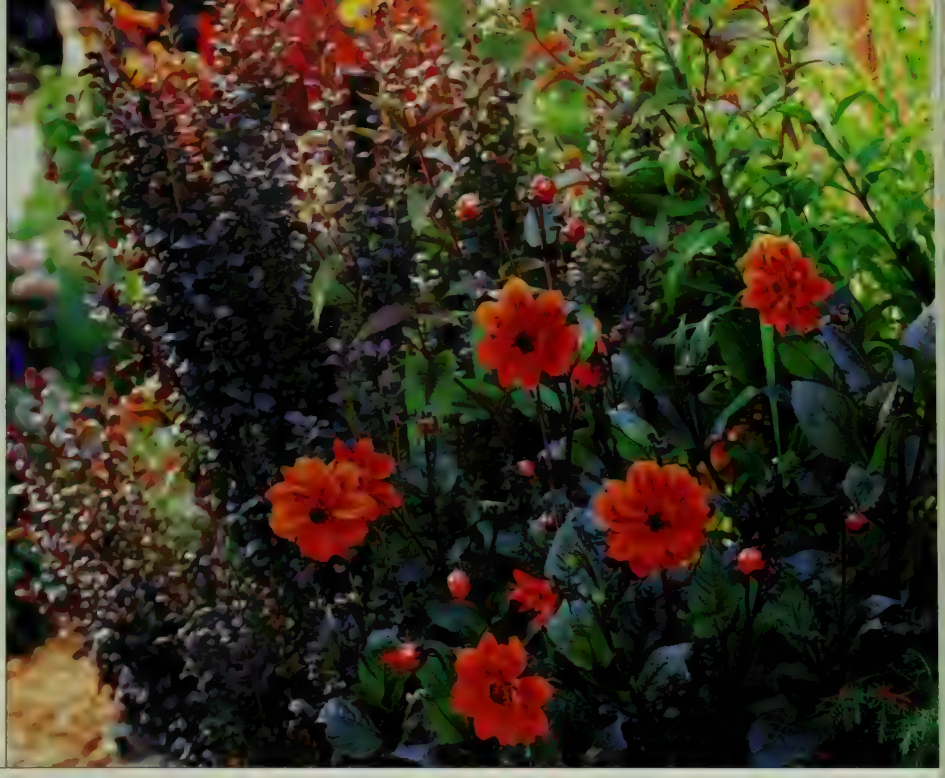
LIFE DEMANDS LYSOL. THAT'S A FA

© 2002 Reckitt Benckiser



COLOR >> from 36

Julie immersed herself in the headiness of the local garden scene in the mid-'90s, "and I was born again." With help from a sturdy boyfriend, she began "deconstructing my garden and putting it back together." Out went most of the lawn, and in went elegant perennials and ornamental grasses. Tall strap-leafed phormiums, or New Zealand flax, and the architectural-looking kniphofia, or red-hot poker, added structure just as surely as did the seating areas, paths, and stone work. And throughout the planting process, she evaluated color after color: How did that plant look with another; how did this combination reflect on the house? Then she edited, moving or removing the offenders. "I've been guilty of going to a nursery and buying lots of pretty faces," she says. "I'm just as seduced by them as anyone. Later, I have had to remove them. And that can get expensive." >> on 40



Julie eventually banished most yellow flowers from her garden, thinking they looked unappealing against the exterior of her house, but pale yarrow remains (*below left*). "This is such a small garden that everything should carry its own weight," she says. Barberry's reddish new growth complements dahlia blossoms (*right*).

Lysol Presents FACTS of LIFE

FACT: Kids get 5 to 12 COLDS a year.* (That's a lot of red noses.)



FACT: LYSOL® Disinfectant Spray can help PREVENT the spread of cold germs by killing 99.9% of cold viruses in 30 seconds.



veillance Data, Inc.

LIFE DEMANDS LYSOL. THAT'S A FACT.

SO MUCH SATISFACTION. SO LITTLE TIME.



NEW DANNON® LIGHT 'N FIT™ CREAMY.

Also enjoy these other tempting flavors–Strawberry, Peach, French Vanilla.

DANNON®



COLOR >> from 39

Julie likes to shape views of her garden as seen from her seating areas (even the ones indoors), and she likes those views to be *through* something, usually tall grasses that catch the sunlight. She also uses potted plants to create color on hard surfaces or other dead space. "Plants in pots are great because you can rearrange them to get them just right," she says. "You can pick the colors to go together so well." But at some point the plant combinations take on a life of their own. An orange sneezeweed finds itself supported by the chevroned leaves of a companion. "I love how it grows into the polygonum," Julie says. "That's a lifetime—figuring out how to present a plant."

Variegated lamium and maiden grass provide transition between the dark foliage of castor bean and anthriscus plants and the blue blossoms of delphinium and hydrangea (*above*). A pink color scheme and variegated molinia brighten a shady nook (*below*). The planted trellis shields the bench from the sidewalk behind.

RESOURCES >> 275



LAST TIME YOU WERE THIS SATISFIED YOU MARRIED HIM.



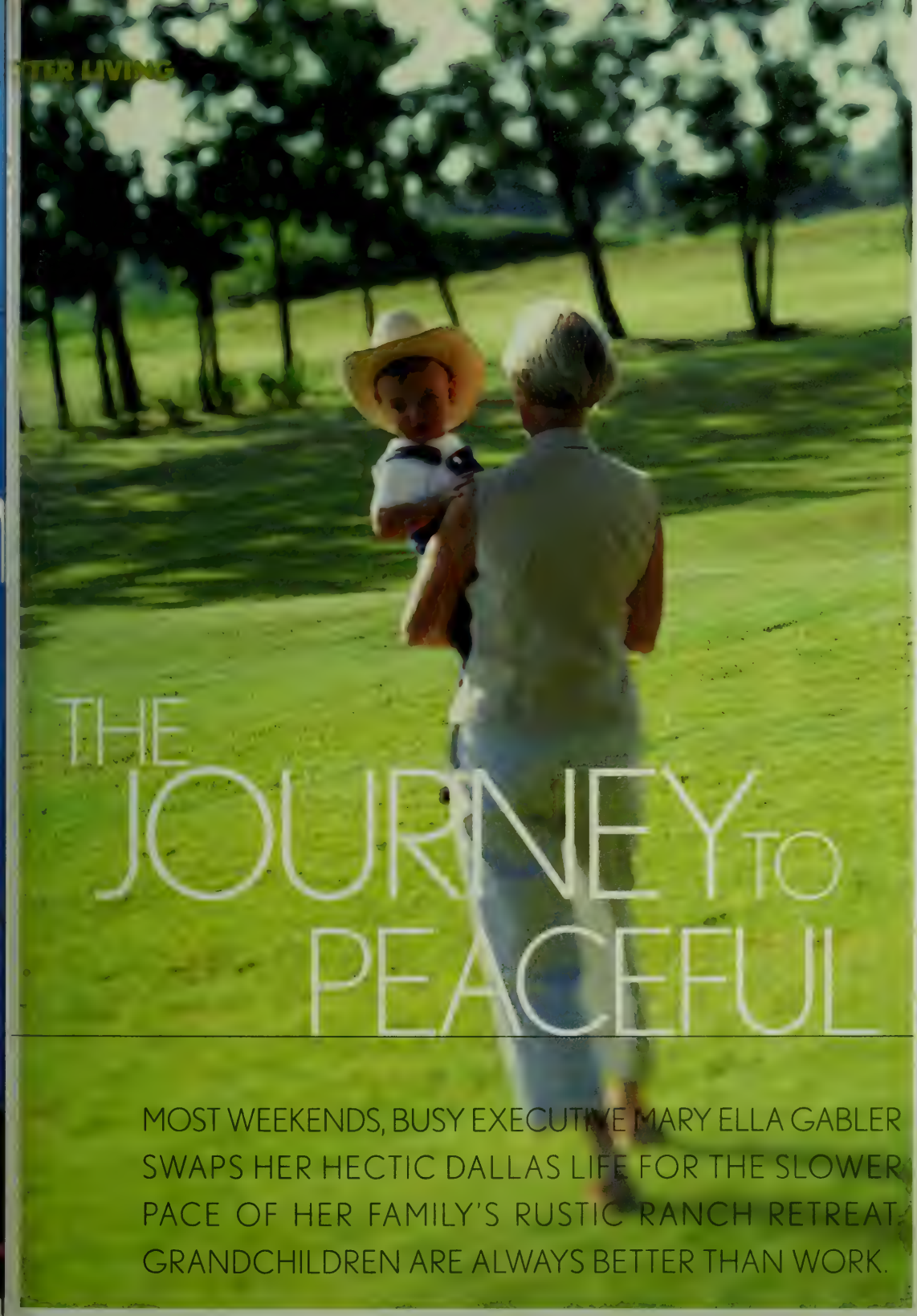
NEW DANNON® LIGHT 'N FIT™ CREAMY.

So light, fit and deliciously creamy, there's total satisfaction in every bite. *Dannon Light 'n Fit* Creamy. You know what you want, why compromise?

ANNON®
ter every day™

www.dannon.com ©2002 The Dannon Company, Inc


travelocity car
help you challenge Neptune for his throne.
Destination Guides
Our Destination Guide gives you the inside scoop on wherever you're headed
Travelocity has the tools to plan, tools to save, tools to make your trip better.
Travelocit
A Sabre Compa
1-888-TRAVELOCI



THE JOURNEY TO PEACEFUL

MOST WEEKENDS, BUSY EXECUTIVE MARY ELLA GABLER SWAPS HER HECTIC DALLAS LIFE FOR THE SLOWER PACE OF HER FAMILY'S RUSTIC RANCH RETREAT. GRANDCHILDREN ARE ALWAYS BETTER THAN WORK.

BY **JILL CONNORS** PHOTOGRAPHS BY **COLLEEN DUFFLEY** PRODUCED BY **DIANE CARROLL**



Although the trip from center-city Dallas to the outskirts of Granbury, Texas, takes less than 90 minutes by car, it covers much more than miles for Mary Ella Gabler. By the time the founder and chief executive officer of luxury bedding firm Peacock Alley steps through the front door of the 120-year-old farmhouse she owns with her husband, Ray, the stress of corporate life seems far, far away. The journey has been their ritual for more than 20 years. She has watched her two sons grow up fishing and camping here, she has spent countless hours on the porch enjoying the breeze, and she has just recently begun answering to a new name: "Gigi," gurgled by her two grandsons, 19-month-old Grant and 11-month-old Lake.

"It sure beats Grandma Gabler," laughs Mary Ella, who approves wholeheartedly of the nickname. Mary Ella is near her family all week long, in fact, her son, Josh, and both daughters-in-law work with her at Peacock Alley. But on weekends when the weather is just right, the crew caravans to the peaceful countryside where the farmhouse makes family gatherings all the more special.

Mary Ella Gabler walks with grandson Grant (*previous page*). The classic Texas farmhouse (*above*) is surrounded by Spanish oak and pecan trees. A stone-floored porch (*below left*) wraps around three sides of the house. Mary Ella and Ray (*below right*) enjoy ranch scenery from their porch swing. Playing competitive dominoes (*above right*), from left, are: Mary Ella, Jason, Josh, Meredith, Ray, and Leslie. Meredith and Josh (*right*) bicycle near the pond with their dogs.










JUST HAVING THE SPACE
TO RUN AND PLAY IS
SUCH A DELIGHT.
MARY ELLA GADLER



WE CAN ACTUALLY GRILL IN THE CORNER FIREPLACE, BUT WE USE IT MORE FOR ITS WONDERFUL AMBIENCE DURING WINTER.

RAY GABLER







Mary Ella and Ray bought their 54-acre property in 1981, admiring the beauty of its oak and pecan forests, and the coziness of its original farmhouse—a typical late 1800s structure with painted pine siding covering the exterior, 1x12-inch cypress planks on the interior walls, and a wooden porch along the front. It contained just one bedroom and bath, small dining and living rooms, and a tacked-on kitchen.

Over the years, they have fixed up the place, without changing its original footprint. The house still has just one bedroom, so if the whole family plans to spend the night, some guests pitch tents or check into the bed-and-breakfast nearby. And, the Gablers only recently remodeled the bath and gutted the kitchen. A light-filled room with ceilings exposed to the 16-foot peak, the kitchen is at once rustic and professionally equipped. "We both love to cook, Ray especially," Mary Ella says.

However, they focused more on rebuilding the porch, which wraps around three sides of the house, is screened in, and, at 1,000 square feet, is actually bigger than the 900-square-foot interior. This approach makes sense for a group that has always been oriented around outdoor life. "When the children were small, we had 'family camp' out here," says Mary Ella, referring to a summer ritual that brought everyone out for a full week of organized activities and camping deep in the woods.

Daughters-in-law Meredith and Leslie (*left*) prepare a salad of homegrown lettuce and tomatoes. The kitchen features pine base cabinets, copper counters, and stone floors. Cedar posts from the ranch's original smokehouse are used to hold the pot rack, and lighting comes from galvanized steel fixtures that resemble feed-bin scoops. Ray (*above left*) heads to the kitchen with tomatoes grown in the 1/2-acre vegetable garden. Mary Ella (*above right*) serves birthday cake to Ray, Meredith, and grandson Lake





"Now, with the grandchildren, we plan on renewing some of those activities," she says. Croquet playing is taken so seriously that the family established a dedicated croquet lawn 10 years ago. When Mary Ella is asked who is the best croquet player in the family, she answers diplomatically, "It all depends on who you ask." Dominoes, a game Ray grew up playing, is also a favorite pastime on the porch. Then there's bicycling, four-wheeling to check the outlying property, bass fishing, and according to Josh, "some of the best duck hunting in Texas."

Now that a third generation is on the scene, Mary Ella knows it's time to expand the sleeping quarters. "We're going to build a bunkhouse," she says. Plans call for a structure that blends in with the look of the farmhouse and provides a family room with a fireplace for evening gatherings. "I feel so fortunate to have this beautiful family and to have a wonderful place where we can spend time together," Mary Ella says. "It's the joy of my life."

Ray and Mary Ella (*above*) head down the driveway of their ranch with a gathering basket and a canine friend. A boot stand (*right*) just outside the kitchen door holds essentials of ranch life.

RESOURCES >> 275



DID YOU KNOW: PRAVACHOL

IS THE ONLY CHOLESTEROL LOWERING DRUG PROVEN TO HELP PREVENT BOTH FIRST AND SECOND HEART ATTACK.

Landmark clinical studies involving more than 20,000 people show:
For people with high cholesterol or heart disease,
Pravachol, with diet, is the only cholesterol lowering drug proven
to do this much to help protect your heart.

When diet and exercise aren't enough,

ask your doctor if Pravachol is right for you.

IPORTANT SAFETY INFORMATION: Pravachol® (pravastatin sodium), a prescription drug, is not for eryone, including women who are pregnant or nursing or may become pregnant, or people with er problems. And because serious side effects can result, tell your doctor about any unexplained uscle pain or weakness you experience while on Pravachol, and about any other medications u are taking. Your doctor may do blood tests to check for liver problems. Some mild side effects, ch as slight rash or stomach upset, occur in 2-4% of patients.

IT'S ALL IN THE PROOF.

PRAVACHOL®
pravastatin sodium 40 mg tablets

Please see important product information on following page.

-877-PRAVA-CALL

Bristol-Myers Squibb Company
Princeton, NJ 08543 U.S.A.

D3-K0110

www.pravachol.com

PRAVACHOL®

(pravastatin sodium) Tablets

Rx only

Brief Summary: Before prescribing, information for complete prescribing information, please consult official package circular

CONTRAINDICATIONS: Hypersensitivity to any component of this medication. Active liver disease or unexplained, persistent elevations in hepatic function tests. See **WARNINGS**: *Pregnancy and lactation*. Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they are contraindicated during pregnancy and in nursing mothers. **Pravastatin should be administered to women of childbearing age who such patients are highly unlikely to conceive and have been informed of the potential hazards.** If the patient becomes pregnant while taking this class of drug, therapy should be discontinued immediately and the patient apprised of the potential hazard to the fetus (see **PRECAUTIONS: Pregnancy**)

WARNINGS: Liver Enzymes: HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. In three long-term (4.8-5.9 years), placebo-controlled clinical trials (WOS, LIPID, CARE, see **CLINICAL PHARMACOLOGY: Clinical Studies**), 19,592 subjects (19,768 randomized), were exposed to pravastatin or placebo. In an analysis of serum transaminase values (ALT, AST), incidences of marked abnormalities were compared between the pravastatin and placebo treatment groups; a marked abnormality was defined as a post-treatment test value greater than three times the upper limit of normal for subjects with pretreatment values less than or equal to the upper limit of normal, or four times the pretreatment value for subjects with pretreatment values greater than the upper limit of normal but less than 1.5 times the upper limit of normal. Marked abnormalities of ALT or AST occurred with similar low frequency (≤1.2%) in both treatment groups. Overall, clinical trial experience showed that liver function test abnormalities observed during pravastatin therapy were usually asymptomatic, not associated with cholestasis, and did not appear to be related to treatment duration. **It is recommended that liver function tests be performed prior to the initiation of therapy, prior to the elevation of the dose, and when otherwise clinically indicated.** Active liver disease or unexplained persistent transaminase elevations are contraindications to the use of pravastatin (see **CONTRAINDICATIONS**). Caution should be exercised when pravastatin is administered to patients who have a recent history of liver disease, have signs that may suggest liver disease (e.g., unexplained aminotransferase elevations, jaundice), or are heavy users of alcohol (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**). Such patients should be closely monitored, started at the lower end of the recommended dosing range, and titrated to the desired therapeutic effect. Patients who develop increased transaminase levels or signs and symptoms of liver disease should be monitored with a second liver function evaluation to confirm the finding and be followed thereafter with frequent liver function tests until the abnormality(ies) return to normal. Should an increase in AST or ALT of three times the upper limit of normal or greater persist, withdrawal of pravastatin therapy is recommended. **Skeletal Muscle: Rare cases of rhabdomyolysis with acute renal failure secondary to myoglobinuria have been reported with pravastatin and other drugs in this class.** Uncomplicated myalgia has also been reported in pravastatin-treated patients (see **ADVERSE REACTIONS**). Myopathy, defined as muscle aching or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values to greater than 10 times the upper normal limit, was rare (<0.1%) in pravastatin clinical trials. Myopathy should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. **Pravastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. Pravastatin therapy should also be temporarily withheld in any patient experiencing an acute or serious condition predisposing to the development of renal failure secondary to rhabdomyolysis, e.g., sepsis; hypotension: major surgery; trauma; severe metabolic, endocrine, or electrolyte disorders; or uncontrolled epilepsy.** The risk of myopathy during treatment with another HMG-CoA reductase inhibitor is increased with concurrent therapy with either erythromycin, cyclosporine, niacin, or fibrates. However, neither myopathy nor significant increases in CPK levels have been observed in three reports involving a total of 100 post-transplant patients (24 renal and 76 cardiac) treated for up to two years concurrently with pravastatin 10-40 mg and cyclosporine. Some of these patients also received other concomitant immunosuppressive therapies. Further, in clinical trials involving small numbers of patients who were treated concurrently with pravastatin and niacin, there were no reports of myopathy. Also, myopathy was not reported in a trial of combination pravastatin (40 mg/day) and gemfibrozil (1200 mg/day), although 4 of 75 patients on the combination showed marked CPK elevations versus one of 73 patients receiving placebo. There was a trend toward more frequent CPK elevations and patient withdrawals due to musculoskeletal symptoms in the group receiving combined treatment as compared with the groups receiving placebo, gemfibrozil, or pravastatin monotherapy (see **PRECAUTIONS: Drug Interactions**). **The use of fibrates alone may occasionally be associated with myopathy. The combined use of pravastatin and fibrates should be avoided unless the benefit of further alterations in lipid levels is likely to outweigh the increased risk of this drug combination.**

PRECAUTIONS: General: PRAVACHOL may elevate creatine phosphokinase and transaminase levels (see **ADVERSE REACTIONS**). This should be considered in the differential diagnosis of chest pain in a patient on therapy with pravastatin. *Homozygous Familial Hypercholesterolemia*. Pravastatin has not been evaluated in patients with rare homozygous familial hypercholesterolemia. In this group of patients, it has been reported that HMG-CoA reductase inhibitors are less effective because the patients lack functional LDL receptors. *Renal Insufficiency*. A single 20 mg oral dose of pravastatin was administered to 24 patients with varying degrees of renal impairment (as determined by creatinine clearance). No effect was observed on the pharmacokinetics of pravastatin or its 3α-hydroxy isomeric metabolite (SQ 31,906). A small increase was seen in mean AUC values and half-life (1½) for the inactive enzymatic ring hydroxylation metabolite (SQ 31,945). Given this small sample size, the dosage administered, and the degree of individual variability, patients with renal impairment who are receiving pravastatin should be closely monitored. **Information for Patients:** Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever (see **WARNINGS: Skeletal Muscle**). **Drug Interactions:** ***Immunosuppressive Drugs, Gemfibrozil, Niacin (Nicotinic Acid), Erythromycin:*** See **WARNINGS: Skeletal Muscle**. *Cytochrome P450 3A4 Inhibitors: In vitro* and *in vivo* data indicate that pravastatin is not metabolized by cytochrome P450 3A4 to a clinically significant extent. This has been shown in studies with known cytochrome P450 3A4 inhibitors (see diltiazem and itraconazole below). Other examples of cytochrome P450 3A4 inhibitors include ketoconazole, mibefradil, and erythromycin. *Diltiazem* – Steady-state levels of diltiazem (a known, weak inhibitor of P450 3A4) had no effect on the pharmacokinetics of pravastatin. In this study, the AUC and C_{max} of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 3.6 and 4.3, respectively. *Itraconazole* – The mean AUC and C_{max} for pravastatin were increased by factors of 1.7 and 2.5, respectively, when given with itraconazole (a potent P450 3A4 inhibitor which also inhibits p-glycoprotein transport) as compared to placebo. The mean $t_{1/2}$ was not affected by itraconazole, suggesting that the relatively small increases in C_{max} and AUC were due solely to increased bioavailability rather than a decrease in clearance, consistent with inhibition of p-glycoprotein transport by itraconazole. This drug transport system is thought to affect bioavailability and excretion of HMG-CoA reductase inhibitors, including pravastatin. The AUC and C_{max} of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 19 and 17, respectively, when given with itraconazole. *Antipyrine*. Since concomitant administration of pravastatin had no effect on the clearance of antipyrine, interactions with other drugs metabolized via the same hepatic cytochrome isozymes are not expected. *Cholestyramine/Colestipol*: Concomitant administration resulted in an approximately 40 to 50% decrease in the mean AUC of pravastatin. However, when pravastatin was administered 1 hour before or 4 hours after cholestyramine or 1 hour before colestipol and a standard meal, there was no clinically significant decrease in bioavailability or therapeutic effect. (See **DOSAGE AND ADMINISTRATION: Concomitant Therapy**.) *Warfarin*. Concomitant administration of 40 mg pravastatin had no clinically significant effect on prothrombin time when administered in a study to normal elderly subjects who were stabilized on warfarin therapy. *Cimetidine*: The $AUC_{0\text{-}12\ hr}$ for pravastatin when given with cimetidine was not significantly different from the AUC for pravastatin when given alone. A significant difference was observed between the AUC's for pravastatin when given with cimetidine compared to when administered with antacid. *Digoxin*. In a crossover trial involving 18 healthy male subjects given 20 mg pravastatin and 0.2 mg digoxin concurrently for 9 days, the bioavailability parameters of digoxin were not affected. The AUC of pravastatin tended to increase, but the overall bioavailability of pravastatin plus its metabolites SQ 31,906 and SQ 31,945 was not altered. *Cyclosporine*: Some investigators have measured cyclosporine levels in patients on pravastatin (up to 20 mg), and to date, these results indicate no clinically meaningful elevations in cyclosporine levels. In one single-dose study, pravastatin levels were found to be increased in cardiac transplant patients receiving cyclosporine. *Gemfibrozil*: In a crossover study in 20 healthy male volunteers given concomitant single doses of pravastatin and gemfibrozil, there was a significant decrease in urinary excretion and protein binding of pravastatin. In addition, there was a significant increase in AUC C_{max}, and T_{max} for the pravastatin metabolite SQ 31,906. Combination therapy with pravastatin and gemfibrozil is generally not recommended. (See **WARNINGS: Skeletal Muscle**.) In interaction studies with *aspirin, antacids* (1 hour prior to PRAVACHOL), *cimetidine, nicotinic acid, or probucol* no statistically significant differences in bioavailability were seen when PRAVACHOL was administered. **Endocrine Function:** HMG-CoA reductase inhibitors interfere with cholesterol synthesis and lower circulating cholesterol levels and, as such, might theoretically blunt adrenal or gonadal steroid hormone production. Results of clinical trials with pravastatin in males and post-menopausal females were inconsistent with regard to possible effects of the drug on basal steroid hormone levels. In a study of 21 males, the mean testosterone response to human chorionic gonadotropin was significantly reduced ($p < 0.004$) after 16 weeks of treatment with 40 mg of pravastatin. However, the percentage of patients showing a >50% rise in plasma testosterone after human chorionic gonadotropin stimulation did not change significantly after therapy in these patients. The effects of HMG-CoA reductase inhibitors on spermatogenesis and fertility have not been studied in adequate numbers of patients. The effects, if any, of pravastatin on the pituitary-gonadal axis in pre-menopausal females are unknown. Patients treated with pravastatin who display clinical evidence of endocrine dysfunction should be evaluated appropriately. Caution should also be exercised if an HMG-CoA reductase inhibitor or other agent used to lower cholesterol levels is administered to patients also receiving other drugs (e.g. ketoconazole, spironolactone, cimetidine) that may diminish the levels or activity of steroid hormones. **CNS Toxicity:** CNS vascular lesions characterized by perivascular hemorrhage, edema and mononuclear cell infiltration of perivascular spaces, were seen in dogs treated with pravastatin at a dose of 25 mg/kg/day. These effects in dogs were observed at approximately 59 times the human dose of 80 mg/day, based on AUC. Similar CNS vascular lesions have been observed with several other drugs in this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion starting at 6 mg/kg/day, a dose that produced mean plasma drug levels about 30 times higher than the mean drug level in humans taking the maximum recommended dose (as measured by total enzyme inhibitory activity). This same drug also produced vestibular-cochlear neuronal cell degeneration and retinal ganglion cell chromatolysis in dogs treated for 14 weeks at 180 mg/kg/day, a dose which resulted in a mean plasma drug level similar to that seen with the 80 mg/kg/day dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** Please see Full Prescribing Information. **Pregnancy: Pregnancy Category X.** See **CONTRAINDICATIONS**. Safety in pregnant women has not been established. Pravastatin was not teratogenic in rats at doses up to 1000 mg/kg daily or in rabbits at doses of up to 50 mg/kg daily. These doses resulted in 10x (rabbit) or 120x (rat) the human exposure based on surface area (mg/meter²). Rare reports of congenital anomalies have been received following intrauterine exposure to other HMG-CoA reductase inhibitors. In a review[1] of approximately 100 prospectively followed pregnancies in women exposed to simvastatin or lovastatin, the incidences of congenital anomalies, spontaneous abortions and deaths/stillbirths did not exceed what would be expected in the general population. The number of cases is adequate to exclude a three-to-four-fold increase in congenital anomalies over the background incidence. In 89% of the prospectively followed pregnancies, drug treatment was initiated prior to pregnancy and was discontinued at some point in the first trimester when pregnancy was identified. As safety in pregnant women has not been established and there is no apparent benefit to therapy during pregnancy, PRAVACHOL (pravastatin sodium) during pregnancy (see **CONTRAINDICATIONS**), treatment should be immediately discontinued as soon as pregnancy is recognized. PRAVACHOL should be administered to women of child-bearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazards. **Nursing Mothers:** A small amount of pravastatin is excreted in human breast milk. Because of the potential for serious adverse reactions in nursing infants, women taking PRAVACHOL should not nurse (see **CONTRAINDICATIONS**). **Pediatric Use:** Safety and effectiveness in individuals less than 18 years old have not been established. Hence, treatment in patients less than 18 years old is not recommended at this time. **Geriatric Use:** Two secondary prevention trials with pravastatin (CARE and LIPID) included a total of 6,593 subjects treated with pravastatin, 40 mg for periods ranging up to 6 years. Across these two studies, 36.1% of pravastatin subjects were aged 65 and older, and 0.8% were aged 75 and older. The beneficial effect of pravastatin in elderly subjects in reducing cardiovascular events and in modifying lipid profiles was similar to that seen in younger subjects. The adverse event profile in the elderly was similar to that in the overall population. Other reported clinical experience has not identified differences in responses to pravastatin between elderly and younger patients. Mean pravastatin AUCs are slightly (25-50%) higher in elderly subjects than in healthy young subjects, but mean C_{max}, T_{max} and $t_{1/2}$ values are similar in both age groups and substantial accumulation of pravastatin would not be expected in the elderly (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**).

ADVERSE REACTIONS: Pravastatin is generally well tolerated, adverse reactions have usually been mild and transient. In 4-month long placebo-controlled trials, 1.7% of pravastatin-treated patients and 1.2% of placebo-treated patients were discontinued from treatment because of adverse experiences attributed to study drug therapy; this difference was not statistically significant (see also **PRECAUTIONS: Geriatric Use** section.)

Adverse Clinical Events: Short-Term Controlled Trials: All adverse clinical events (regardless of attribution) reported in more than 2% of pravastatin-treated patients in placebo-controlled trials of up to four months duration are identified in the table below, which also shown are the percentages of patients in whom these medical events were believed to be related or possibly related to the drug:

Adverse Events in >2 Percent of Patients Treated with Pravastatin 10-40 mg in Short-Term Placebo-Controlled Trials

	All Events		Events Attributed to Study Drug	
Body System/Event	**Pravastatin (N = 900) % of patients**	**Placebo (N = 411) % of patients**	**Pravastatin (N = 900) % of patients**	**Placebo (N = 411) % of patients**
Cardiovascular				
Cardiac Chest Pain	4.0	3.4	0.1	0.0
Dermatologic				
Rash	4.0*	1.1	1.3	0.9
Gastrointestinal				
Nausea/Vomiting	7.3	7.1	2.9	3.4
Diarrhea	6.2	5.6	2.0	1.9
Abdominal Pain	5.4	6.9	2.0	3.9
Constipation	4.0	7.1	2.4	5.1
Flatulence	3.3	3.6	2.7	3.4
Heartburn	2.9	1.9	2.0	0.7
General				
Fatigue	3.8	3.4	1.9	1.0
Chest Pain	3.7	1.9	0.3	0.2
Influenza	2.4*	0.7	0.0	0.0
Musculoskeletal				
Localized Pain	10.0	9.0	1.4	1.5
Myalgia	2.7	1.0	0.6	0.0
Nervous System				
Headache	6.2	3.9	1.7*	0.2
Dizziness	3.3	3.2	1.0	0.5
Renal/Genitourinary				
Urinary Abnormality	2.4	2.9	0.7	1.2
Respiratory				
Common Cold	7.0	6.3	0.0	0.0
Rhinitis	4.0	4.1	0.1	0.0
Cough	2.6	1.7	0.1	0.0

*Statistically significantly different from placebo.

The safety and tolerability of PRAVACHOL at a dose of 80 mg in two controlled trials with a mean exposure of 8.6 months is similar to that of PRAVACHOL at lower doses except that 4 out of 464 patients taking 80 mg of pravastatin had a single elevation of CK >10x ULN compared to 0 out of 115 patients taking 40 mg of pravastatin.

Long-Term Controlled Morbidity and Mortality Trials: Adverse event data were pooled from seven double-blind, placebo-controlled trials (West of Scotland Coronary Prevention study [WOS]; Cholesterol and Recurrent Events study [CARE]; Long Intervention with Pravastatin in Ischemic Disease study [LIPID]; Pravastatin Limitation of Atherosclerosis in the Coronary Arteries study [PLAC I]; Pravastatin, Lipids and Atherosclerosis in the Carotids study [PLAC II]; Regression Growth Evaluation Statin Study [REGRESS]; and Kuopio Atherosclerosis Prevention Study [KAPS]) involving a total of 10,764 patients treated with pravastatin 40 mg and 10,719 patients treated with placebo. The safety and tolerability profile in the pravastatin group was comparable to that of the placebo group. Patients were exposed to pravastatin for a mean of 4.0 to 5.1 years in WOS, CARE, and LIPID and 1.9 to 2.9 years in PLAC I, PLAC II, KAPS, and REGRESS. In these long-term trials, the most common reasons for discontinuation were mild, non-specific gastrointestinal complaints. Collectively, these seven trials represent 47,613 patient years of exposure to pravastatin. Events believed to be of probable, possible, or uncertain relationship to study drug, occurring in at least 1% of patients treated with pravastatin in these studies are identified as follows: **Adverse Events in ≥1 Percent of Patients Treated with Pravastatin 40 mg in Long-Term Placebo-Controlled Trials [Pravastatin (N = 10,764) % of patients vs. Placebo (N = 10,719) % of patients] in each Body System/Event** *Cardiovascular*: Angina Pectoris (3.1 vs 3.4), *Dermatologic*: Rash (2.1 vs 2.2), *Gastrointestinal*: Dyspepsia/Heartburn (3.5 vs 3.7), Abdominal Pain (2.4 vs 2.6), Nausea/Vomiting (1.6 vs 1.6), Flatulence (1.2 vs 1.1), Constipation (1.2 vs 1.3), *General*: Fatigue (3.4 vs 3.3), Chest Pain (2.5 vs 2.6), *Musculoskeletal*: Musculoskeletal Pain (includes arthralgia) (6.0 vs 5.8), Muscle Cramp (2.0 vs 1.8), Myalgia (1.5 vs 1.4), *Nervous System*: Dizziness (2.2 vs 2.1), Headache (1.9 vs 1.8), Sleep Disturbance (1.0 vs 0.9), Depression (1.0 vs 0.9), Anxiety/Nervousness (1.0 vs 1.2) *Renal/Genitourinary*: Urinary Abnormality (includes dysuria, frequency, nocturia) (1.0 vs 1.0), *Respiratory*: Dyspnea (1.6 vs 1.6), Upper Respiratory Infection (1.3 vs 1.3), Cough (1.0 vs 1.0), *Special Senses*: Eye Disturbance (includes blurred vision, diplopia) (1.6 vs. 1.3)

Events of probable, possible, or uncertain relationship to study drug that occurred in <1.0% of pravastatin-treated patients in the long-term trials included the following; frequencies were similar in placebo-treated patients. *Dermatologic*: pruritus, dermatitis, dryness of skin, scalp hair abnormality (including alopecia), urticaria. *Endocrine/Metabolic*: sexual dysfunction, breast change. *Gastrointestinal*: decreased appetite. *General*: fever, flushing. *Immunologic*: allergy, edema, headache. *Musculoskeletal*: muscle weakness. *Nervous System*: paresthesia, vertigo, insomnia, memory impairment, tremor, neuropathy (including peripheral neuropathy). *Special Senses*: lens opacity, taste disturbance. **Postmarketing Experience:** In addition to the events reported above as with other drugs in this class, the following events have been reported rarely during postmarketing experience with PRAVACHOL (pravastatin sodium), regardless of causality assessment. *Musculoskeletal*: myopathy, rhabdomyolysis. *Nervous System*: dysfunction of certain cranial nerves including alteration of taste, impairment of extraocular movement, facial paresis), peripheral nerve palsy. *Hypersensitivity*: anaphylaxis, lupus erythematosus-like syndrome, polymyalgia rheumatica, dermatomyositis, vasculitis, purpura, hemolytic anemia, positive ANA, ESR increase, arthritis, arthralgia, asthma, photosensitivity, chills, malaise, toxic epidermal necrolysis, erythema multiforme, including Stevens-Johnson syndrome. *Gastrointestinal*: pancreatitis, hepatitis including chronic active hepatitis, cholestatic jaundice, fatty change in liver, cirrhosis, fulminant hepatic necrosis, hepatoma. *Dermatologic*: A variety of skin changes (e.g., nodules, discoloration of mucous membranes, changes to hair/nails). *Reproductive*: gynecomastia. *Laboratory Abnormalities*: elevated alkaline phosphatase, and bilirubin, thyroid function abnormalities. **Laboratory Test Abnormalities:** Increases in serum transaminases (AST) values and CPK have been observed (see **WARNINGS**). Transient, asymptomatic eosinophilia has been reported. Eosinophil counts usually returned to normal despite continued therapy. Anemia, thrombocytopenia, and leukopenia have been reported with HMG-CoA reductase inhibitors. **Concomitant Therapy:** Pravastatin has been administered concurrently with cholestyramine, colestipol, nicotinic acid, probucol and gemfibrozil. Preliminary data suggest that the addition of either probucol or gemfibrozil to therapy with lovastatin or pravastatin is **not** associated with greater reduction in LDL cholesterol than that achieved with lovastatin or pravastatin alone. No adverse reactions unique to the combination or in addition to those previously reported for each drug alone have been reported. Myopathy and rhabdomyolysis (with or without acute renal failure) have been reported when another HMG-CoA reductase inhibitor was used in combination with immunosuppressive drugs, gemfibrozil, erythromycin, or lipid-lowering doses of nicotinic acid. Concomitant therapy with HMG CoA reductase inhibitors and these agents is generally not recommended. (See **WARNINGS: Skeletal Muscle** and **PRECAUTIONS: Drug Interactions**.)

OVERDOSAGE: To date, there has been limited experience with overdosage of pravastatin. If an overdose occurs, it should be treated symptomatically with laboratory monitoring and supportive measures should be instituted as required. (See **WARNINGS**).

REFERENCE: [1]Manson JM, Freyssinges C, Ducrocq MB, Stephenson WP. Postmarketing Surveillance of Lovastatin and Simvastatin Exposure During Pregnancy. *Reproductive Toxicology* 10(6):439-446, 1996.

D3-B001A-07-02
5154DIM19

Bristol-Myers Squibb Company
Princeton, NJ 08543 U.S.A.

Revised July

She'll never know you can't afford the treatment.



But you will.

You shouldn't have to worry about whether you can afford the care your dog or cat will need. With Veterinary Pet Insurance, you won't have to: VPI covers accidents, illness—even your next checkup.

Besides coverage for the unexpected, we offer routine care coverage to help pay for an annual veterinary exam, vaccinations, even prescription flea control. And, you can use any veterinarian worldwide. In fact, 9 out of 10 veterinarians who recommend pet insurance recommend VPI. No wonder more and more pet owners depend on VPI every year—the nation's number one pet insurance plan for more than 20 years.

It's easy and affordable: Protect your best friend now, so she'll be covered when you need it.

VETERINARY
PET INSURANCE
Making the miracles of veterinary medicine affordable™

Enroll today.
For her sake. And for yours.

Call **800-USA-PETS** (800-872-7387)
Or go to **petinsurance.com**

and exotic pet coverage available; call for details.
written by: Veterinary Pet Insurance Co. (CA), Brea, CA • National Casualty Co. (Nat'l), Madison, WI.

©2002 Veterinary Pet Services Inc.





BACK TO COOL

AFTER LONG DAYS IN THE COURTROOMS OF DOWNTOWN LOS ANGELES, RANEE KATZENSTEIN RELAXES IN THE TRANQUIL SIMPLICITY OF HER HOME'S 1950s DESIGN.

BY **LAURA O'NEIL** PHOTOGRAPHS BY **MICHAEL GARLAND** PRODUCED BY **LAURA HULL**


Vaseline
Intensive Care
NEW
Healthy Hand Essentials
MOISTURIZING LOTION
Hydrates Hands and Strengthens Nails
Stronger nails and younger, healthier looking hands in just two weeks.
New Healthy Hand Essentials. You might want to get your hands on it.
Vaseline
Intensive Care

RENOVATION >> from 52

As a true admirer of modern houses, I never realized how restful and soothing they could be until I lived in one," attorney Ranee Katzenstein says. Her A-frame home, built in 1954 by renowned California architect A. Quincy Jones, is a classic expression of pared-down elegance embraced by midcentury modernism. With its modest-size floor plan, expansive windows, and living areas that link to the outdoors, Ranee says, "The spaces feel open and uplifting, even though they maintain a very human scale."

>> on 56





Throughout the 1,400-square-foot house, white paint was removed from the cinder-block walls and the fir ceiling (*top*). Furniture profiles are kept low, and pieces are few, light, and movable. Most of Ranee's furnishings were designed by the architectural firm Marmol Radziner + Associates, including the pièce de résistance: a replica of the Rudolf Schindler sling chair (*above*). Birch shelves are cantilevered from the newly surfaced, honed-limestone fireplace hearth. To enhance front door flow, a new entry (*left*) was designed.



UR NEW LENSES ARE SO SMART

they can actually tell the difference between light from the sun and light from a bulb.



Introducing the newest Transitions® Lenses: advanced
ns technology that enables you to see clearly and
mfortably in virtually any light condition.

Indoors, Transitions Lenses are as clear as your
gular eyeglasses. But in outdoor light they darken as
much as necessary, even getting as dark as
sunglasses. And Transitions Lenses provide 100%
UV protection.

So tell your eyecare professional that you're interested in making Transitions Lenses your everyday glasses. And find out just how smart a lens can be.

Transitions®

Right in any light®

ransitions.com

Transitions and *Right in any light* are registered trademarks of Transitions Optical, Inc. © 2002 Transitions Optical, Inc.

Cory Buckner's recent book (*below*) about architect A. Quincy Jones rests on an elliptical coffee table designed by Charles and Ray Eames, whose pieces have become icons of style.



>> from 54

Ranee hired the architectural firm Marmol Radziner + Associates to remodel her home, contemporizing the spaces while maintaining the original integrity of Jones' vision. They removed an entry vestibule so small "you could barely turn around in it," Ranee says. This enhancement integrated the courtyard with the living/dining room without altering the house's footprint.

Walls and ceilings were stripped down, revealing much of the home's original shell. Window mullions were rebuilt, and birch plywood casework that handsomely echoes the 1950s was installed. >> on 58



The homeowner loves the ease of transition from room to room (*above left*). "I often eat at the dining table and look into the yard," she says. In the kitchen, the desk area (*right*) was restored as a sunny spot for work. For an extra nip of light on the desktop, a frosted glass panel was tucked beneath the pass-through counter.

Great pictures happen.
In spite of 30 watt bulbs.





KODAK MAX Versatility Plus film gives you great pictures in all conditions, even low light. So you're always ready to capture bright spots. Even in places you least expect them.

MAX Versatility Plus

Share Moments. Share Life.™



The front yard (*below*) has been reoriented. New plantings and concrete block slabs were placed to weave a path to the driveway. The low cinder-block wall enclosing the entry walkway now has a security gate.



RENOVATION >> from 56

Hardwood flooring in the living areas and cork flooring in the kitchen replaced industrial carpeting, which was hiding the original linoleum floors throughout the home. Cleanup continued as weather-beaten finishes were removed from the ranch's concrete block exterior and as overgrown landscaping gave way to plantings of native, flowering perennials.

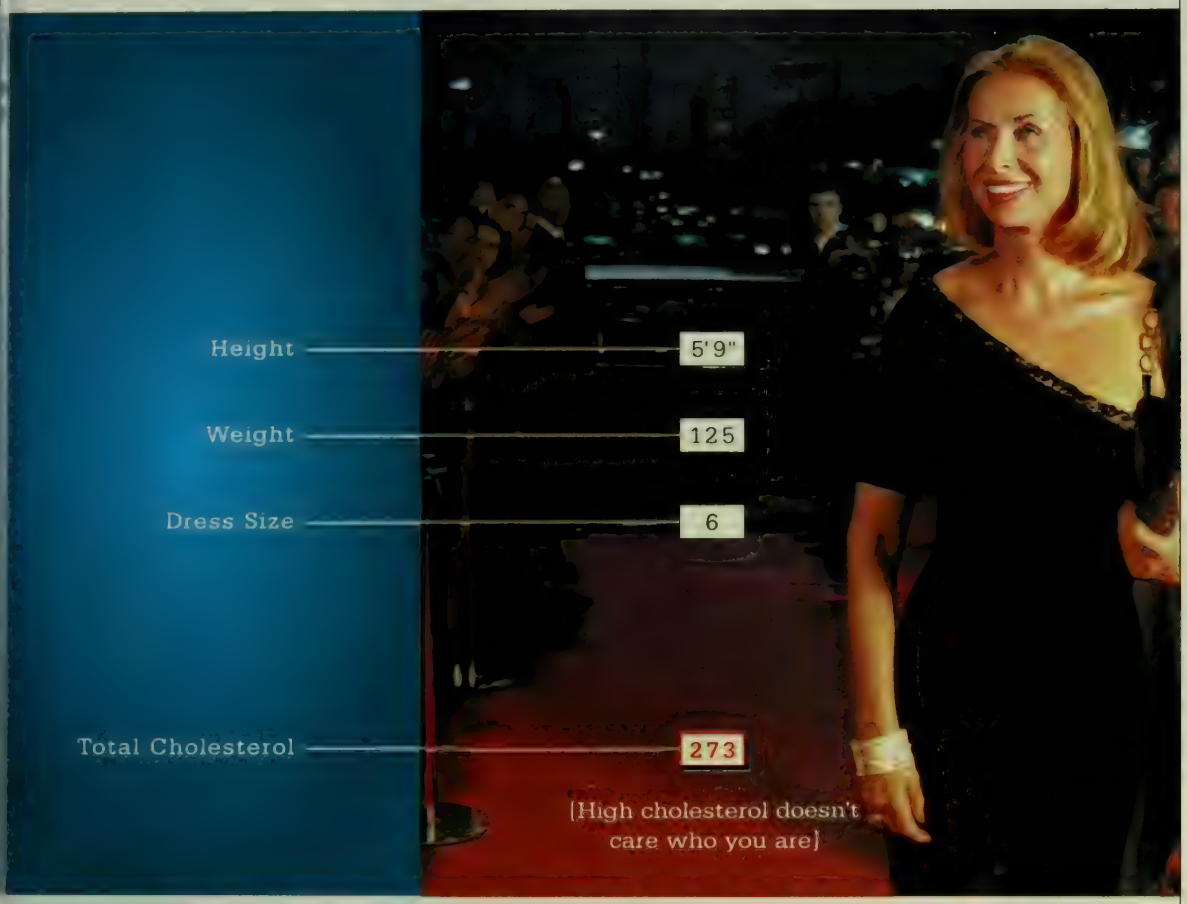
"When I first talked with the architects, it was to help restore the original handle on my patio door," Ranee says. "Later, I asked them to work on the whole house. The remodel has truly revitalized it, preserving its classic design story and giving me easy, serene spaces."



In Ranee's home office, built-in bookshelves (*top*) rise to the ceiling, with small niche areas interspersed for display. Windows look onto the entry walk (*right*) and leggy horsetail bamboo.

PROJECTS >> 275

MORE ABOUT RENOVATING A HOME, www.bhg.com/buildremodel



Important information:

LIPITOR® (atorvastatin calcium) is a prescription drug used with diet to lower cholesterol. LIPITOR is not for everyone, including those with liver disease or possible liver problems, women who are nursing, pregnant, or may become pregnant. LIPITOR has not been shown to prevent heart disease or heart attacks.

If you take LIPITOR, tell your doctor about any unusual muscle pain or weakness. This could be a sign of serious side effects. It is important to tell your doctor about any medications you are currently taking to avoid possible serious drug interactions. Your doctor may do simple blood tests to monitor liver function before and during drug treatment. The most commonly reported side effects are gas, constipation, stomach pain and indigestion. They are usually mild and tend to go away.

Please see additional important information on next page.

When it comes to high cholesterol, looks can be deceiving. Because anyone can have it, and diet and exercise may not lower it enough. The good news is adding LIPITOR can lower your total cholesterol 29% to 45% and your bad cholesterol 39% to 60% (average effect depending on dose). So stay beautiful on the inside. One in five people has high cholesterol and millions need treatment — talk to your doctor to find out if LIPITOR is right for you. To learn more, contact us at **1-888-LIPITOR** or **www.lipitor.com.**

LIPITOR
atorvastatin calcium
tablets

FOR CHOLESSTEROL™

Pfizer Inc. All rights reserved. Printed in USA U.S. Pharmaceuticals

LIPITOR® (Atorvastatin Calcium) Tablets

Brief Summary of Prescribing Information

CONTRAINDICATIONS: Active liver disease or unexplained persistent elevations of serum transaminases. Hypersensitivity to any component of this medication. **Pregnancy and Lactation** — Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they may cause fetal harm when administered to pregnant women. Therefore, HMG-CoA reductase inhibitors are contraindicated during pregnancy and in nursing mothers. ATORVASTATIN SHOULD BE ADMINISTERED TO WOMEN OF CHILDBEARING AGE ONLY WHEN SUCH PATIENTS ARE HIGHLY UNLIKELY TO CONCEIVE AND HAVE BEEN INFORMED OF THE POTENTIAL HAZARDS. If the patient becomes pregnant while taking this drug, therapy should be discontinued and the patient apprised of the potential hazard to the fetus.

WARNINGS: **Liver Dysfunction** — HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. **Persistent elevations (>3 times the upper limit of normal [ULN] occurring on 2 or more occasions) in serum transaminases occurred in 0.7% of patients who received atorvastatin in clinical trials. The incidence of these abnormalities was 0.2%, 0.2%, 0.6%, and 2.3% for 10, 20, 40, and 80 mg, respectively.** One patient in clinical trials developed jaundice. Increases in liver function tests (LFT) in other patients were not associated with jaundice or other clinical signs or symptoms. Upon dose reduction, drug interruption, or discontinuation, transaminase levels returned to or near pretreatment levels without sequelae. Eighteen of 30 patients with persistent LFT elevations continued treatment with a reduced dose of atorvastatin. **It is recommended that liver function tests be performed prior to and at 12 weeks following both the initiation of therapy and any elevation of dose, and periodically (eg, semiannually) thereafter.** Liver enzyme changes generally occur in the first 3 months of treatment with atorvastatin. Patients who develop increased transaminase levels should be monitored until the abnormalities resolve. Should an increase in ALT or AST of >3 times ULN persist, reduction of dose or withdrawal of atorvastatin is recommended. Atorvastatin should be used with caution in patients who consume substantial quantities of alcohol and/or have a history of liver disease. Active liver disease or unexplained persistent transaminase elevations are contraindications to the use of atorvastatin (see CONTRAINDICATIONS). **Skeletal Muscle — Rare cases of rhabdomyolysis with acute renal failure secondary to myoglobinuria have been reported with atorvastatin and with other drugs in this class.** Uncomplicated myalgia has been reported in atorvastatin-treated patients (see ADVERSE REACTIONS). Myopathy, defined as muscle aches or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values >10 times ULN, should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. Atorvastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. The risk of myopathy during treatment with drugs in this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, erythromycin, niacin, or azole antifungals. Physicians considering combined therapy with atorvastatin and fibric acid derivatives, erythromycin, immunosuppressive drugs, azole antifungals, or lipid-lowering doses of niacin should carefully weigh the potential benefits and risks and should carefully monitor patients for any signs or symptoms of muscle pain, tenderness, or weakness, particularly during the initial months of therapy and during any periods of upward dosage titration of either drug. Periodic creatine phosphokinase (CPK) determinations may be considered in such situations, but there is no assurance that such monitoring will prevent the occurrence of severe myopathy. **Atorvastatin therapy should be temporarily withheld or discontinued in any patient with an acute, serious condition suggestive of a myopathy or having a risk factor predisposing to the development of renal failure secondary to rhabdomyolysis (eg, severe acute infection, hypotension, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures).**

PRECAUTIONS: **General** — Before instituting therapy with atorvastatin, an attempt should be made to control hypercholesterolemia with appropriate diet, exercise, and weight reduction in obese patients, and to treat other underlying medical problems (see INDICATIONS AND USAGE in full prescribing information). **Information for Patients** — Patients should be advised to report promptly unexplained muscle pain, tenderness, or weakness, particularly if accompanied by malaise or fever. **Drug Interactions** — The risk of myopathy during treatment with drugs of this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, niacin (nicotinic acid), erythromycin, azole antifungals (see WARNINGS, Skeletal Muscle). ***Antacid:*** When atorvastatin and Maalox™ TC suspension were coadministered, plasma concentrations of atorvastatin decreased approximately 35%. However, LDL-C reduction was not altered. ***Antipyrine:*** Because atorvastatin does not affect the pharmacokinetics of antipyrine, interactions with other drugs metabolized via the same cytochrome isozymes are not expected. ***Colestipol:*** Plasma concentrations of atorvastatin decreased approximately 25% when colestipol and atorvastatin were coadministered. However, LDL-C reduction was greater when atorvastatin and colestipol were coadministered than when either drug was given alone. ***Cimetidine:*** Atorvastatin plasma concentrations and LDL-C reduction were not altered by coadministration of cimetidine. ***Digoxin:*** When multiple doses of atorvastatin and digoxin were coadministered, steady-state plasma digoxin concentrations increased by approximately 20%. Patients taking digoxin should be monitored appropriately. ***Erythromycin:*** In healthy individuals, plasma concentrations of atorvastatin increased approximately 40% with coadministration of atorvastatin and erythromycin, a known inhibitor of cytochrome P450 3A4 (see WARNINGS, Skeletal Muscle). ***Oral Contraceptives:*** Coadministration of atorvastatin and an oral contraceptive increased AUC values for norethindrone and ethinyl estradiol by approximately 30% and 20%. These increases should be considered when selecting an oral contraceptive for a women taking atorvastatin. ***Warfarin:*** Atorvastatin had no clinically significant effect on prothrombin time when administered to patients receiving chronic warfarin treatment. **Endocrine Function** — HMG-CoA reductase inhibitors interfere with cholesterol synthesis and theoretically might blunt adrenal and/or gonadal steroid production. Clinical studies have shown that atorvastatin does not reduce basal plasma cortisol concentration or impair adrenal reserve. The effects of HMG-CoA reductase inhibitors on male fertility have not been studied in adequate numbers of patients. The effects, if any, on the pituitary-gonadal axis in premenopausal women are unknown. Caution should be exercised if an HMG-CoA reductase inhibitor is administered concomitantly with drugs that may decrease the levels or activity of endogenous steroid hormones, such as ketoconazole, spironolactone, and cimetidine. **CNS Toxicity** — Brain hemorrhage was seen in a female dog treated for 3 months at 120 mg/kg/day. Brain hemorrhage and optic nerve vacuolation were seen in another female dog that was sacrificed in moribund condition after 11 weeks of escalating doses up to 280 mg/kg/day. The 120 mg/kg dose resulted in a systemic exposure approximately 16 times the human plasma area-under-the-curve (AUC, 0-24 hours) based on the maximum human dose of 80 mg/day. A single tonic convulsion was seen in each of 2 male dogs (one treated at 10 mg/kg/day and one at 120 mg/kg/day) in a 2-year study. No CNS lesions have been observed in mice after chronic treatment for up to 2 years at doses up to 400 mg/kg/day or in rats at doses up to 100 mg/kg/day. These doses were 6 to 11 times (mouse) and 8 to 16 times (rat) the human AUC (0-24) based on the maximum recommended human dose of 80 mg/day. CNS vascular lesions, characterized by perivascular hemorrhages, edema, and mononuclear cell infiltration of perivascular spaces, have been observed in dogs treated with other members of this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion at a dose that produced plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility** — In a 2-year carcinogenicity study in rats at dose levels of 10, 30, and 100 mg/kg/day, 2 rare tumors were found in muscle in high-dose females: in one, there was a rhabdomyosarcoma and, in another, there was a fibrosarcoma. This dose represents a plasma AUC (0-24) value of approximately 16 times the mean human plasma drug exposure after an 80 mg oral dose. A 2-year carcinogenicity study in mice given 100, 200, or 400 mg/kg/day resulted in a significant increase in liver adenomas in high-dose males and liver carcinomas in high-dose females. These findings occurred at plasma AUC (0-24) values of approximately 6 times the mean human plasma drug exposure after an 80 mg oral dose. *In vitro*, atorvastatin was not mutagenic or clastogenic in the following tests with and without metabolic activation: the Ames test with *Salmonella typhimurium* and *Escherichia coli*, the HGPRT forward mutation assay in Chinese hamster lung cells, and the chromosomal aberration assay in Chinese hamster lung cells. Atorvastatin was negative in the *in vivo* mouse micronucleus test. Studies in rats performed at doses up to 175 mg/kg (15 times the human exposure) produced no changes in fertility. There was aplasia and aspermia in the epididymis of 2 of 10 rats treated with 100 mg/kg/day of atorvastatin for 3 months (16 times the human AUC at the 80 mg dose); testis weights were significantly lower at 20 and 100 mg/kg and epididymal weight was lower at 100 mg/kg. Male rats given 100 mg/kg/day for 11 weeks prior to mating had decreased sperm motility, spermatid head concentration, and increased abnormal sperm. Atorvastatin caused no adverse effects on semen parameters, or reproductive organ-histopathology in dogs given doses of 10, 40, or 120 mg/kg for two years. **Pregnancy — Pregnancy Category X. See CONTRAINDICATIONS.** Safety in pregnant women has not been established. Atorvastatin crosses the rat placenta and reaches a level in fetal liver equivalent to that of maternal plasma. Atorvastatin was not teratogenic in rats at doses up to 300 mg/kg/day or in rabbits at doses up to 100 mg/kg/day. These doses resulted in multiples of about 30 times (rat) or 20 times (rabbit) the human exposure based on surface area (mg/m²). In a study in rats given 20, 100, or 225 mg/kg/day, from gestation day 7 through to lactation day 21 (weaning), there was decreased pup survival at birth, neonate, weaning, and maturity in pups of mothers dosed with 225 mg/kg/day. Body weight was decreased on days 4 and 21 in pups of mothers dosed at 100 mg/kg/day; pup body weight was decreased at birth and at days 4, 21, and 91 at 225 mg/kg/day. Pup development was delayed (rotorod performance at 100 mg/kg/day and acoustic startle at 225 mg/kg/day; pinna detachment and eye opening at 225 mg/kg/day). These doses correspond to 6 times (100 mg/kg) and 22 times (225 mg/kg) the human AUC at 80 mg/day. Rare reports of congenital anomalies have been received following intrauterine exposure to HMG-CoA reductase inhibitors. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atresia (VATER association) in a baby born to a woman who took lovastatin with dextroamphetamine sulfate during the first trimester of pregnancy. LIPITOR should be administered to women of child-bearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazards. If the woman becomes pregnant while taking LIPITOR, it should be discontinued and the patient advised again as to the potential hazards to the fetus. **Nursing Mothers** — Nursing rat pups had plasma and liver drug levels of 50% and 40%, respectively, of that in their mother's milk. Because of the potential for adverse reactions in nursing infants, women taking LIPITOR should not breastfeed (see CONTRAINDICATIONS). **Pediatric Use** — Treatment experience in a pediatric population is limited to doses of LIPITOR up to 80 mg/day for 1 year in 8 patients with homozygous FH. No clinical or biochemical abnormalities were reported in these patients. None of these patients was below 9 years of age. **Geriatric Use** — The safety and efficacy of atorvastatin (10-80 mg) in the geriatric population (≥65 years of age) was evaluated in the ACCESS study. In this 54-week open-label trial 1,958 patients initiated therapy with atorvastatin 10 mg. Of these, 835 were elderly (≥65 years) and 1,123 were non-elderly. The mean change in LDL-C from baseline after 6 weeks of treatment with atorvastatin 10 mg was -38.2% in the elderly patients versus -34.6% in the non-elderly group. The rates of discontinuation due to adverse events were similar between the two age groups. There were no differences in clinically relevant laboratory abnormalities between the age groups.

ADVERSE REACTIONS: LIPITOR is generally well tolerated. Adverse reactions have usually been mild and transient. In controlled clinical studies of 2502 patients, <2% of patients were discontinued due to adverse experiences attributable to atorvastatin. The most frequent adverse events thought to be related to atorvastatin were constipation, flatulence, dyspepsia, and abdominal pain. **Clinical Adverse Experiences** — Adverse experiences reported in ≥2% of patients in placebo-controlled clinical studies of atorvastatin, regardless of causality assessment, are shown in the following table.

Adverse Events in Placebo-Controlled Studies (% of Patients)

BODY SYSTEM Adverse Event	Placebo N = 270	Atorvastatin 10 mg N = 863	Atorvastatin 20 mg N = 36	Atorvastatin 40 mg N = 79	Atorvastatin 80 mg N = 94
BODY AS A WHOLE					
Infection	10.0	10.3	2.8	10.1	7.4
Headache	7.0	5.4	16.7	2.5	6.4
Accidental Injury	3.7	4.2	0.0	1.3	3.2
Flu Syndrome	1.9	2.2	0.0	2.5	3.2
Abdominal Pain	0.7	2.8	0.0	3.8	2.1
Back Pain	3.0	2.8	0.0	3.8	1.1
Allergic Reaction	2.6	0.9	2.8	1.3	0.0
Asthenia	1.9	2.2	0.0	3.8	0.0
DIGESTIVE SYSTEM					
Constipation	1.8	2.1	0.0	2.5	1.1
Diarrhea	1.5	2.7	0.0	3.8	5.3
Dyspepsia	4.1	2.3	2.8	1.3	2.1
Flatulence	3.3	2.1	2.8	1.3	1.1
RESPIRATORY SYSTEM					
Sinusitis	2.6	2.8	0.0	2.5	6.4
Pharyngitis	1.5	2.5	0.0	1.3	2.1
SKIN AND APPENDAGES					
Rash	0.7	3.9	2.8	3.8	1.1
MUSCULOSKELETAL SYSTEM					
Arthralgia	1.5	2.0	0.0	5.1	0.0
Myalgia	1.1	3.2	5.6	1.3	0.0

The following adverse events were reported, regardless of causality assessment in patients treated with atorvastatin in clinical trials. The events in italics occurred in ≥2% of patients and the events in plain type occurred in <2% of patients.

Body as a Whole: *Chest pain*, face edema, fever, neck rigidity, malaise, photosensitivity reaction, generalized edema. ***Digestive System:*** *Nausea*, gastroenteritis, liver function tests abnormal, colitis, vomiting, gastritis, dry mouth, rectal hemorrhage, esophagitis, eructation, glossitis, mouth ulceration, anorexia, increased appetite, stomatitis, biliary pain, cheilitis, duodenal ulcer, dysphagia, enteritis, melena, gum hemorrhage, stomach ulcer, tenesmus, ulcerative stomatitis, hepatitis, pancreatitis, cholestatic jaundice. ***Respiratory System:*** *Bronchitis, rhinitis*, pneumonia, dyspnea, asthma, epistaxis. ***Nervous System:*** *Insomnia, dizziness*, paresthesia, somnolence, amnesia, abnormal dreams, libido decreased, emotional lability, incoordination, peripheral neuropathy, torticollis, facial paralysis, hyperkinesia, depression, hypesthesia, hypertonia. ***Musculoskeletal System:*** *Arthritis*, leg cramps, bursitis, tenosynovitis, myasthenia, tendinous contracture, myositis ***Skin and Appendages:*** Pruritus, contact dermatitis, alopecia, dry skin, sweating, acne, urticaria, eczema, seborrhea, skin ulcer. ***Urogenital System:*** *Urinary tract infection*, urinary frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metrorrhagia, nephritis, urinary incontinence, urinary retention, urinary urgency, abnormal ejaculation, uterine hemorrhage. ***Special Senses:*** Amblyopia, tinnitus, dry eyes, refraction disorder, eye hemorrhage, deafness, glaucoma, parosmia, taste loss, taste perversion. ***Cardiovascular System:*** Palpitation, vasodilatation, syncope, migraine, postural hypotension, phlebitis, arrhythmia, angina pectoris, hypertension. ***Metabolic and Nutritional Disorders:*** *Peripheral edema*, hyperglycemia, creatine phosphokinase increased, gout, weight gain, hypoglycemia. ***Hemic and Lymphatic System:*** Ecchymosis, anemia, lymphadenopathy, thrombocytopenia, petechia. ***Postmarketing Reports*** — Adverse events associated with LIPITOR therapy reported since market introduction, that are not listed above, regardless of causality assessment, include the following: anaphylaxis, angioneurotic edema, bullous rashes (including erythema multiforme, Stevens-Johnson syndrome, and toxic epidermal necrolysis), and rhabdomyolysis.

OVERDOSAGE: There is no specific treatment for atorvastatin overdosage. In the event of an overdose, the patient should be treated symptomatically, and supportive measures instituted as required. Due to extensive drug binding to plasma proteins, hemodialysis is not expected to significantly enhance atorvastatin clearance.

Please see full prescribing information for more information about LIPITOR.

℞ **only**

Pharmaceuticals
Manufactured by
Pfizer Ireland Pharmaceuticals
Dublin, Ireland

©1998-'02 Pfizer Ireland

Distributed by

Pfizer **Parke-Davis**
Division of Pfizer Inc, NY, NY 10017

MADE IN PUERTO RICO

Rev 1, April 2002 A

© 2002 Pfizer Inc. All rights reserved.

Pfizer U.S. Pharmaceuticals

VIRTUAL ORGANIZATION

Certain Internet sites ask for a password each time you visit. I found it hard to remember which password I chose for which site, so I began keeping track of my passwords and the corresponding Web sites in a small address book.

KATHLEEN LOCKER
BERNARDSVILLE, N.J.

WORD OF THE DAY

To help my daughter expand her vocabulary, I wrote a new age-appropriate word on our calendar for each day of the week. Her job was to use the word in a sentence sometime during dinner. We were amazed at how easily, and sometimes amusingly, she acquired new words.

MARLENE MCCARTER
DAVIS, ILL.

SPECIAL TOKEN OF REMEMBRANCE

At times I have been unable to attend a loved one's funeral due to distance, illness, or other circumstances. I've twice asked funeral homes to make an audio recording of the service, and they were quite accommodating. Listening to it helped me to grieve, celebrate, and memorialize.

PEARL I. SWANSON
PORT HURON, MICH.

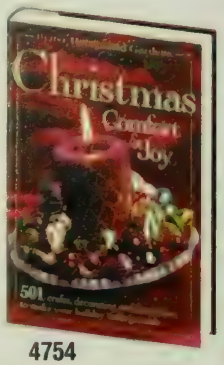
Got a tip or solution to share? Write us at Features, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023, or e-mail at features@meredith.com.





Hot bestsellers...big savings...inside

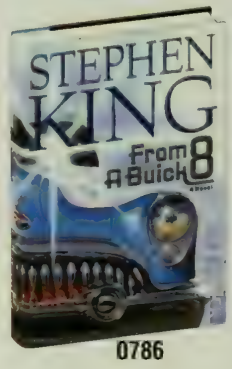
Get in the Christmas spirit...



4754

From a name you can trust, here's a simple, all-purpose guide to the holidays. Make your Christmas celebration a memorable occasion with over 500 inspiring ideas. Discover how to make your own ornaments and garlands—and everything from cookie recipes, gifts and gift-wrappings, too. Sensational do-it-yourself gift ideas are also included. *Photos.*

Can you handle the thrills?



0786

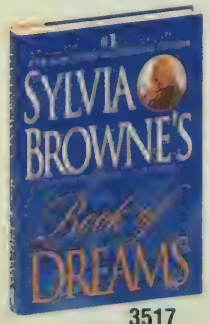
There's something strange about the vintage Buick Roadmaster parked out in Shed B behind the State Police barracks and the curiosity of a teenager doing chores in the area is about to unleash a terrifying force the troopers have been trying to contain in Stephen King's ***From A Buick 8***. And the *Left Behind*™ series continues as the Antichrist unleashes his fury, and not even the Tribulation Force can stop his plans in Tim LaHaye and Jerry B. Jenkins' *The Remnant*! Experience the excitement—chills and thrills like never before—with these electrifying books from three of today's most-sought after authors.



2824

...and make your dreams come true

America's favorite psychic explains the significant role dreams play in every facet of life—from health and happiness to memories and relationships. She shares her belief that we can make positive changes by understanding our dreams, then applying their hidden meaning to our everyday lives. And Browne believes we'll discover how dreams are our true connection to "the other side."



3517

IN THE SPOTLIGHT

Sylvia Browne has worked as a psychic for almost 50 years, and is the #1 *New York Times* bestselling author of *The Other Side and Back* and *Life on the Other Side*. She has also made appearances on *The Montel Williams Show*, *Larry King Live*, *Good Morning America*, CNN and *Entertainment Tonight*.

Learn why one succeeded... and the other didn't

An intimate look at two of the 20th century's most beautiful and captivating women, each of whom challenged many stereotypes. This book reveals why one met with great success and the other struggled valiantly, yet floundered.

"I've written about these two great ladies myself, and briefly knew each. But I never noticed the extraordinary parallels between their front-page-famous lives until now. I so enjoyed reading this book."—Dominick Dunne



5512

Double your pleasure



*1289

Get a double dose of excitement with *Doubleday* favorites Fern Michaels and Nicholas Sparks. In the conclusion to the popular *Kentucky* trilogy, will Nealy Coleman be able to produce another Derby winner when a growing mother/daughter rivalry gets in the way in ***Kentucky Sunrise***? And sparks fly when two people meet on a getaway weekend...and rediscover the power of love in ***Nights in Rodanthe***. Both sensational reads will warm your heart, captivate your soul—and leave you wanting more.

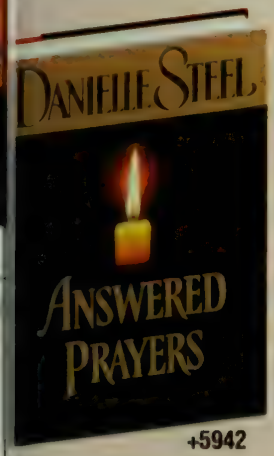


180

www.joinDoubledayBookClub.com

oops...Doubleday Book Club®

Everyone deserves a second chance



+5942

Trapped in unhappy marriages, childhood friends Faith Madison and Brad Patterson are reunited and rediscover friendship, laughter—and something more. But before Faith can claim this second chance at happiness, she must trust Brad enough to reveal a painful secret that has closed her heart.



I want people to feel good about life!"
—Danielle Steel

Close and Personal

ing touched millions of lers around the world with marvelously uplifting best- rs, Danielle Steel intro- es her fans to the heart- ming characters Faith 'ison and Brad Patterson her newest release.

In so doing, Ms. Steel makes it clear that she's a believer and encourages us all with words from her poem,
"Yes, dare to love,
and if you do,
make sure that you love well.
For love is worth it all..."

ve *Answered Prayers* now. Your copy will be shipped immediately upon its release date, 10/29/02.

epare delicious eals in minutes

300 delicious chicken, fish, meat and recipes, plus vegetarian suggestions help get satisfying, nutritious meals on the in 30 minutes or less. Find appetizers, courses, one-step solutions and desserts. *r photos.*

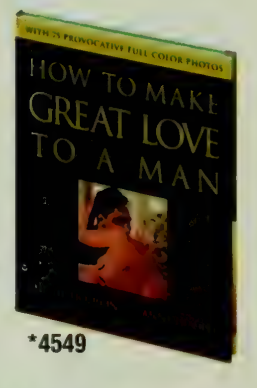


2956

ex, violence, language and/or subject matter

Get blown away by sex

Want to learn the secrets to mind-blowing sex? Want to tingle all over and achieve overwhelming ecstasy? Phillip Hodson and Anne Hooper, partners, sex experts and bestselling authors of *How to Make Great Love to a Woman*, have teamed up to produce a sizzling guide to the practice of making love to a man. With insight, sexual techniques and full-color photos, this book is sure to make everyone's nights hotter than ever.



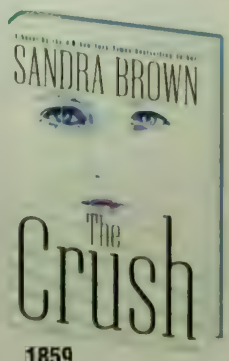
*4549

Never let your guard down

Juror Dr. Rennie Newton is pursued by a dangerous defendant in the newest suspense novel from the #1 New York Times bestselling author of *Envy*. Will she be able to escape from his love notes, flowers—and deadly desire?

SANDRA BROWN ON HER HEROINES

"My characters are totally separate from me while, at the same time, they act as my alter egos. Especially in the case of the 'bad girls'—I think my characters are a compilation of all the women Sandra Brown never got to be. They have more courage than I do...they grapple with all the evil forces in the world and come out on top..."
—Sandra Brown



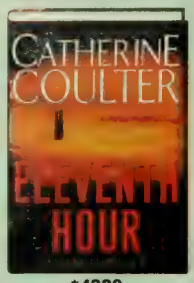
1859

Turn page for more selections

Enjoy convenience, variety an

Who did it?

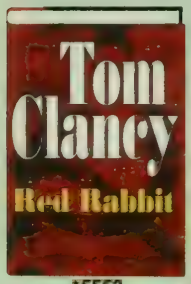
FBI Agents Lacey Sherlock and Dillon Savich return to solve the murder of a priest in the newest suspense thriller from the #1 *New York Times* bestselling author of *The Maze* and *Hemlock Bay*.



*4309
Yours now for 20¢

Safe in his hands

The fate of America lies in the hands of a young Jack Ryan in this flashback global political thriller, featuring Jack as a CIA analyst who uncovers a Soviet plot to assassinate the Pope and rock the stability of Western world. Suddenly he's pulled into a lethal game of cat and mouse that's way over his novice head!



*5553
Yours now for 20¢

Ordinary Americans took charge!

At a time when Americans felt defenseless against a surprise attack from hell-bent terrorists, the passengers on Flight 93 fought back and won. Meet the heroes on board this ill-fated flight and read their last words.



7203
Yours now for 20¢



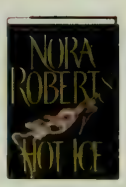
1859
Yours now for 20¢



*1289
Yours now for 20¢



5793
Yours now for 20¢



*5835
Yours now for 20¢

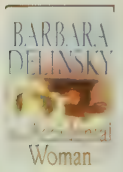


*1206
Yours now for 20¢



0786
Yours now for 20¢





5934
Yours now for 20¢



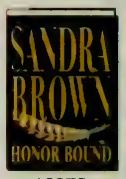
3350
Yours now for 20¢



*8672
Yours now for 20¢



3897
Yours now for 20¢



*0372
Yours now for 20¢



*0588
Yours now for 20¢





5066
Yours now for 20¢



*2477
Yours now for 20¢



9209
Yours now for 20¢



0059
Yours now for 20¢



*4523
Yours now for 20¢



0752
Yours now for 20¢





4796
Yours now for 20¢



*3780
Yours now for 20¢



3632
Yours now for 20¢



5850
Yours now for 20¢



*0406
Yours now for 20¢



*1255
Yours now for 20¢

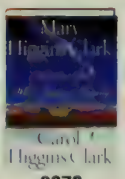




5900
Yours now for 20¢



6064
Yours now for 20¢



9878
Yours now for 20¢



•5868
Yours now for 20¢



†8722-9999
Yours now for 40¢



8573
Yours now for 20¢



•Illustration by Mary GrandPré 2000 by Scholastic, Inc.



*0505
Yours now for 20¢



*7047
Yours now for 20¢

0422
Yours now for 20¢

*0885
Yours now for 20¢

*2337
Yours now for 20¢

*5918
Yours now for 20¢

*1156
Yours now for 20¢

*6320
Yours now for 20¢

*1552
Yours now for 20¢

*2329
Yours now for 20¢

*0166
Yours now for 20¢

*1883
Yours now for 20¢

Go to www.JoinDoubledayBookClub.com or AOL Keyword: Doubleday Book Club & enter the Online Code

ivings at Doubleday Book Club®

Take up to

6 books for 1¢

with membership

Choose a FREE Gift now!

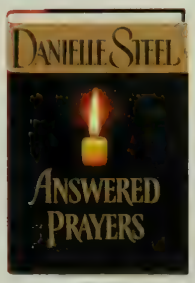


Red Mesh Tote

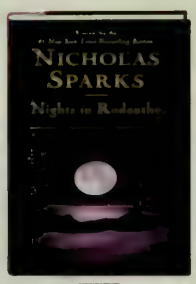
or



6th Book FREE



+5942
Yours now for 20¢



1800
Yours now for 20¢



*4663
Yours now for 20¢



*4002
Yours now for 20¢



769
ow for 20¢



0794
Yours now for 20¢



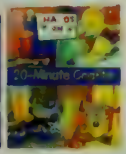
6031
Yours now for 20¢



5223
now for 20¢



4762
Yours now for 20¢



8730
Yours now for 20¢



Δ†3509-9999
Yours now for 40¢



Δ9720
Yours now for 20¢



1024
Yours now for 20¢



7948
Yours now for 20¢



6221
Yours now for 20¢



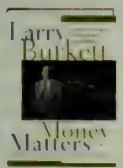
Δ‡7245
Yours now for 20¢



Δ‡1180
Yours now for 20¢



764
ow for 20¢



5207
Yours now for 20¢



5702
Yours now for 20¢



Δ◊†8649-9999
Yours now for 40¢



8219
Yours now for 20¢

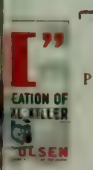


0042
Yours now for 20¢



0513
Yours now for 20¢

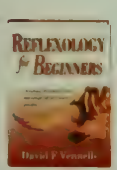
©WEIGHT WATCHERS is a registered trademark of Weight Watchers International, Inc



861
ow for 20¢



†8466-9999
Yours now for 40¢



0448
Yours now for 20¢



Δ1271
Yours now for 20¢



5413
Yours now for 20¢



5165
Yours now for 20¢



7930
Yours now for 20¢



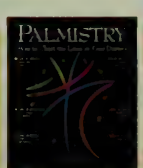
297-9999
s now for 40¢



Δ6478
Yours now for 20¢



0232
Yours now for 20¢



Δ0935
Yours now for 20¢



3277
Yours now for 20¢



0380
Yours now for 20¢



*0265
Yours now for 20¢

ummies is a trademark of Hungry Minds, Inc. Used by permission.

You can save up to 60% off publishers' prices

Buy 5 books for 1¢ and get a FREE Red Mesh Tote OR buy 5 books for 1¢ and get a 6th Book FREE. Send no money now. We will bill you later, plus shipping and handling, when membership is confirmed (unless otherwise notified). Satisfaction guaranteed or return the books within 10 days at our expense to cancel membership. You'll owe nothing. The FREE Gift is yours to keep. Choose from the FREE Club Magazine, sent up to 19 times a year (about every three weeks). It features uncut, hardcover editions, sometimes altered in size to fit special presses and save you money. Featured Selections are normally priced between $8.95 and $15.00. For your convenience, we send the Featured Selections automatically. If you don't want them, or want other books, tell us on your Member Reply Form by the specified date. You always have 10 days to decide. Shipping, handling and applicable taxes are added to each order. You may resign any time after buying 4 more books within the next 2 years. If you get unwanted books because your Member Reply Form came late, return them at our expense and we'll credit your account. You may charge Club purchases to a major credit card. You can also access our Web site at **www.DoubledayBookClub.com or AOL Keyword: Doubleday Book Club.**

X143 BHG 11/1/02

ΔSoftcover, oversized, and/or spiralbound *Counts as 2 choices

*Explicit sex, violence, language and/or subject matter

-Reserve your book now. Your copy will be shipped upon publisher's release date.

Doubleday Book Club® is a registered trademark of Random House. Used under license. All rights reserved.

Home front

WHAT'S HAPPENING FOR HOMES



SEASONAL DECORATING

CELEBRATING AUTUMN

Emblematic of abundance, the cornucopia—or horn of plenty—represents the horn of Amalthea, a nymph in Greek mythology. This horn-shaped vessel is a traditional favorite for decorating homes during the fall harvest months, up to and through Thanksgiving. To show how beautiful, yet simple to achieve, a cornucopia can be, we asked Andrea Mason, co-owner with Brian Bolke of Avant Garden in Dallas, to arrange one for us. Andrea suggests using fresh ingredients that will dry naturally. And for the fruits, substitute fresh ones as necessary. If, for a special occasion, you'd like to include some fresh cut flowers, insert them into the arrangement with water tubes attached and they'll last for the day.

BRING HOME THE BOUNTY

Rusty reds, rich ochers, yellow greens—your arrangement should be alive with seasonal color. To help you get started, here's what we used in our horn:

- Items that will dry (or are already dry): bittersweet, fall hydrangea, lotus pods, hypericum (coffee berry), millet, wheat, wild sumac, and pyracantha.
- From the produce store: baby artichokes, baby cauliflower, figs, plums, pears, golden beets, camarillos, gourds, and red grapes.

Andrea suggests placing a big rock inside the horn for stability before you start to dress it, then arrange to your heart's content. Be sure to let the bounty of your horn spill out on the table. If you'd like a cornucopia basket like the one we used, they're $19. Call or e-mail Avant Garden, 214/559-3432; www.avantgarden.com.

A room screaming for personality.

Faux plaster texture like the

expert in the orange apron showed me.



Potential is a wonderful thing.







plaster technique in *Fox Hollow* Flat Kay, in *Khaki Shadow* Back Wall in *Light Lichen* Ceiling in Dapple Trim in *Dry Fern*

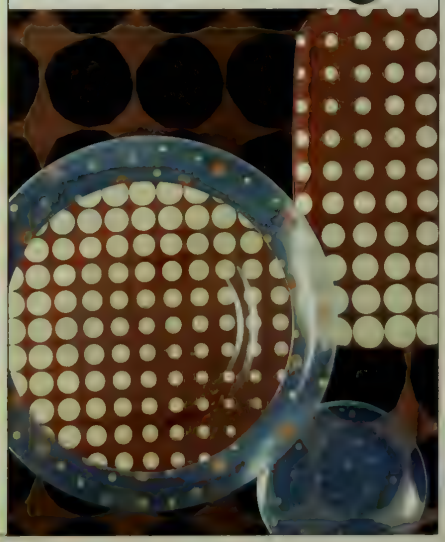
SEEN ON THE STREET

ROUNDABOUT

We've gone into orbit with all the dots and spheres seen lately. So don't be a square—dress up your home with some hot dots. Chrome spheres stack up as the TL0238 **LAMP** from Shades of Light, 800/262-6612. Crafted in Honduras, the rust-and-red-dot suede **PILLOW** is from Aid to Artisans, $28 for the 14-inch square and $43 for the 18-inch, 877/288-2097. Appropriately named Dotty, the **VASE**, $78, is a Garnet Hill exclusive, 800/622-6216. What better to express graphic dots than Marimekko **FABRIC**, and here we see three color combos of Kivet, $48/yard as cut yardage from Kiitos Marimekko, 212/838-3842, and on a classic butterfly chair, $45, from Crate and Barrel, 800/323-5461. With brown-with-cream dots, the 11-inch Melamine Aerodot **PLATE**, $11, and rectangular **PLATTER**, $18, are by Jackie Shapiro for French Bull, available through Room Service, 323/653-4242. With copper dots, the 7-inch frosted **PLATE**, $27, and (under the brown plate) the 14-inch frosted glass **PLATTER**, $75, are from Riverside Design Group, available at Pittsburgh Center for the Arts, 412/361-0873.









JEANS THAT CAN

lengthen legs,

hug hips

and turn heads.

RIDERS®

Jeans that fit.
Beautifully.

MID RISE – EASED FIT

FOR OTHER GREAT RIDERS FITS VISIT WWW.RIDERSJEANS.COM. 1.800.874.3370



DESTINATION

SANTA FE

Nestled in the Sangre de Cristo foothills, yet minutes from historic Santa Fe, The Bishop's Lodge carries on the hospitality of Bishop Jean Baptiste Lamy, who built this retreat in 1851. Today, the lodge hosts meetings, weddings, and is popular as a family vacation site. Kids have fun under supervised care at Camp Appaloosa (summers only), freeing up mom and dad to enjoy the lodge spa or visit the area's many attractions. In winter, skiers appreciate the proximity to the slopes. The Bishop's Lodge, 800/732-2240, www.bishopslodge.com.



PRESERVATION

WRIGHTLY REDO

Visitors to a world-renowned building typically see the famous exterior, but not what's underneath it all. Now, however, is a rare opportunity to visit Fallingwater, Frank Lloyd Wright's acclaimed "house on the waterfall" located 60 miles southeast of Pittsburgh. Named by the American Institute of Architects as the most significant architectural achievement of the 20th century, this icon continues to receive guests during its $11.5 million restoration, during which a large portion of the structural underpinnings of the house are open to view. Engineers are rebuilding much of the house—particularly its signature cantilevered decks—after years of moisture damage. To combat future dampness problems, waterproof coatings developed by PPG Industries, a restoration sponsor, play a significant role in the project. Wank Adams Slavin Architects of New York expect to complete work by spring 2003. Visit www.paconserve.org.



— LAURA O'NEIL



ON THE MARKET

NEW NATURAL

Unlike the corn-husk-stuffed mattresses of yesteryear, new bedding products made from corn sugar may offer you your best night's sleep yet. In partnership with Cargill Dow, Pacific Coast Feather Company has introduced NatureWorks, a fiberfill made from—believe it or not—corn sugar. This high-performance fiber will be stuffed into pillows, comforters, mattress pads, and fiberbeds, offering shoppers an earth-friendly alternative to traditional bedding, often made of petroleum-based synthetic fibers. The new fiberfill is made without harsh chemicals or solvents, requires half the fossil fuel used in producing polyester, and reduces by half the gas emissions during manufacturing. Further advantages of this lofty fiber: It's odor- and moisture-resistant, hypoallergenic, and biodegradable. "As a side-sleeper, the loft was high enough to relieve tension in my neck," says Joe Boehm, *BH&G* interior designer. Go to www.natureworksfibers.com.



Safe for every popular steam machine. Perfect for every home.

Sooner
r later,
ou'll need
ESOLVE®

RESOLVE® For Steam Machines is proven safe for all popular machines. And, because it's from RESOLVE,® it's unbeatable at removing the toughest ground in dirt and odors from your carpet.

Good Housekeeping





REVIVE A CHAIR

A GOOD CHAIR, LIKE A CAT, HAS NINE LIVES. SO THINK TWICE BEFORE YOU TOSS IT OR GIVE IT AWAY. THAT NEXT LIFE MIGHT JUST BE THE BEST ONE YET.

Before you retire a chair that looks as if it has grown weary of graciously seating your guests, evaluate whether it is truly beyond rescue. If it has solid, well-formed construction and attractive lines, then you should revive it. We took a sturdy dining chair (*above, right*) with a stained, torn seat and a marred paint finish, and gave it a sunny new look (*above, left*). After popping out the old seat, we sanded, primed, and painted the chair. Then, in three easy steps, we made the seat worthy of pulling up to the table.

Slightly staid and tired in its appearance, our chair nevertheless had, as decorators say, "good bones." To freshen up its look we gave it a Swedish-style makeover by painting the frame white, then covering the chair seat in a fresh-as-a-daisy blue, yellow, and white plaid from Waverly.

BY **SARAH EGGE** PHOTOGRAPHS BY **KING AU** AND **BILL HOPKINS**


EVERY MORNING,
I TAKE MY VITAMINS
WITH 7.8 GALLONS OF WATER.
Now with vitamins
A E & B3
the moisturizing formula
in Olay Complete leaves
skin healthier than the
leading body wash.
OLAY
complete
body wash
now with
vitamins
complete body wash
OLAY
love the skin you're in™



Nobody told me
this was a masquerade party.





The snack that smiles back™

DESIGN SOLUTIONS >> from 72

You can re-cover a pop-out chair seat like this one quickly and easily. The entire process takes only about an hour.

Materials for one chair seat: approximately 1 yard of fabric (see measuring instructions below); plywood (if you don't have a seat bottom); foam; cotton batting; 1 yard of muslin; staple gun.

Measuring instructions: Measure the length, width, and thickness of your chair seat. Add 4 inches to all sides. Buy enough yardage to meet these measurements. If you are re-covering several seats and need more yardage, keep in mind pattern repeats and ask the fabric-store experts for measuring assistance.

Instructions: 1. Cut plywood to fit chair seat, if no seat bottom exists. Cut foam to match seat bottom. (Tip: An electric carving knife cuts foam easily, ensuring straight lines.) 2. Sew a muslin cover for the foam. This cover protects the batting and decorative fabric because, over time, uncovered foam can create friction holes in these materials. Cut batting at least 1 inch larger than the foam pad. Cut decorative fabric at least 1 inch larger than the batting. Lay fabric right side down. Stack batting, foam, and seat bottom on top. 3. Wrap the fabric to the seat bottom, tuck under raw edge, and staple every inch or so. Wrap the corners as you would a gift.







1. Choose foam that is about an inch thick. It makes a soft cushion that isn't too plump. 2. Before cutting the fabric, make sure the pattern will be aligned and straight when stapled to the chair seat. 3. Staple a straight side first, then fold neat corners as though you were wrapping a gift box.



Yup, they're going to be huge.

10% bigger than regular Goldfish® crackers. Big, big, big wheat taste.



The snack that smiles back™

My budget was tight, but I found
my options were wide open.



Two words come to mind
when redoing a bathroom. How much?
A trip to where they speak my
language gave me tons of affordable ideas.
Now the words are ooh and aah.





No payments for 6 months* on all purchases of $299 or more on your Home Depot Consumer Credit Card.

*Subject to credit approval. Additional terms apply. Offer subject to change. Offer valid in U.S. Home Depot Stores only. See Store for details.


Barbie
Bubble Bath
Barbie
Bath & Shower Gel
Barbie
Shampoo
splish splash
Barbi
Barbie



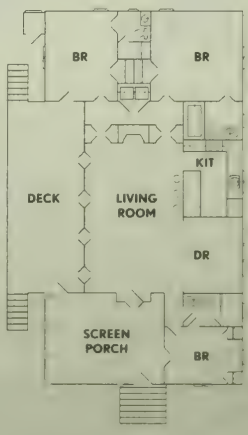
SIMPLY Grand

This one-story cottage calls to mind the rambling yet refined ambience of an early-1900s vacation villa. Like those grander versions of cottage architecture, this house features a lodgelike main room with a soaring fireplace. The design includes a hipped and gabled roof, deep eaves, a side deck, and a screened front porch. Pairs of narrow French doors topped with transoms line one wall of the main room, offering easy access to the deck and playing up the room's dramatic vaulted ceiling. Spaces adjoining the main room include three bedroom/bathroom suites plus an L-shape kitchen and a dining alcove. Another pair of French doors gives the front bedroom its own entrance so the room could be used as a home office, if desired.

ARCHITECT: COOPER, JOHNSON, SMITH ARCHITECTS, INC
EXTERIOR ILLUSTRATION: GILBERT GORSKI
FLOOR PLAN ILLUSTRATION: STEVEN STANKIEWICZ

HOW TO ORDER: To order plans for this house, please call 800/225-9397. Or send your name; address; and check, money order, or credit card information to: BH&G/ Homestore Plans, P.O. Box 75488, St. Paul, MN 55175-0488 Please specify Plan No. COO-3-E. Blueprints and Planning Sets are printed and shipped in response to your specific order and cannot be returned or refunded. Add $20 for regular shipping and handling or $35 for express delivery. All U.S. residents add appropriate state and local sales tax.

PRICE SCHEDULE: Set of Five $482, Additional Sets $25 each, Reproducible Set $660. If you're not ready for full construction blueprints, try our Planning Set for $99. A Planning Set consists of exterior elevations and floor plans drawn to scale; it may not be used for construction. Planning set payment is fully refundable with the purchase of the complete construction blueprints for the same plan if ordered within 60 days.



TOTAL SQUARE FOOTAGE: 1,460

Thomas Kinkade's a Time for Every Seas

The first limited edition wall clock to feature the art of Thomas Kinkade

Display clock finished in walnut and trimmed bronzed metal scroll





This e timepiece accurate move graceful and a to inscr



Shown smaller than actual size of 12⅛" wide x 16⅝" high

Few artists can capture the majesty, mood and unique charm of each time of year with the vision of Thomas Kinkade. Now, *the Painter of Light's*™ treasured works are presented in an exclusive, limited-edition wall clock collection that unites form and function in one splendid work of art.

Showcase your *Thomas Kinkade's A Time For Every Season* plates, beginning with "Spring—Everett's Cottage," in the distinctive clock display ... a $75-value.

A precision instrument, our heirloom clock boasts accurate quartz movement, graceful hands and a touching inscription lettered in radiant golden calligraphy. The collection is strictly limited, and demand is always strong for Kinkade's art. To obtain the four editions and display at the issue price of $29.95 each, send no money now. Just fill out and return the coupon today.

collectiblestoday.com
Home of The Bradford Exchange and All Things Collectible

©2002 Thomas Kinkade, Media Arts Group,Inc., Morgan Hill, CA ©2002 BGE 61621-BD

THE BRADFORD EXCHAN
9345 Milwaukee Avenue Niles, IL 6071

THE Heart OF COLLECTING

YES. Please enter my order for the *Thomas Kinkade's A Time for Every Seas* clock. I understand I need SEND NO MONEY I will be billed $29.95* when each piece is ship *Limit: one per order.* Please Respond Pr

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____

State _____ Zip

Signature _____

42712

*Plus a total of $4.99 postage and handling per piece. Limit: residents sales tax. Pending credit approval. Limited edition presentations vested hing days. Prices higher in Canada. Allow 4-6 weeks for delivery of fir

Bless Our Home



FREE
$50.00-value
plate display

Shown smaller than actual size: 19 x 9 inches including display

gel's Watch

serenely beautiful, gentle
are. Yet the splendor of
tstretched wings reminds
he power and magnifi-
of an all-encompassing
In *Angel's Watch*, a
g 3-plate panorama,
ite art by Gay Talbott
gives us an intimate
t one of heaven's most
t beings.

om the blush on her
to her feathery wings, to
lden highlights in her
his young angel is the
e of perfection. Wherever
oose to display it, this spectacular work of art will grace
ome with blessings.

e inscription "Angels watching from above, bless our
with joy and love" brings hope and comfort. Each
n is strictly limited and demand is always strong for
theme art. To obtain the panorama with FREE* display
$39.95 per-plate issue price, payable in two monthly
ments of $19.97 (plus $5.99 postage and handling), the
ing billed before shipment, send no money now. Your
s backed by our 365-day guarantee.



FREE
$50.00-value
plate display

holds
your plates
firmly
in place



RESERVATION APPLICATION

The Bradford Exchange
9345 Milwaukee Ave
Niles, Il 60714-1393

SEND NO MONEY NOW

Angel's Watch

YES! Reserve the *Angel's Watch* 3-plate panorama as described in this announcement.

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Address _____

City _____

State _____ Zip _____

42382-E81291

IL residents add state sales tax. Pending credit approval. Prices higher in Canada. Limited-edition presentations restricted to 95 firing days. Allow 4-6 weeks for delivery of each edition. *One-time P&H charge of $8.99 for display, shipped after Plate Three.

collectiblestoday.com
Home of The Bradford Exchange and All Things Collectible

BGE 57631-BI

Cook's Comfort



SUSAN FORREST DESIGNED AN AMES, IOWA, KITCHEN WHERE EVEN HER BAD KNEES FIND COMFORT. THE SURPRISE: EVERYONE ELSE LIKES IT TOO.

A cushiony cork floor, lots of natural light, ergonomically designed work surfaces, and easy-access storage make this kitchen a comfortable place for anyone to work. A mix of warm, natural materials and sleek stainless appliances gives it cutting-edge style

BY **DAN WEEKS** PHOTOGRAPHS BY **KING AU**

GREAT MOMENTS IN LUNCHBOX HISTORY



Thermos® Battle with Cup 1904

The Bendy Straw 1947

The Plastic Baggie 1957

Pringles Snack Stacks 2002



Introducing Pringles Snack Stacks,™ the latest innovation in the pursuit of improving lunch. The revolutionary design of the single-serve tub makes Pringles easier than ever to pack. Not since the invention of the sandwich have moms and kids shared such lunchtime delight. **Once you pop, the fun won't stop.®**

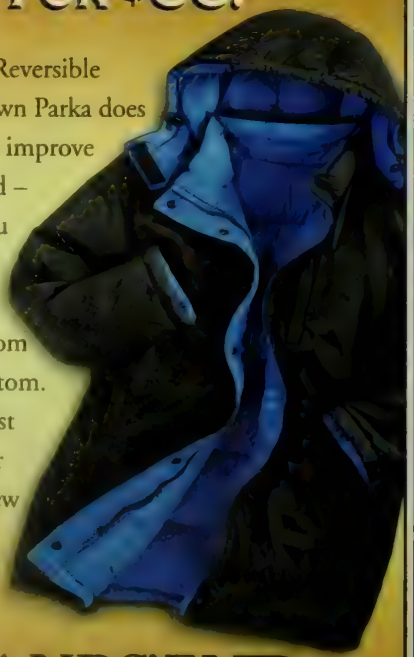
Pringles Snack Stacks

FEELING BLUE?



REVERSE IT FOR $88.

Our new Reversible Goose Down Parka does more than improve your mood – it gives you toasty 650 fill power warmth from top to bottom. And it's just part of our exciting new reversible collection.



LANDS' END
DIRECT MERCHANTS

OUTERWEAR HEADQUARTERS™
LANDSEND.COM 1-800-990-5424



>> from 82

Having lived in a number of bad kitchens, I knew what I wanted," Susan Forrest says of the experience that went into the design of her latest endeavor.

Comfort was her priority. As an experienced cook who likes to do all the prep work and cooking herself, Susan spends a lot of time in her kitchen. She also has bad knees. Osteoarthritis caused Susan, a retired physician, to undergo three surgeries in a year and a half. She spent a good deal of her recuperation time in a wheelchair planning a kitchen that would be comfortable, functional, and beautiful.

She no longer needs the wheelchair, though a low-threshold, 46-inch-wide doorway ensures that if she ever requires one again, she won't have to worry about gaining access to her favorite room in the house. Like most of the accessible-design features she incorporated into her kitchen, she found that the wide door benefits everybody by opening up the kitchen to the rest of the house, and by making it easy to walk through the door with a sack of groceries on each hip. >> on 86





Susan's baking counter (*top left*) is at the right height for thinning pastry with a rolling pin, and the polished granite surface is easy to clean. Two dishwasher drawers (*top right*), rather than a single cabinet-style unit, allow washer-to-table dish cycling, saving the effort of putting dishes in cabinets. Large drawer handles and a resilient cork floor (*above*) are easy on hands and knees.





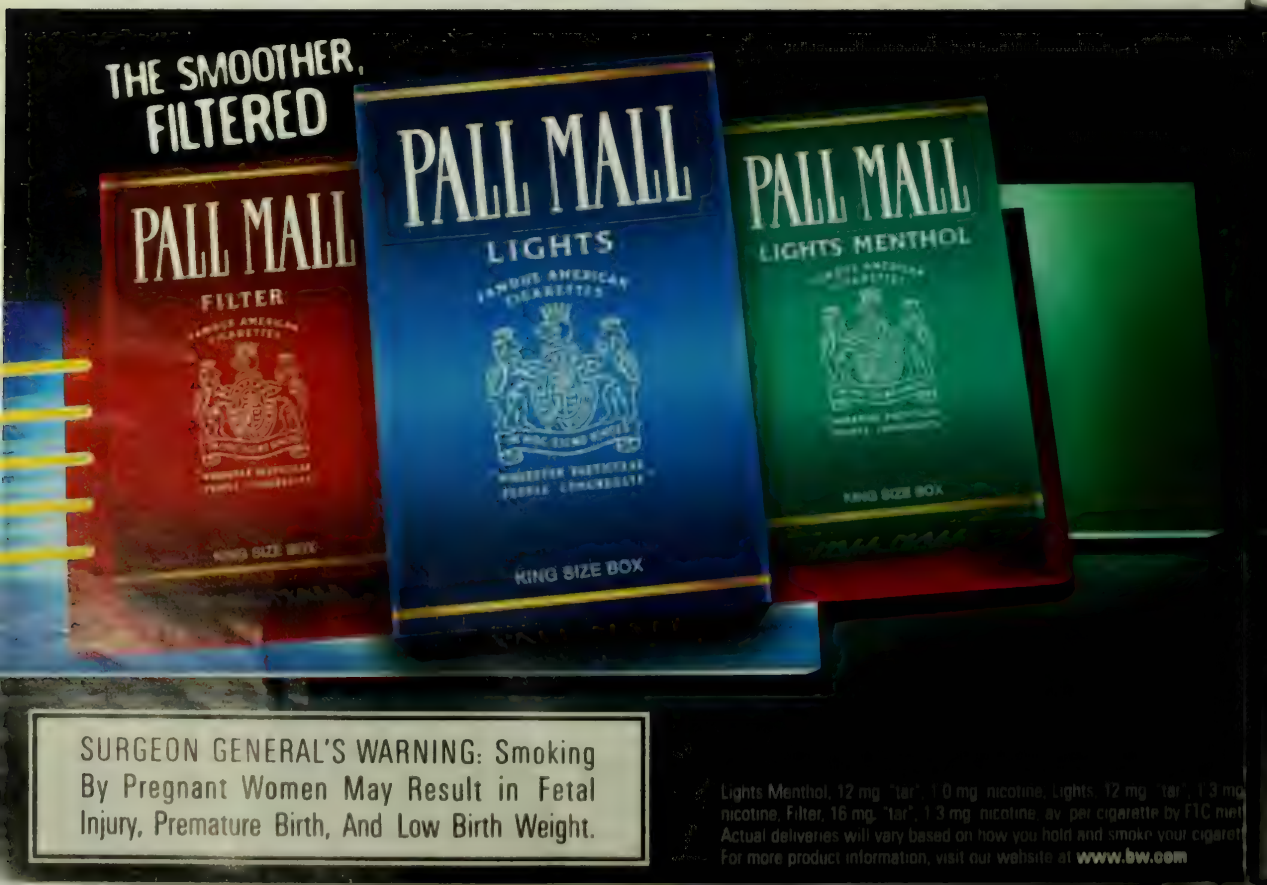
>> from 85

Her universal-design choices literally started at ground level: The floor is covered with cork. The cushiony material is warm and comfortable to walk on and noticeably less fatiguing to stand on for long periods. The material is as durable as it is good-looking; it's a floating-floor system made of tongue-and-groove cork "planks" that are prefinished with a clear acrylic, and it requires only damp mopping or sweeping for routine cleaning. Every six months, Susan applies a thin coating of a waterborne protective finish that's provided by the flooring supplier, a relatively quick and simple process.

Another comfort feature is a pair of dishwasher drawers. Susan uses the dishwasher set much like a cabinet. Dirty dishes from the table go into one; clean dishes from the other go directly to the table—saving time and steps. Susan especially loves the height of the top drawer because she doesn't have to bend over so far to load it. Had she more counter space, she would have installed both drawers at that height for twice the convenience.

Susan's kitchen doesn't include upper cabinets. Even though she's tall, she wanted her cooking equipment on easily reached shelves. Open storage above the ovens and below the cooktop let her grab a pie tin or skillet without opening a cabinet door first. As with the other accessible-design features, there's an additional benefit that all can





SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Lights Menthol, 12 mg "tar", 1.0 mg nicotine; Lights, 12 mg "tar", 1.3 mg nicotine. Filter, 16 mg "tar", 1.3 mg nicotine, av. per cigarette by FTC meth Actual deliveries will vary based on how you hold and smoke your cigarett For more product information, visit our website at **www.bw.com**

enjoy: more window space. Susan ordered windows with miniblinds sandwiched between the glass so she'd never need to clean another blind.

Other comfortable features include a baking counter at just the right height for rolling out dough. An adjustable-height stool and brackets that cantilever the shelf out from the wall allow Susan to sit for even more comfort when decorating cookies or cakes. Next to that counter is an open pantry that's built, like the storage above the oven, with no doors to impede quick, easy access.

"Really, accessible design is just good sense and good ergonomics," Susan says. "Those are things everyone can appreciate and enjoy."

ARCHITECT TERRI LARSEN
CONTRACTOR MARK LARSON





Susan can easily reach art supplies organized in small drawers (*above left*) located near the microwave oven. Drawers beneath hold napkins and towels. Above the microwave, frosted glass cabinet fronts (*above right and opposite*) conceal the contents; ash cabinetry matches woodwork throughout the rest of the house.

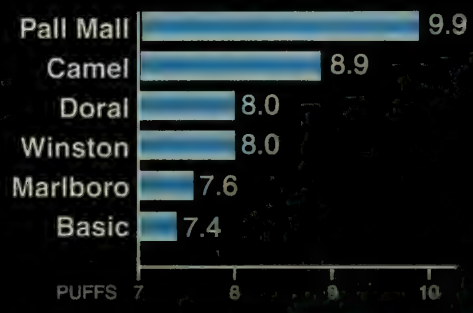
RESOURCES >> 275

MORE ABOUT DESIGNING FOR SPECIAL NEEDS.
www.bhg.com/universaldesign

© 2002 B&WT Co.

BURNS SLOWER
LASTS LONGER

Filtered Pall Mall gives you more puffs than other major brands



Avg. Puffs Per Cigarette
Source: B&W Analytical Test Results (FTC Method)
Comparison of Pall Mall, Marlboro, Winston, Camel, Doral and Basic King Size Filter Box

Marlboro and Basic are registered trademarks of Philip Morris Incorporated. Winston, Camel, and Doral are registered trademarks of R.J. Reynolds Tobacco Company



Ford

You don't have to climb Mt. Everest to get tied to the cause. You can join the fight against breas cancer by purchasing your own limited-edition 2002 Ford silk scarf designed by Kate Spade **In store** at any Bloomingdale's department store nationwide; **on-line** at Bloomingdales.com; or **by phone** a (800) 777-0000. Ford will donate all proceeds from each $25 scarf to the Susan G. Komen Breast Cance Foundation **(www.komen.org)** and The Breast Cancer Research Foundation **(www.bcrfcure.org)**. Plus, free cotton bandannas featuring the Kate Spade breast cancer awareness design will continue to be available at the Ford tent at Susan G. Komen Breast Cancer Foundation Race for the Cure® events across the country (while supplies last). For more information and race dates, visit **www.fordvehicles.com/fordforce.**

RACE FOR THE CURE

member of Team No Boundaries, the
l-sponsored first all-women Expedition to
rest, Midge Cross knows a thing or two
out challenges. Midge, 58, was diagnosed with breast
ncer five years ago. "To be out of treatment for that time and
ot have a recurrence is very reassuring ... and going to Everest—
aking on a huge challenge—seemed an appropriate way to
celebrate." Midge's younger sister is currently going through
treatment. "My own breast cancer involved a lumpectomy
and radiation. My sister's cancer is more complicated."
Midge says that awareness and knowledge help her
support her sister in more meaningful ways. "I can't
say, 'I know how you feel,' but I can say, 'Yes,
I've learned about that; let's talk about it.'"



Midge Cross is tied to the cause. She makes a statement, wearing the Kate Spade designed Ford bandanna as a symbol of solidarity in the fight against breast cancer.



OFF THE Runway

Bring haute couture into your home, but don't hide it away in the closet. Put trendy designs on display by dressing your windows in line with current clothing styles. The fashion and decorating worlds strut their new looks each year, and you can too, by draping windows with updated colors, unexpected fabric combos, and variations in length and width. Long, slim denim panels (*above*) play off today's retro jean scene and its infatuation with the 1960s. Dividing the window into three sections, instead of the standard two, creates a leaner look—think straight-legs instead of bell-bottoms. Take your next cue from the mannequins seen in store windows: Stitch rows of ribbon and other trims along the bottom edges. Beads and daisy chains are feminine touches, while rickracks, fringes, and narrow ribbons have universal appeal. Hang the curtains from oversize rings, which are reminiscent of the huge hoop earrings preferred by hip chicks.

BY **JILANN SEVERSON** PHOTOGRAPHS BY **KING AU** PRODUCED BY **CATHERINE KRAMER**



w long will you wait to start planning
long-term care?

today so you're covered tomorrow. Conseco has a
range of long-term care insurance solutions that can help.
1-877-CONSECO or visit CONSECO.COM.

CONSECO.

URANCE INVESTMENTS LENDING — Step up.

NASCAR Conseco, the Official Financial Services Provider of NASCAR

Conseco Services, L.L.C. NASCAR® is a registered trademark for the National Association for Stock Car Auto Racing, Inc.



WEEKEND DECORATING >> from 90

Images of dance music and rustling taffeta ball gowns may fill your head at the sight of this pretty-in-pink window dressing (*above*). For each top portion, or "bodice," cut your solid fabric and lining 1½ times the window width and approximately ⅓ the window length. Cut fabric and lining for evenly spaced U-shaped tabs. Sew your solid fabric face down to the lining, then turn inside out. Loop over the tabs and stitch into place. For the skirt, cut the plaid fabric, the lining, and a layer of crinoline about 1½ times the width of the top piece. Insert the crinoline between the plaid and the lining to keep the look of the skirt full and crisp. Now gather all three layers of the skirt to the bodice. For a finishing touch, create cummerbund tiebacks with your leftover fabric. We shirred the plaid between bands of the solid. >> on 94

Good on Wood!

Just squeeze the trigger
(No batteries needed)

Release the wood-safe cleaner
(No buckets needed)

the pad, dirt and all
wringing needed)



Now even your wood floors can be sparkling clean in half the time.
Clorox™ ReadyMop™ all-in-one mopping system. What could be simpler?

www.readymop.com

Clorox Company

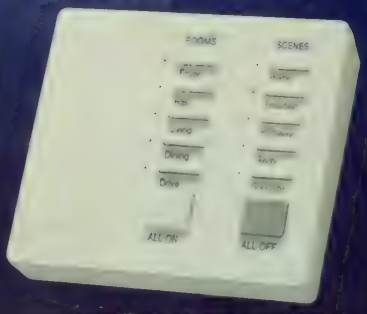
National Wood Flooring Association

RA Car Visor Package

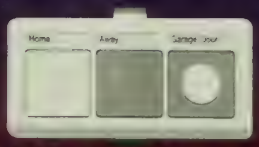
Model # RA-SPCL-STR-1 lets you:



Control lights throughout your home
(5 Dimmers included)



Control lights from your bed
(1 Master Control included)



Turn lights on or off from your cars
(2 Car Visor Controls included)

Additional packages allow you to:

- Control every light in your home without rewiring
- Link your lighting to your security system
- Control lights with a time clock. Lights will always come on by sunset
- Control your lights from a telephone

For a free video, visit our website at www.lutron.com/bhg4
or call us at
1-877-2LUTRON, Ext. 604

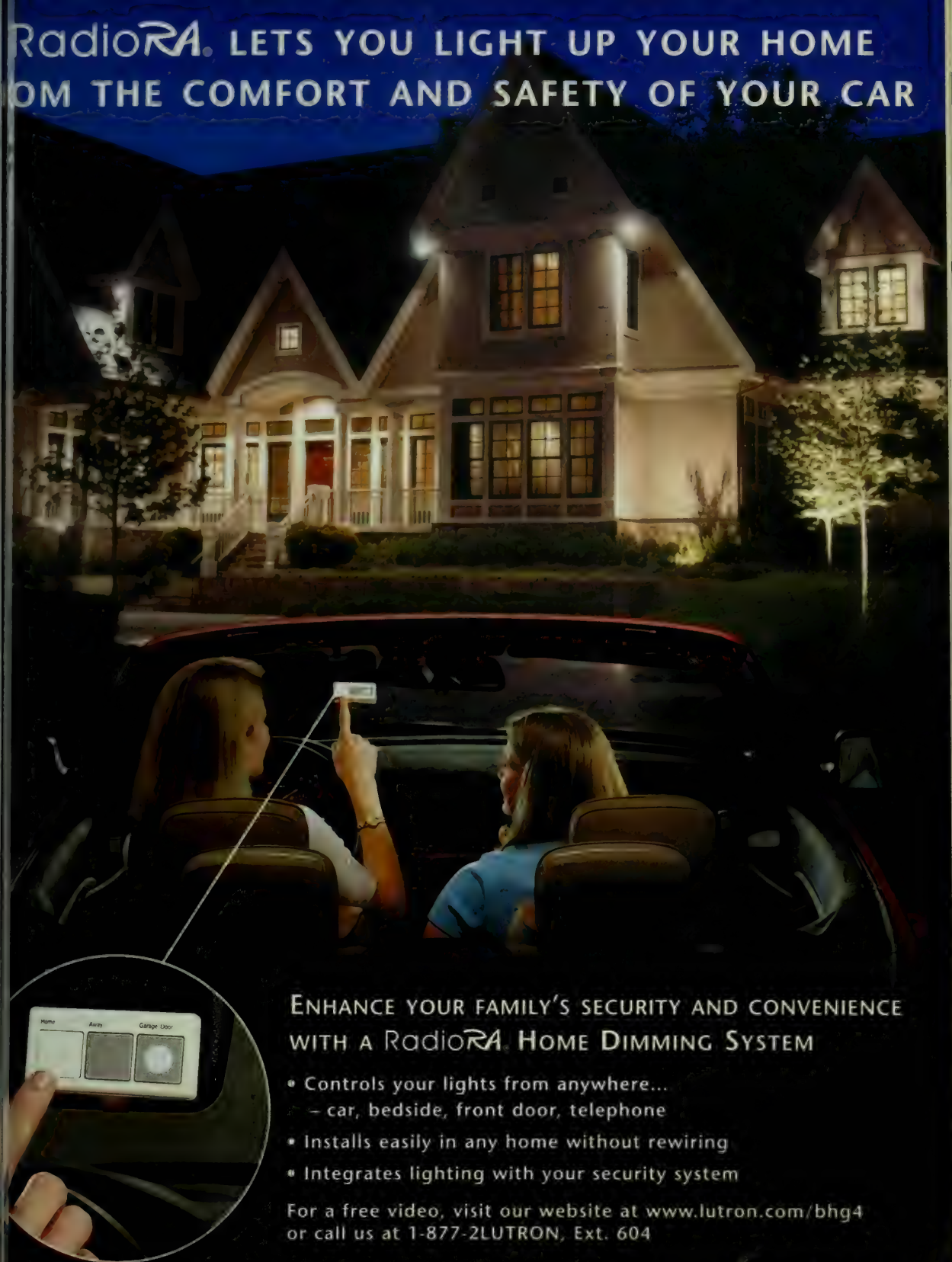
LUTRON®
Innovations in Lighting Control



WEEKEND DECORATING >> from 92

Cool and simple is the style when this slip of a covering graces a window (*above*). Scallop-edged eyelet and smocking provide a summery look, regardless of the season. Look for presmocked eyelet in the fabric store, or smock your own fabric by hand or machine. Iron-on or sewn-on smocking tape from the notions department makes the job quick and easy. The finished width of the smocked edge should be a few inches longer than the window width, so gauge your initial fabric length accordingly. Use coordinating fabric or satin ribbon to make hanging loops. Tack these straps to the smocked edge, leaving loops long so they resemble spaghetti straps on a summer frock. Hang the curtain from a plain rod. >> on 96

RadioRA. LETS YOU LIGHT UP YOUR HOME
OM THE COMFORT AND SAFETY OF YOUR CAR



Car Visor Control

ENHANCE YOUR FAMILY'S SECURITY AND CONVENIENCE WITH A RadioRA. HOME DIMMING SYSTEM

- Controls your lights from anywhere...
  – car, bedside, front door, telephone
- Installs easily in any home without rewiring
- Integrates lighting with your security system

For a free video, visit our website at www.lutron.com/bhg4
or call us at 1-877-2LUTRON, Ext. 604

LUTRON
Innovations in Lighting Control



WEEKEND DECORATING >> from 94

Striped seersucker and oxford-cloth shirting lend a tailored look to a window, making it suitable for a room where froufrou just won't do. As a functional cover for the window, put up a hobbled shade (a pleated Roman shade) made from oxford shirting. For fun, top it with panels that button back like the lapels of a sport coat. Sew the panels into two rectangles that fit the window without excess fullness, then staple them to the top of a 1×4 valance board mounted over the window frame. Approximately halfway down the inner edge, pull each panel back and sew it in place with a button. Add matching buttons to each fold of the shade. We chose simple buttons that resemble cuff links for a snappy, young-man-about-town look.

RESOURCES >> PAGE 275

Always In Style. Forever a Classic.



VAILABLE NOW!

E ALL-NEW EDITION Delivers Tradition with an Attitude
) NEW RECIPES with Better, Bolder Flavors
00 KITCHEN-TESTED RECIPES in all, including Updated Favorites
) PHOTOGRAPHS–Creative Ideas to Present Food, How-To Details
E IDEAL GIFT for Holiday, Birthday, Wedding, or Housewarming

TURKEY AND PASTA WITH PEANUT SAUCE
This Thai-style recipe tantalizes with fresh flavors, ready in just 30 minutes. For a free copy of the recipe, visit www.bhg.com/thaiturkey.

FIND YOUR COPY TODAY WHEREVER QUALITY BOOKS ARE SOLD. Or visit us @bhgbooks.com.

Paving THE WAY



FOLLOW THIS LANDSCAPE DESIGNER'S STEPS TO MAKE YOUR HOME'S FRONT WALK GRACIOUS AND WELCOMING.

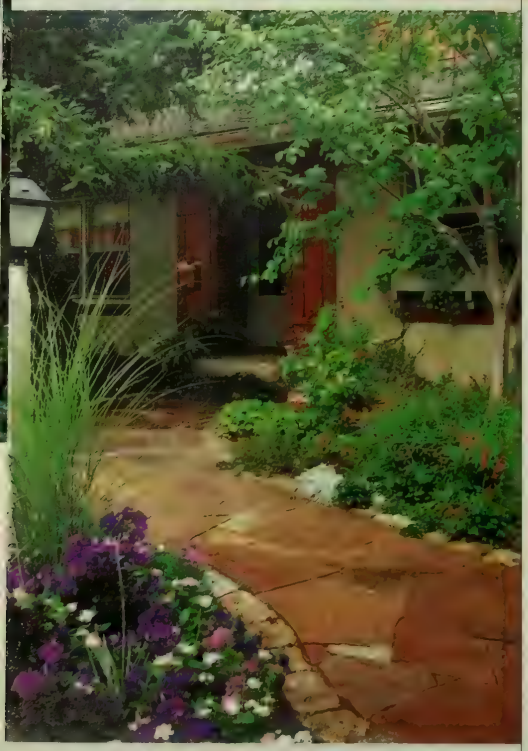
The path to the front door is an "introduction to a home and the people who live there," says landscape designer Jerry Nelson of Greeley, Colorado. If your entry walk greets guests with bland gray concrete, or forces them to approach in single file, then Jerry has some advice for you. Using his own yard and those of two clients in Greeley as examples, Jerry has compiled a checklist of walkway ideas you can use to make the journey to your door a memorable one.

For his front steps, Jerry Nelson chose stone of a pale, reflective color, which is easier to negotiate at night. A level landing at the top of the steps is paved in brick.

BY **DOUG HALL** PHOTOGRAPHS BY **EMILY MINTON** PRODUCED BY **MARCIA TATROE**


NOW, YOU WON'T WANT TO CHEW ON ANYTHING ELSE.
NOW LONGER LASTING
WRIGLEY'S
SPEARMINT





>> from 98

Consider what's there. "Depending on the architectural style of the home, some paving materials are appropriate and some are not," Jerry says. "I look at what has already been used." Sometimes this means repeating the same type of stone or brick used in construction of the house; sometimes it means matching textures or colors of materials.

Go for the old. Jerry prefers stone and other natural materials for their venerable look. "If I have to use concrete, I sandblast it, stain it, score it—anything to give it instant age." One trick is to use tumbled concrete pavers, their raw edges chipped away, to mimic old cobblestones.

Open wide. "I want two people to be able to walk side by side to the front door. Five feet wide is ideal. If the scale of the house is bigger, then I go bigger." Also: Don't crowd your guests on a skimpy porch.

Plan for privacy. Remember the design rule that says to make the front door clearly visible from the street? Jerry doesn't follow that rule, and you don't have to, either. "When you're greeting a guest or saying goodbye, you should not feel that you're on display."

Save a tree. Although steps must be mortared for safety, pavers and flagstones on level ground can be dry-laid in sand, which allows water and oxygen to reach tree roots below.

Add friendly flowers. "I like a bright spot of color near an entryway. I think it is like a smile. I try to plan for color from early spring through late fall, but not so much that it detracts from the home."

Before Jerry gave it some relaxing curves, Dan Bruner's entryway was all straight lines and angles. A single paving color quietly complements the house's multicolored brick (*above*). At Lois Anderson's house, Jerry discovered old flagstones that had been overgrown by lawn. He relaid them with a crisp edge of cobblestones (*left*)

RESOURCES >> 275

MORE ABOUT INVITING WALKWAYS
www.bhg.com/gardenpaths



Jergens® best lotion ever
sorbs moisture deep beneath skin's surface
als even your roughest parts
n so good you can't help but show it off

Jergens
Love your body.



TURN UP THE VOLUME

AMPLIFY YOUR INTERIORS WITH PATTERNED WALLPAPER PLACED THIS WAY AND THAT FOR STIMULATING DESIGNS.

Give a room vibrancy and visual texture by combining wallpapers. Alternating linear patterns and such designs as stripes with a bamboo motif gives walls singular character you can claim for your own. Cutting wall-height sections of 24-inch-wide wallpaper lengthwise in half and in quarters gives you three widths to splice randomly. When ready to cut, tape down each section of wallpaper at its four corners to keep it steady. Then, use a sharp crafts knife and follow the edge of a metal ruler.

This bamboo wallpaper (*above*) is subtle in coloration and has a casual design that looks hand-rendered. Introducing the complementary stripes keeps the bamboo from becoming too repetitious.

BY **SARAH EGGE** PHOTOGRAPHS BY **MICHAEL GRAND** PRODUCED BY **MICHELE MICHAEL**

Winston

Evo Flask

CRUSH PROOF • CURVED TO FIT • WATER RESISTANT



NO ADDITIVES
NATURALLY SMOOTH

0.9 mg. nicotine av. per cigarette by FTC method.
roduct information, visit www.rjrt.com

If you can't find Winston Evo Flask in your area, call
1-800-862-2226. Calls limited to smokers 21 years of age or older.

JRGEON GENERAL'S WARNING: Smoking
iuses Lung Cancer, Heart Disease,
nphysema, And May Complicate Pregnancy.

No additives in our tobacco
does **NOT** mean a safer cigarette.

A Simple Savings for You

compliments of

Wheat Thins

Better Homes and Gardens®

Simple Secrets to Better Everyday Cooking



Yours to enjoy for only $17.95 (Suggested Retail Value: $29.95) with a proof-of-purchase from any Wheat Thins product.

Try more than 140 recipes for a variety of delicious meals your family will savor. From timesaving tips to get you in and out of the kitchen in a flash to flavor-boosting techniques, this cook book is filled with easy-to-use information to help you become a better cook.

To order: Send proof-of-purchase and a check or money order (no cash please) for $17.95 for each book ordered payable to Meredith Corporation and mail to:



Meredith Corporation
J. Gruver LN-10
Wheat Thins Offer
1716 Locust Street
Des Moines, IA 50309

Allow 4 weeks for delivery. Offer void where prohibited or otherwise restricted. Price includes fees, postage and handling. Offer expires on 5/31/05 and is good while supplies last.



DECORATING >> from 102

Wallpaper with a pattern that is both vertical and horizontal gives your walls interesting rhythm. Center this type of pattern on the wall, then buffer it top and bottom with a wide wallpaper border of solid color. Hanging wallpaper horizontally can be accomplished easily with two people. One person smooths a portion of a booked section onto the wall; the other person holds the remaining portion to keep its weight from pulling off what is hung. >> on 106

A tantalizing persimmon hue (*above*) maintains harmony between two patterns that typically compete—a small filigreed diamond and a wide stripe.


Too
Good
To
Put
Down.
Tastes
Good.
Feels
Good.
Wheat Thins®
Original
Wheat Thins
Great Taste... Big Crunch!



DECORATING >> from 104

Whispers from wallpaper's past echo in this focal-point montage. In the 18th century, wallpaper artisans designed elaborate motifs that were intended to be hung as panels. The panels were works of art—hand-painted and specific to a particular room. This updated version has the same elegant look but utilizes readily available, machine-printed wallpapers. One swath of a bold, large-scale urn pattern—defined by a paisley-print border—acts as a panel. In checkerboard positions, two blue-and-white geometric patterns have less visual weight in order to recede and play supporting roles.

The paisley border (*above*) is hung at ceiling height to act as crown molding and at table height to act as a chair rail. A thin strip of the border above the base molding ties the pseudo-architecture to the real thing.

PRODUCTS >> 275

MORE ABOUT WALLPAPERING TIPS
www.bhg.com/wallpaper

TYPE 2 DIABETES

"glucovance™
(Glyburide and Metformin HCl Tablets)

WORKS 2 WAYS TO GIVE ME *BETTER* BLOOD SUGAR CONTROL."



Two powerful medications combined to work together:

HELPS YOUR BODY RELEASE MORE INSULIN
and
HELPS YOU USE INSULIN MORE EFFECTIVELY

glucovance™ lowers blood sugar better than the leading diabetes pill*

you need better blood sugar control, ask your doctor about Glucovance. When diet and exercise are not enough, adding lucovance can help you lower your blood sugar better than the leading diabetes pill.* Glucovance works differently than ther leading medications: it helps your body release more insulin and works, in part, by helping your body use insulin nore effectively. Glucovance works in these ways to provide powerful blood sugar control. By taking Glucovance, you nay be able to take less medication to control your blood sugar.

MPORTANT INFORMATION: GLUCOVANCE is not for everyone. In rare cases, GLUCOVANCE may cause lactic cidosis (buildup of lactic acid in the blood), which is serious and can be fatal in half the cases. This occurs mainly in eople whose kidneys are not functioning properly. Tell your doctor about your alcohol use because it can affect your sk. You should not take GLUCOVANCE if you: have kidney problems, are 80 or older (unless your kidneys have been ested), are taking medication for heart failure, are seriously dehydrated, have a severe infection, or if you have or ave had liver disease.

he most common side effect is diarrhea. Symptoms of hypoglycemia (low blood sugar) such as lightheadedness, izziness, shakiness or hunger may also occur.

lease see additional important patient information on next page.

ASK YOUR DOCTOR ABOUT glucovance™
1.25mg/250mg 2.5mg/500mg 5mg/500mg

WWW.GLUCOVANCE.COM 1-800-263-1980

Bristol-Myers Squibb Company
A leader in type 2 diabetes care.

Glucophage (metformin hydrochloride tablets)/generic metformin is the leading diabetes pill.

lucovance® is a registered trademark of LIPHA s.a. Licensed to Bristol-Myers Squibb Company
2002 Bristol-Myers Squibb Company, Princeton, NJ 08543 F7-H0061 Issued: May 2002 Printed in USA

Rx only

PATIENT INFORMATION ABOUT GLUCOVANCE®

(Glyburide and Metformin HCl Tablets)

WARNING: A small number of people who have taken metformin hydrochloride have developed a serious condition called lactic acidosis. Properly functioning kidneys are needed to help prevent lactic acidosis. Most people with kidney problems should not take GLUCOVANCE. (See Question Nos. 9-13.)

Q1. Why do I need to take GLUCOVANCE?
Your doctor has prescribed GLUCOVANCE to treat your type 2 diabetes. This is also known as non-insulin-dependent diabetes mellitus.

Q2. What is type 2 diabetes?
People with diabetes are not able to make enough insulin and/or respond normally to the insulin their body does make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

Q3. Why is it important to control type 2 diabetes?
The main goal of treating diabetes is to lower your blood sugar to a normal level. Studies have shown that good control of blood sugar may prevent or delay complications such as heart disease, kidney disease, or blindness.

Q4. How is type 2 diabetes usually controlled?
High blood sugar can be lowered by diet and exercise, by a number of oral medications, and by insulin injections. Before taking GLUCOVANCE you should first try to control your diabetes by exercise and weight loss. Even if you are taking GLUCOVANCE, you should still exercise and follow the diet recommended for your diabetes.

Q5. Does GLUCOVANCE work differently from other glucose-control medications?
Yes it does. GLUCOVANCE combines two glucose lowering drugs, glyburide and metformin. These two drugs work together to improve the different metabolic defects found in type 2 diabetes. Glyburide lowers blood sugar primarily by causing more of the body's own insulin to be released, and metformin lowers blood sugar, in part, by helping your body use your own insulin more effectively. Together, they are efficient in helping you achieve better glucose control.

Q6. What happens if my blood sugar is still too high?
When blood sugar cannot be lowered enough by GLUCOVANCE your doctor may prescribe injectable insulin or take other measures to control your diabetes.

Q7. Can GLUCOVANCE cause side effects?
GLUCOVANCE, like all blood sugar-lowering medications, can cause side effects in some patients. Most of these side effects are minor. However, there are also serious, but rare, side effects related to GLUCOVANCE (see **Q9 - Q13**).

Q8. What are the most common side effects of GLUCOVANCE?
The most common side effects of GLUCOVANCE are normally minor ones such as diarrhea, nausea, and upset stomach. If these side effects occur, they usually occur during the first few weeks of therapy. Taking your GLUCOVANCE with meals can help reduce these side effects.

Less frequently, symptoms of hypoglycemia (low blood sugar), such as lightheadedness, dizziness, shakiness, or hunger may occur. The risk of hypoglycemic symptoms increases when meals are skipped, too much alcohol is consumed, or heavy exercise occurs without enough food. Following the advice of your doctor can help you to avoid these symptoms.

Q9. Are there any serious side effects that GLUCOVANCE can cause?
GLUCOVANCE rarely causes serious side effects. The most serious side effect that GLUCOVANCE can cause is called lactic acidosis.

Q10. What is lactic acidosis and can it happen to me?
Lactic acidosis is caused by a buildup of lactic acid in the blood. Lactic acidosis associated with metformin is rare and has occurred mostly in people whose kidneys were not working normally. Lactic acidosis has been reported in about one in 33,000 patients taking metformin over the course of a year. Although rare, if lactic acidosis does occur, it can be fatal in up to half the cases.

It's also important for your liver to be working normally when you take GLUCOVANCE. Your liver helps remove lactic acid from your bloodstream.

Your doctor will monitor your diabetes and may perform blood tests on you from time to time to make sure your kidneys and your liver are functioning normally.

There is no evidence that GLUCOVANCE (Glyburide and Metf HCl Tablets) causes harm to the kidneys or liver.

Q11. Are there other risk factors for lactic acidosis?
Your risk of developing lactic acidosis from taking GLUCOVAN very low as long as your kidneys and liver are healthy. However, factors can increase your risk because they can affect kidne liver function. You should discuss your risk with your physician.

You should not take GLUCOVANCE if:
- You have chronic kidney or liver problems
- You have congestive heart failure which is treated with medica e.g., digoxin (Lanoxin®) or furosemide (Lasix®)
- You drink alcohol excessively (all the time or short-term "b drinking)
- You are seriously dehydrated (have lost a large amount of fluids)
- You are going to have certain x-ray procedures with injectable trast agents
- You are going to have surgery
- You develop a serious condition such as a heart attack, s infection, or a stroke
- You are ≥80 years of age and have NOT had your kidney fun tested

Q12. What are the symptoms of lactic acidosis?
Some of the symptoms include: feeling very weak, tired or un fortable; unusual muscle pain, trouble breathing, unusual or pected stomach discomfort, feeling cold, feeling dizzy or lightl ed, or suddenly developing a slow or irregular heartbeat.

If you notice these symptoms, or if your medical condition has denly changed, stop taking GLUCOVANCE tablets and call your tor right away. Lactic acidosis is a medical emergency that mu treated in a hospital.

Q13. What does my doctor need to know to decrease my risk of acidosis?
Tell your doctor if you have an illness that results in severe vom diarrhea, and/or fever, or if your intake of fluids is signifi reduced. These situations can lead to severe dehydration, and i be necessary to stop taking GLUCOVANCE temporarily.

You should let your doctor know if you are going to have any su or specialized x-ray procedures that require injection of co agents. GLUCOVANCE therapy will need to be stopped tempo in such instances.

Q14. Can I take GLUCOVANCE with other medications?
Remind your doctor that you are taking GLUCOVANCE whe new drug is prescribed or a change is made in how you take a already prescribed. GLUCOVANCE may interfere with the way drugs work and some drugs may interfere with the acti GLUCOVANCE.

Q15. What if I become pregnant while taking GLUCOVANCE?
Tell your doctor if you plan to become pregnant or have be pregnant. As with other oral glucose-control medications, you s not take GLUCOVANCE during pregnancy.
Usually your doctor will prescribe insulin while you are pregna with all medications, you and your doctor should discuss the u GLUCOVANCE if you are nursing a child.

Q16. How do I take GLUCOVANCE?
Your doctor will tell you how many GLUCOVANCE tablets to tak how often. This should also be printed on the label of your pre tion. You will probably be started on a low dose of GLUCOV and your dosage will be increased gradually until your blood su controlled.

Q17. Where can I get more information about GLUCOVANCE?
This leaflet is a summary of the most important information GLUCOVANCE. If you have any questions or problems, you s talk to your doctor or other healthcare provider about type 2 dia as well as GLUCOVANCE and its side effects. There is also a (package insert) written for health professionals that your pharm can let you read.

GLUCOVANCE® is a registered trademark of LIPHA s.a. Licens Bristol-Myers Squibb Company.

Micronase® is a registered trademark of Pharmacia & Upjohn Compa

Bristol-Myers Squibb Company

Distributed by
Bristol-Myers Squibb Company
Princeton, NJ 08543 USA

F7-B001B-03-01
607211DIM-04

Revised March



My holiday list
is simple:

Friends. Family.
and one great jacket.

cover this and our entire
ection of women's apparel,
essories and gifts.

a store near you or to place an order:

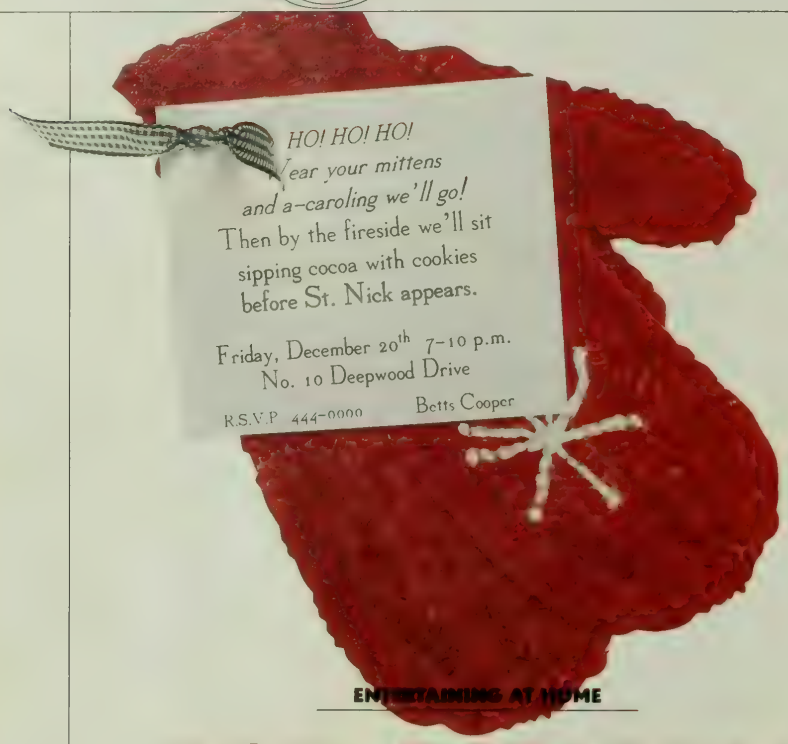
00-262-0040

w.coldwatercreek.com

$15 OFF

R PURCHASE OF $75.00 OR MORE

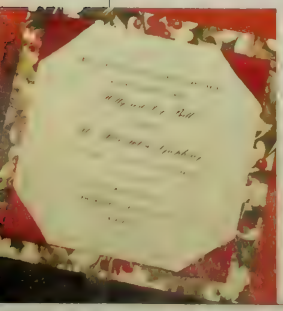
ffer code CWC2200 when placing your order.
ering online, please enter the offer code at checkout.
ffer per order, please; may not be combined with
her offer or applied to a gift certificate purchase.
alid in outlet stores. Offer expires January 31, 2003.

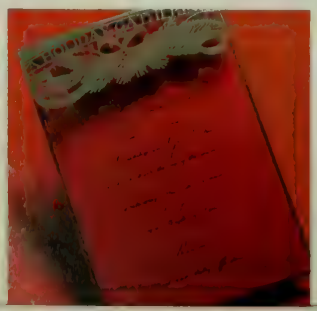


ENTERTAINING AT HOME

'TIS THE SEASON

You're invited. The words are delightful to hear; merrier to read. Whether it's a casual open house or a formal dinner, these invitations are sure to welcome friends with style. And, there's still time to customize your message. *Above:* **Mitten,** Sarah LeClere; 866/899-8762. $22/10 die-cut cards. *Below left to right:* **Holly Square with Ribbon Corners,** SQ007, Anna Griffin; 888/817-8170 or www.annagriffin.com. $3.30/blank card. **Holiday Gathering Valance,** Cardeaux; 800/226-8905. $1.80/blank card. **Please Come,** prepared using blank card and stickers, Mrs. Grossman's Paper Company; 800/429-4549. $1.80/card; stickers .25 to 1.70/sheet.





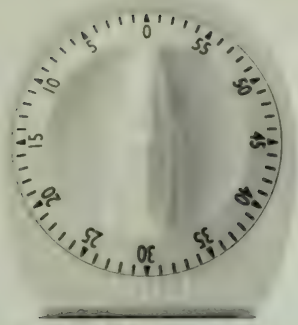




THE BETTER HOSTESS

PARTY CHAIR

The party starts in three hours and we wish we'd taken time to reupholster the chair for the head of the table. Here's a solution: Start with a twin flat sheet and a standard pillowcase. Center the flat sheet on chair to cover front. Make sure edges are aligned with floor. Pull sides of sheet to back; pin together using safety pin. Pull pillowcase over back. Gather fabric, bustle fashion, at back until bottom edge trails on floor. Secure with rubber band; tuck under pillow case. **Megan Chair,** Pottery Barn; 888/779-5176; $149. Twin **Reversible Sheet Set,** Mocha, Pottery Barn Bed + Bath; 888/779-4044. $99.

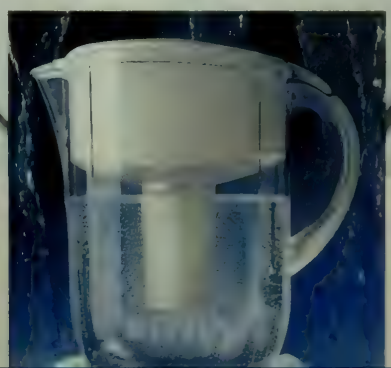


THE INSPIRATION.



THE RESULT.

Introducing the only
pitcher with a
digital timer.
So you'll always know
when to change the filter.
And your water
will always be clear
and refreshing.
Pretty smart, huh?



THE NEW SMART PITCHER.

BRITA



OLD FRIENDS

TALE OF A LADLE

In these days of buffalo wings and baby back ribs, it is comforting to know that there exists a more civilized utensil for dowsing your food than sticky fingers: the gravy ladle. Spoons for serving thick sauces date back at least to 17th-century Europe, but the small, gently curved gravy ladle we know today is uniquely American in form.

In the 1870s, formal dining etiquette switched from the English style of passed dishes—in which gravies were poured from the sauce boat—to the more elaborate service *à la Russe*, which requires that a utensil be dipped into a gravy bowl held by a servant.

That's why English gravy boats retained their separate drip plates, whereas American versions comes attached. We prefer to plunge rather than pour. As a result, the gravy ladle became as essential to a well-set table as the knives and forks. But make no fuss, even if gravy isn't quite right for your holiday menu, you can still use this beautiful implement. It's perfect for scooping cocktail nuts, a favorite vinaigrette, or those charming relics from your parent's day—after-dinner mints. Ladles from Beverly Bremer, Inc.; 404/261-4009. Priced from $75 to $270. —STEPHEN HARRISON

FROM OUR TEST KITCHEN

CAN-DO GRAVY

Yes, you can be known for your gravy, even if you make it only once a year. This version is an all-time pleaser. First, strain the juices from the turkey roasting pan into a 4-cup glass measure. Skim off and discard fat. Add 5 tablespoons of orange juice concentrate and enough chicken broth to equal 3 cups. Pour the mixture into a large saucepan. Add 1 tablespoon finely snipped fresh rosemary. Combine an additional ¼ cup chicken broth and 2 tablespoons cornstarch. Add to saucepan. Bring to boiling; reduce heat. Cook and stir until thickened and bubbly; cook and stir 2 minutes more. Season to taste.




ocher is perfect for Thanksgiving:
Let everyone else eat pie.
Surprisingly light and delicate layers of chocolate and hazelnut.
FERRERO ROCHER
www.RocherUSA.com
See what unfolds.



IN THE AISLES

FLAVOR MAKERS

No matter how many times you've prepared them, all the Thanksgiving favorites—sweet potatoes, green beans, corn bread stuffing, pumpkin pie, and even the leftover turkey soup—can benefit from a bit of expert seasoning. Look no further than this collection. These seasonings do your treasured recipes right.



The Art of Spice: Leeks, Shallots, and Garlic are the three ingredients you reach for when you want that extra something—all ready to go in a jar. Freeze-drying locks in the flavor of these holiday dress-ups. Urban Accents; 877/827-7423 or www.urbanaccents.com $4.95/jar.



The Fall Holiday Collection adds rich and satisfying flavor to the season's favorites, from stuffing and veggies to pies and cider. Reach for these brightly labeled tins of Holiday Seasonings, Herbs de Provence, Pie Spices, and Mulling Spices. Victoria Gourmet; 800/403-8981 or vgourmet.com. $20.

McNess Spices come in retro tins that are charming on the spice shelf; the spices themselves are terrific in autumn recipes. For starters, consider the Wild Game Seasoning, Soup Pot, or Stew Pot. Furst-McNess; 800/435-5104. $6.99.

FRESH FINDS

FEAST NAPKINS

What makes a great feast napkin? Just ask Howard Thornton, owner of trianglestudio, a thriving home textiles business in San Francisco. "A napkin should be large," he says. "It should have a weight and drape that convey durability, with a texture easy on the skin. It should be attractive since it is part of the place setting. I like our 22x22-inch linen napkin. It feels and looks good, and with the weight, you know you have something in your lap."



Clockwise from top left: **"Avonova"** damask linen, Celtic Linens; 888/423-5842. $16. **Ecru border/linen,** #3237, Lins Lace; 415/863-9810. $10. **"Window Pane,"** ABH Design Inc; 212/688-3764. $22. **Linen,** trianglestudio; 800/820-4707. $15.

Homemade biscuits with flavors? (Wow, now life is Complete.)

uttermilk **Cheese-Garlic** Cinnamon Swirl New Three-Cheese





Just add water and in minutes you can be serving up piping-hot, flavorful biscuits bound to bring excitement to the table. **heese-Garlic, Cinnamon Swirl, Buttermilk, and New Three-Cheese** flavored biscuits. The biscuit will never be the same.

Completely amazing.

QUESTION:

I want to pour a really special wine with my Thanksgiving dinner. We serve all the classics—turkey, cranberries, sage-oyster stuffing. What are my options?

ANSWER:

Start with the "Sparkling Wines" story (see *page 218*) for ideas. If you want a red, try Penfolds 1998 St. Henri Shiraz, $40, an Australian red that is beautifully colored, soft, and richly flavored with spices and berries. 800/255-9966. Or, consider Fess Parker's 2000 Pinot Noir Bien Nacido, $40, another fruity, velvety accompaniment for the bird. If you can't find it, Fess Parker also makes a delightful 2000 Santa Barbara County Pinot Noir, $20, that's more widely available. 800/841-1104. For a crowd, consider Turning Leaf 1999 Coastal Cabernet Sauvignon, $10. It's smooth, with a slight sweet/tart berry feeling and flavor. www.turningleaf.com.

–RICHARD S. WEARINGER





Ice Cream Maker



Citrus Juicer

KITCHEN TECH

TASK MASTER

Just imagine—one appliance that can blend, mix, knead, slice, chop. It can juice, make ice cream and pasta, and food process. It's sleek and easy to store. **Bosch's MUM 7400 Kitchen Machine** features a 700-watt motor. Accessories are dishwasher safe. From Bosch; 866/442-6724. $1,499.

GOOD AS IT GETS

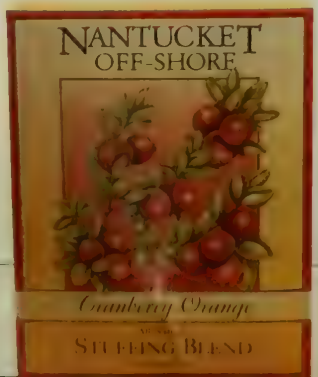
TURKEY TRIMMINGS

A perfectly roasted, golden, plump, juicy turkey is always the centerpiece of the holiday feast. You'll be pleased to know these great-tasting, ultra-convenient specialty food products will enhance your meal even more.



Cranberry Orange Liqueur Chutney is wonderful with roast turkey and even better on day-after sandwiches. Delicaé Gourmet; 800/942-2502. $7.

Sweet Autumn Infused Vermont Maple Syrup enlivens sweet potatoes or harvest puddings with spice and vanilla notes. Moosewood Hollow; 866/463-8733. $11.



Cranberry Orange Stuffing Blend makes delicious filler for a 16-pound turkey. Nantucket Off-Shore; 508/324-9800 or www.nantucketoff-shore.com. $4.39.




ho says you can't
have an ageless smile?
REJUVENATING
Crest
Crest
REJUVENATING EFFECTS
STRENGTHENS ENAMEL
with fluoride to
WHITENS TEETH
REFRESHES GUMS
Rejuvenating Effects helps keep
mile looking and feeling younger, longer.
Crest-RE.com



COUNTDOWN TO CHRISTMAS

Turtledoves, French hens, golden rings, and all the other "12 Days" gifts are showcased in our counted cross-stitch. We've translated the familiar carol into two stitchery projects you can make from kits. Use the wall hanging on a door or above the mantel; use the ornaments to adorn a tree, give as last-minute gifts, or use as one-of-a-kind package ties. Designed *exclusively* for the readers of *Better Homes and Gardens*® magazine by Banar Designs, these kits are not available in retail stores.

Our **"12 Days of Christmas" Wall Hanging Kit** has a photo of the finished project; 14-count white cross-stitch fabric; 14-count red cross-stitch fabric; floss; white ribbon; needle; charts; and instructions. The finished piece is 12×12 inches; motifs are each 2½×2½ inches.

The **"12 Days of Christmas" Ornaments Kit** contains photos; 14-count white cross-stitch fabric; red backing fabric; floss; red ribbon; needle; charts; and instructions. Each ornament measures 2×2 inches.

Kits make great gifts, and you save when you buy more than one. A single kit costs $24.95; additional kits are $20 each. Prices include shipping, handling, and tax.

TO ORDER with your MasterCard, Visa, American Express, or Discover card, call 800/881-4066. Or visit our Internet site at www.bhgcatalog.com.



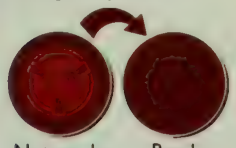
2002 T-Fal



www.t-fal.com

Thermo-Spot™ by T-FAL

Imagine having a sauté pan with communication skills. Thermo-Spot tells you when it's preheated. And all great chefs know that is the first step toward perfect cooking. The red lines turn into a solid red spot when your pan is preheated to just the right temperature. It's a unique and attractive quality for a pan. Thermo-Spot, for perfect cooking every time.®



T-FAL
made in France

ADER SHOPPING

STITCH AN HEIRLOOM

Try your hand at quilt-making with this **Classic Tulip** design, which features tulips-and-hearts motifs stitched in bright red and green. Specially selected for the readers of *Better Homes and Gardens*® magazine, this easy-to-use kit is from Designer's Limited.



Each kit contains all the materials you need for one 47×47-inch quilt, including: 100-percent-cotton fabrics, muslin backing fabric, batting, full-size paper templates, and complete instructions. The price of the kit is $69.95, which includes all shipping, handling, and applicable sales tax.

STAR STENCIL

Duplicate the quilt star mural shown in the "Sweet Dreams" nursery on *page 122* by using this easy-to-use plastic stencil. Each package contains one two-part stencil (5½ inches high and 17 inches wide) that features three star shapes side by side (each star 5×5 inches). From Designer Stencils, each package costs $37.95, which includes shipping, handling, and applicable sales tax.



TO ORDER either item on this page with your Visa, MasterCard, Discover, or American Express card, call 800/881-4066. Or visit our site on the Internet at www.bhgcatalog.com.

TRAVELING MEMORIES



It's a conundrum: Your children bring home so many treasured school projects and pieces of art that you can't display them all. But you can't bring yourself to get rid of them, either. The solution: Store the works in well-traveled suitcases, sized to absorb everything from life-size body outlines to molded clay vases. Look in resale shops and antiques stores for cases in similar or compatible hues. Stacked next to an armchair (*above*), they are a decorating asset and a handy side table. Each child gets a suitcase; identify luggage by using tags or an adhesive label stuck inside (*right*). When your child leaves the nest, she can take a travel bag of projects to share with her own children.

BY **SARAH EGGE** PHOTOGRAPHS BY **KIM CORNELISON**

second annual

BROYHILL® NATIONAL SALE



GREAT LOOKS ... AFFORDABLE PRICE

With its warm cherry-stained finish and antique brass-finished hardware, Anhurst™ from Broyhill® offers traditional yet casual styling for your home. Youth bedroom pieces also available. Drawer Dresser, $499; Landscape Mirror, $169; Drawer Chest, $439; and Night Stand, $279.

Complete Bed with Rails $449*

*Queen Bed shown. Full, King and California King also available

Broyhill®

www.broyhillfurn.com

Hurry In Today! Sale Ends November 17!





FROM THE BROYHILL® REDONDO™ COLLECTION.
3-Piece Sectional Sofa includes Left Arm Facing Loveseat, Right Arm Facing Loveseat and Convex Wedge. Complete your room with the Round Cocktail Table, $479; Round Lamp Table, $449, and 3-Piece Wall System, $2199[3] (includes Center Entertainment Unit, Door Unit and Open Unit). Corner Unit (shown), $439 ea.

Broyhill® 3-Piece Sectional Sofa
$2099[2]

NEW REDONDO™ BEDROO
a turn toward comfort in a sun
interpretation of casual chic. D
Dresser, $1099; Landscape Mi
and Drawer Chest, $899. Not
Drawer Dresser, $899.

Broyhill AMERICA'S FAVOR



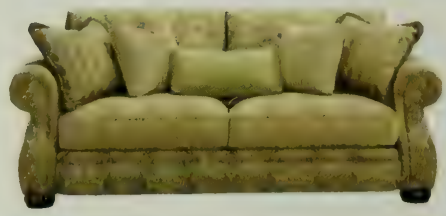
Traditional Broyhill® Sofa
$699[2]
Loveseat, **$669**
Chair, **$449**

Casual Broyhill® Sofa
$799[2]
Loveseat, **$769**
Chair, **$549**



Transitional Broyhill® Sofa
$799[2]
Loveseat, **$769**
Chair, **$449**





Indul Bro S $10
Love Ch

Upholstery pieces available in other fabrics and/or leathers. Prices vary according to fabric selection and style. Select frames also available as sleepers. Unit accommodates most 36" televisions. Check the dimensions of the product and your individual TV for compatibility before purchasing.



FREE Mobile File Cabinet with pu of 7-Piece Home Office Sys

7-piece Home Office System includes Computer Desk Unit, (two) Small H Door Hutch, File Unit, Bookcase Pedestal and Writing Desk.


Computer Desk Unit, **$599**


Small Hutch, **$339**


Door Hutch, **$429**

Desk **$**


File Unit, **$529**


Bookcase Pedestal, **$339**


Mobile File Cabinet, **$269**

Writing



Queen Size Island Bed with Matching Rails

$899

Two Night Stands, $899



TRADITIONAL ELEGANCE. Clean, classic lines of Louis Philippe styling accentuate the deep cherry-stained finish of Maison Lenoir® dining by Broyhill®. Matching China, $1969.

2 FREE Arm Chairs with Purchase of Double Pedestal Table and Four Side Chairs

Double Pedestal Table, Four Side Chairs plus two free Arm Chairs, $2199.

RNITURE AT ONCE-A-YEAR SAVINGS!



GX BY BROYHILL®— A CLEVER CHOICE! TABLE FOR TWO, TABLE FOR EIGHT!
Square "Conversation Table" seats eight or remove the leaf for a smaller, rectangular table. The Arm Chairs and Side Chairs say class and comfort. And the four-drawer Cupboard holds more than its weight in china and linens. Arm Chair, $169 ea., and Cupboard, $999.

Square Conversation Table and Four Side Chairs

$1099

L, TRANSITIONAL
G FROM BROYHILL®!
sual comfort to your bedroom new Expo™ collection from ". "X" stretchers in the end nd panels of selected pieces central design theme, while ry-stained finish warms any lecor. Drawer Dresser, $559; pe Mirror, $199; Drawer 449, and Night Stand, $279.

Queen Size Sleigh Bed with Matching Rails

$499

d shown. King and California King also available



Luxurious Broyhill Leather

ENJOY THE STYLISH COMFORT OF BROYHILL® LEATHER.
Now you can afford the luxury of fine quality leather upholstery — designed for all the ways you live — from Broyhill®. Available in a full range of colors and textures, leather is the most luscious and luxurious fabric around. Choose from this outstanding selection of Sofas, Loveseats and Chairs, in a variety of styles — from rustic to casual to traditional.



Contemporary Leather Sofa
Loveseat, $1269
Chair, $949
$1299



Casual Leather Sofa
Loveseat, $1469
Chair, $1199
$1499



Traditional Leather Sofa
Loveseat, $1769
Chair, $1049
$1799



Traditional Wing-Back Leather Chair
$849
Ottoman, $449



Contemporary Leather Chair
$949
Ottoman, $449



Pub-Back Leather Chair
$1049
Ottoman, $449

Manufacturer's suggested "Smart Buys" prices effective through November 17, 2002. Prices may vary at retailers. All items may not be available at all locations. Furniture items may be specially ordered. 908, 909, 910 ©2002 Broyhill Furniture Industries, Inc.

In searching materials, designers and engineers at Broyhill create value-driven, green products that use a combination of hardwood solids, veneers and wood-based composites. Select* items may incorporate panels made from engineering. Certain parts, simulated wood coverings and other decorative embellishments may be made of simulated

For a free copy of "Visions," our 26-page decorating guide, call Broyhill Consumer Assistance at 877-888-6021. Visit our web site at www.broyhillfurn.com.

The items on these pages may be purchased at the following Broyhill Dealers:

ARIZONA

Cottonwood	William Thomas Furniture
Gilbert	Norwood Furniture
Glendale	Crawford Furniture
Kingman	Arizona Furniture
Lake Havasu City	Michael Alan Home Furnishings*
Lakeside	Joys Furniture*
Phoenix	M. D. Pruitts*
Prescott	Marlers Furniture
Sun City	Freeds Furniture For All
Tucson	American Home Furnishings
	Sam Levitz Furniture
Yuma	Barenholtz Furniture

CALIFORNIA

Atwater	Passadori's Furniture
Bakersfield	Weatherby's Furniture
Brea	Easy Life Furniture
Chino	Eastside Furniture
Clearlake	Curry's Furniture
Commerce	Furniture Factory
Corona	Angelus Furniture
Fortuna	Lows Furniture
Fresno	Fashion Furniture
Hemet	Comfort Zone
Hollister	Fortinos Total Home Furnishings*
Huntington Beach	Home Expressions
La Habra	Hectors Furniture
Laguna Hills	Easy Life Furniture
Lakeport	Curry's Furniture
Lancaster/ Palmdale	S & S Home Furnishings
Los Angeles/ Glendale	Furniture Town Inc.*
Murrieta	Comfort Zone*
Ontario	American Furniture*
	Furniture Superstore
Orange	Easy Life Furniture
Oxnard	Furniture Expo Outlet
Paso Robles	A & R Furniture*
Porterville	Weatherbys
Rancho Cordova	Naturwood Furniture*
Rancho Cucamonga	Joel Jones Furniture
Rowland Heights	Bencore Furniture
Sacramento	Furniture USA
San Bernardino	Furniture Mart
San Fernando	El Paraiso Furniture
San Luis Obispo	A & R Furniture*
Saugus/ Valencia	Consumers Furniture
Sonora	Simply Country
Stockton	United Furniture
Temple City/ Pasadena	Country House Furniture
Tracy	Tracy Furniture
Turlock	Woods Furniture
Ukiah	Curry's Furniture
Vallejo	Vallejo Furniture
Visalia	Weatherby's Furniture
Westminster/ Huntington Bch.	Easy Life Furniture*

IDAHO

Boise	Commercial Home Furnishings*
Dalton Gardens	Walkers Furniture
Idaho Falls	Blackers Furniture
Meridian	R C Willey Home Furnishings*
Rexburg	Classic Interiors

NEVADA

Fallon	Bassham Furniture
Henderson	R C Willey Home Furnishings*
Las Vegas	Walker Furniture*

OREGON

Hood River	Murray's Furniture*
Lake Oswego	Andrews Furniture Gallery
Oregon City	Tom Busch Furniture
Redmond	Wilsons Of Redmond

UTAH

Murray	R C Willey Home Furnishings*
Orem	R C Willey Home Furnishings*
Riverdale	R C Willey Home Furnishings*
Saint George	Boulevard Furniture*
Salt Lake City	R C Willey Home Furni
Syracuse	R C Willey Home Furni
Taylorsville	R C Willey Home Furni
Tooele	Al & Lid Furniture

WASHINGTON

Auburn	Auburn Way Furniture
Bremerton	Arnold's Home Furnish
Ellensburg	Fitterer's Furniture
Enumclaw	Allen Furniture
Ephrata	Moores Furniture
Everett	Erickson Furniture*
Ferndale	Samuels Furniture*
Kent	Gallery Furniture*
Oak Harbor	Whidbey Furniture*
Olympia	Seldens Home Furnish
Puyallup	Newell-Hunt Furniture
Seattle	Olsen Furniture*
Spokane	Burgans Furniture*
Tacoma	Harkness Furniture*
Vancouver	Koplans Furniture
Wenatchee	Davis Furniture/Bumps

Also available in Canada!

ONTARIO

Mississauga	Rochester Furniture L

* Denotes Broyhill Showcase Gallery









PICTURED: Wildwood table textiles collection, shown in antique and white.

Heritage Lace® Est 1983 THE LOOK & FEEL OF HOME

THE LOOK AND FEEL OF HOME.

lace collections at these fine Heritage Lace Gallery* and Showcase Stores in the PACIFIC MOUNTAIN AREA.

orage **Three Olde Ladies** (907) 278-7760 **ARIZONA** Lake Havasu City **The Oak Place** (928) 505-3005 Mesa **Creative Impressions** (480) 984-8033 Sun City **Steiner's Amish Furniture** (623) 974-1745 **CALIFORNIA** Arroyo Grande 481-0404 Auburn **Cottage Rose** (530) 888-0277 Big Bear Lake **Anything But Ordinary** www.abostore.com Big Bear Lake **Cedar Rose Lane** (909) 866-1970 Bishop **The Window Fair** (760) 873-6464 Bonsall **Rose's Gift Menagerie** 75 Burbank **Bell Cottage** (818) 841-8415 Clovis **Ivy & Lace** (559) 299-4266 Corona **Tom's Farms Country Furnishings** (909) 277-2857 Coronado **Lavender Gift Shop** (619) 522-9868 Downey **All American Home Center** 56 Ferndale **Gazebo of Ferndale** (800) 362-FERN Fort Bragg **Whistlestop Antiques** www.the-whistlestop.com Fremont **Antique Treasures** (510) 742-0664 Fullerton **Heirlooms of Tomorrow** (800) 820-4438 Hemet **The Oak Tree** 34 Huntington Beach **Lace & Nutrition Parlor** (714) 799-5708 Julian **The Warm Hearth** (760) 765-1022 LaHabra **I Love Country** (562) 690-1778 Marysville **"D" Street Mercantile** (530) 741-3370 Napa **The Neighborhood** 00 Orange **Sunday Sales from the Heart** (714) 538-4004 Pacifica **Hanni's Fine Gifts** (650) 359-4721 Pacific Grove **The Woodenickel** (831) 646-8050 Palm Desert **More Than Oak** (760) 674-4814 Paso Robles **Country Florist** 32 Petaluma **Bee's Housewares & Gifts** (707) 762-6413 Pismo Beach **Once Upon A Time** (805) 773-0713 Ramona **Ramona Antique Mall** (760) 789-7816 Redlands **Mozart's Inc.** (909) 798-2573 Riverside **& Holidays** (909) 343-1728 San Bernardino **Tom's Farms Country Furnishings** (909) 383-1750 San Dimas **The Snooty Goose** (909) 305-8711 San Jose **Elegant Corner** (408) 225-9918 Santa Rosa **Home Sweet Home** 25 Sebastopol **Country Home** (707) 829-1793 Solvang **Gerda's/IronArt** (805) 688-3750 Sonora **Mountain Treasures** (209) 532-3356 Sutter Creek **The Squirrel's Nest** (209) 267-5891 Temecula **The Enchanted Home** 00 Thousand Oaks **Crafter's Guild & More** (805) 373-1821 Truckee **St. Nick's Christmas Shoppe** (530) 582-0671 Tulare **The Creative Eye** (559) 688-8138 Valencia **Gifts in the Attic** (661) 255-9525 Victorville cs (760) 245-8282 Wrightwood **Applewood Court** (760) 249-6490 **COLORADO** Boulder **Country in the Village** (303) 447-1587 Castle Rock **Heritage Lace** (303) 814-3159 Estes Park **Granny Gingham Gifts** 44 Fort Collins **Little Country Store** (970) 226-2286 Longmont **Mountain Laurel** (303) 774-9132 Thornton **Post Times** (303) 255-8434 **IDAHO** Coeur d'Alene **Granny's Wild Geranium** (888) 218-9446 **MONTANA** Billings ps (406) 652-3680 Great Falls **In Cahoots For Tea** (406) 452-2225 Hamilton **Robbins Hallmark** (406) 363-1733 Miles City **Pleasantries** (406) 232-5644 **NEVADA** Las Vegas **The Cottage** (702) 562-9090 Minden **Tumblewind Antiques** (775) 782-2444 **OREGON** Troutdale **Front Porch Originals** (503) 492-2667 **UTAH** West Jordan **Village Whites @ Gardner Mill*** (801) 562-8842 **WASHINGTON** Bothell **Bows 'N Calicos** (425) 487-3223 **A-Brac Mall** (509) 758-7772 Coupeville **A Touch of Dutch** www.atouchofdutch.com Issaquah **The Battenberg Lace Shop** (425) 391-0888 Kenmore **Chalet Cadeau** (425) 489-0509 La Conner **Homespun Market Inc.** 41 Marysville **Third Street Interiors** (360) 658-1633 Richland **Treasure Chest** (509) 946-7007 Sammamish **From the Heart** (425) 836-9224 Sumner **Corner Gift Box** (253) 863-3159 Vancouver **Touch of Country** 20 Woodinville **From the Heart** (425) 483-5275 **WYOMING** Casper **Country Charm** (307) 265-4438

information or to find a Gallery or Showcase Store in your area, visit **www.heritagelace.com** or call **(800) 354-0668**.



WELCOME YOUR BABY HOME TO A SPACE THAT STIMULATES AND COMFORTS. FOLLOW THE LEAD OF THESE NURSERIES TO FEATHER YOUR OWN LITTLE DARLING'S NEST

SWEET dreams

As this "Twinkle, Twinkle, Little Star" nursery shows, themed decorating creates attractive, fun rooms for infants. A theme gives the scheme structure, sparking free expression within comfortable boundaries. With the lessons of this lullaby nursery and the storybook room on *page 126*, a timeless, functional space is just baby steps away.

The focus of any nursery is the crib, of course, so play it up with a wall arrangement that works with the overall design and stimulates the infant. A quiltlike painted mural (*above*) introduces color and shapes.

BY **CYNTHIA PEARSON** AND **SARAH EGGE**. PRODUCED BY **CATHERINE KRAMER**



really fresh tasting salad dressing. Real blue cheese, sour cream and buttermilk. Three very good ns why you'll find us in the refrigerated produce section. **Marie's® What makes it, makes it great.**



Prepare to be caramelized.



PEPPERIDGE FARM

Never Have An Ordinary Day.®

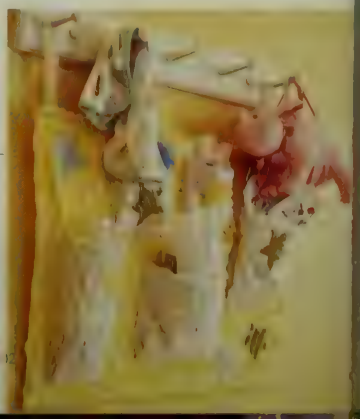


KIDS' SPACE >> from 122

Lullaby Nursery This nursery's country style was inspired by a quilted crib bumper (a shower gift) and the home's history as a farmhouse. Avoid narrow subject matters, such as bunnies, which can become repetitive. A broad theme allows you to incorporate a variety of motifs, patterns, and colors. Beware of a cutesy character or trendy colors. Classic hues, such as blue and yellow, will adapt with time—and gender. >> on 126



A sleigh bed with plump chenille pillows and a star-motif quilt (*above*) is inviting as a spot for naps and feedings. To replicate the stenciled mural (above the crib, *page 122*), look for quilt stencils (*left*) at crafts stores, through online stencil companies, or in catalogs. Or, find out how to order our design on *page 119*. Sewn from fabric-store chenille yardage, this organizer (*right*) sorts changing-table supplies.




If you're going to have a cookie,
have a cookie.
PEPPERIDGE FARM.
Never Have An Ordinary Day.™
CHOCOLATE
CHUNK
SAUSALITO
NANTUCKET
TAHOE

KIDS' SPACE >> from 124

Storybook Room Do you plan to spend time in the nursery reading, playing, or napping with your infant? Fulfill those needs with this design. This snug space has just enough room for a crib, plus a rocking chair and bookshelves for story time. Because children's rooms should encourage learning and discovery, don't be afraid to pump up the energy level with color and pattern. The vertical stripes that dance around these walls make the mood playful. >> on 128



Illustrations from a classic childhood book become attractive artwork when the pages are framed (*above*). This room's color scheme was chosen to harmonize with the book's faded pastel-color illustrations. Give a display nook a touch of formality by adding shuttered doors (*right*). Looks like Noah is waiting for high tide.


celebrating 100 years of the teddy bear
100
it must be russ
RUSS®
make someone happy™
Macintosh™ and Harrison™
Anniversary Teddy Bear Collection
www.russberrie.com

A PRODUCT OF ConAgra Foods

Add A Can.
Lose The Bland.

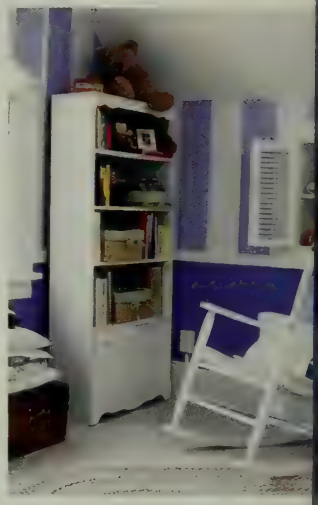
ROTEL
ORIGINAL
DICED TOMATOES & GREEN CHILIES

©2012 ConAgra Foods, Inc.

For extraordinary enchiladas with that perfect zing, try adding a can of ROTEL to your favorite enchilada recipe.

You Can ROTEL The Difference!

For great recipes call 1-877-ROTEL-IT or visit www.ro-tel.com.



KIDS' SPACE >> from 126

If you suspect that the roo theme may be nothing more tha passing fancy, limit purchases items that are easy to replace require little investment. Cinder bedding can be changed, but a that looks like her pumpkin carri may be with you well past tod stage. And, avoid going overbo with a motif or pattern on every face. Kids' rooms have license t fanciful, but a little bit of Barney g a long way. Pick a design that grow with your child, so the ro will still be stimulating years la

To keep things clean and durab be sure to use high-quality pa throughout your project. The l type are made specifically for k rooms—the finish is washable.

Always include a comfortable rocker (*above*) in your nursery, or you risk mis out on some of life's enjoyable momen Also, find shelving with a cabinet down where you can stow changing supplie

PHOTOGRAPHS PAGES 122-124 KING AL DESIG CATHERINE KRAMER. PHOTOGRAPHS PAGES 126 KIM CORNELISON. DESIGN: BECKY MATYKOWSK

RESOURCES >> 275

BABIES ROC www.bhg

Swiffer

SAVE $6 ON SWIFFER PRODUCTS. SEE BACK!



may your
holiday season be
joyous, bright
and, most of all,
clean.



Swiffer® Sweeper

Guests will come and go all season long, and you'll want your home to look beautiful for every visit. With Swiffer Dry cloth's electrostatic action and Lift & Lock™ Pockets, you can attract and trap dirt, dust, and hair. Instead of just stirring up pet dander, Swiffer Dry cloths collect most common allergens upon contact. Just a simple switch of the cloth, and Swiffer Wet easily removes light dirt from any floor with no rinsing.



Swiffer Wet cloths are the smart way to get rid of muddy floors.



Try the Dry cloth for picking up pet hair and dust.





Swiffer Wet and Dry cloths are great in kitchens and baths.

Swiffer



viffer WetJet™
VER MOP

holiday your guests are certain to
messes, spread messes, and leave
them all behind. The Swiffer
e super-
nt Lock-
ore pulls
raps dirt
lution to
ep it off
ors. One
ns about
e rooms.
WetJet is the smart way to
get your home back to
being picture-perfect. Its
Jet Action spray and super-
absorbent Lock-Away Core
work together to trap dirt
better, faster, and easier than
a mop and bucket. Spills,
messes, and mud are no
match for the Swiffer WetJet.

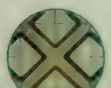


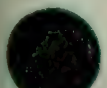
Swiffer WetJet's premixed solution dissolves tough greasy stains. It leaves virtually no streaks or haze behind. Each 1 liter cartridge lasts about 2 to 3 months.

**WORKS SAFELY ON
TUALLY ALL FLOORS INCLUDING**

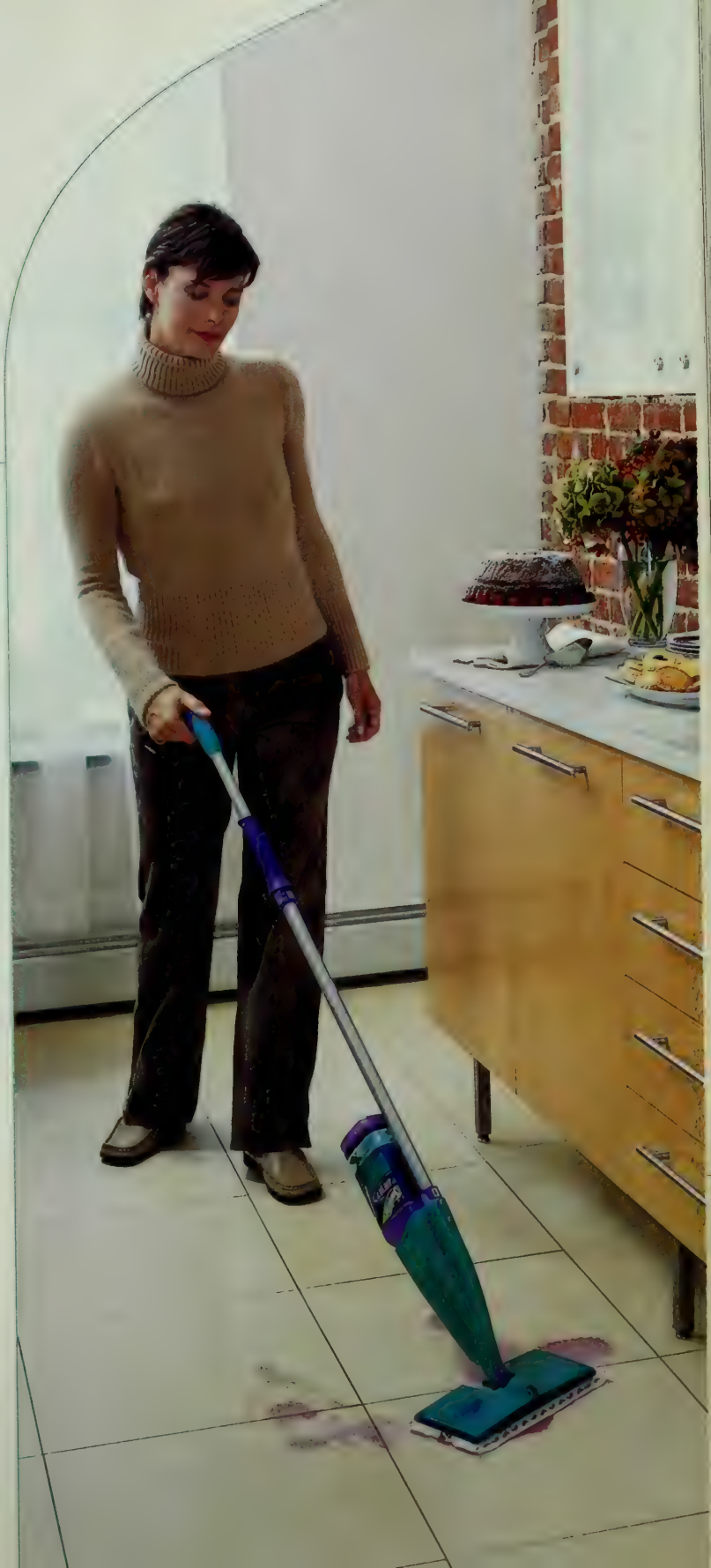

d wood


ceramic


vinyl


marble


laminate





Give yourself the gift of a clean house this season.

www.swiffer.com

Save $5.00

MANUFACTURER COUPON | EXPIRES 1/31/03

Look for Swiffer with the household cleaners.

33463

on any ONE Swiffer WetJet



CONSUMER Redeem ONLY by purchasing the brand name(s) indicated. May not be reproduced, sold or transferred by any person, retailer, group or redemption facility or pay any taxes for. Any other use constitutes fraud. **LIMIT ONE COUPON PER PURCHASE.**

DEALER Send to: **Procter & Gamble** 21150 Springhouse Drive, Cincinnati, Ohio 45237 signifies compliance with "Requirements for Proper Coupon Redemption." Copy available by writing to the above address. Cash Value 1/100 of 1¢. 02/10/15

Procter & Gamble

5 37000 21474 3 (8100)0 33463

33463

Save $1.00

MANUFACTURER COUPON | EXPIRES 1/31/03

Look for Swiffer with the household cleaners.

on any ONE Swiffer Product



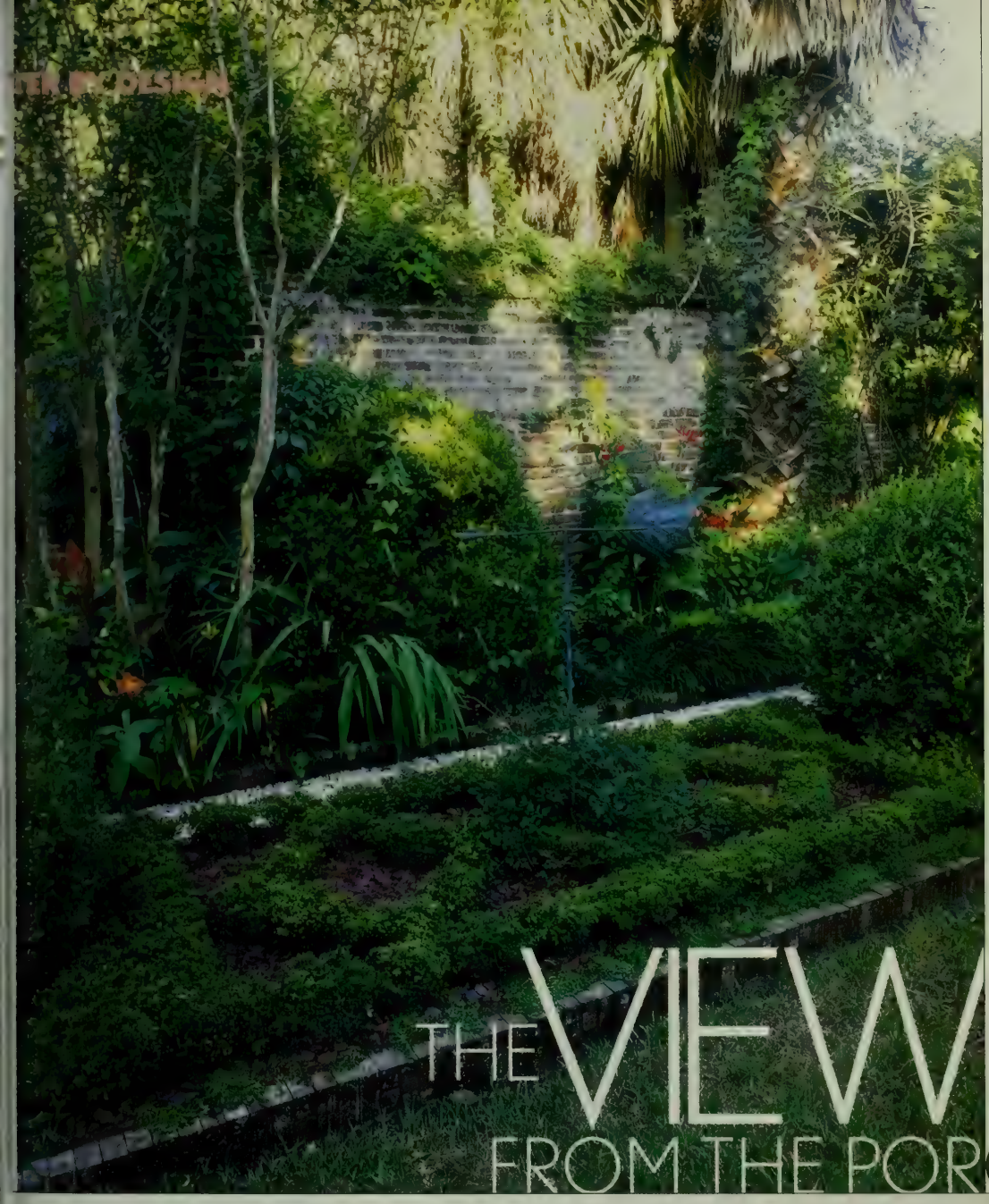
CONSUMER Redeem ONLY by purchasing the brand name(s) indicated. May not be reproduced, sold or transferred by any person, retailer, group or redemption facility or pay any taxes for. Any other use constitutes fraud. **LIMIT ONE COUPON PER PURCHASE.**

DEALER Send to: **Procter & Gamble** 21150 Springhouse Drive, Cincinnati, Ohio 45237 signifies compliance with "Requirements for Proper Coupon Redemption." Copy available by writing to the above address. Cash Value 1/100 of 1¢. 02/10/15

Procter & Gamble

5 37000 21076 9 (8100)0 33462

33462



THE VIEW FROM THE PORCH

A CHARLESTON, SOUTH CAROLINA, GARDENER FINDS THAT HIS COURTYARD OUT BACK SEEMS LARGER IF HE CONCEALS ALMOST AS MUCH AS HE REVEALS.

A green-on-green, raised-bed knot garden is bordered in up-ended brick, echoing the wall beyond. The gravel path between the garden and wall gets formal edging, but plantings in the back border are tropical, exuberant, and casual.

BY **CRAIG SUMMERS BLACK** PHOTOGRAPHS BY **MARY CAROLYN PINDAR** PRODUCED BY **LYNN MCBRIDE**

In the far corner of the backyard, the pool area allows filtered views of the garden and the porch, or piazza (*right*). Arches and cutouts in the hedges give a hint of what lies beyond, making the little yard feel almost expansive, as it beckons visitors to take a walk and a peek. While the garden design harks back to formal English gardens, the plant material is a casual mix of hot-colored subtropicals and cool greens. As if surveying an estate property, Hunter McEaddy and his dog, Brother, can see most of the garden from their sun-dappled perch (*below*).



I PUT A LOT OF EMPHASIS ON PLANT PALETTES, LEAF COLOR AND TEXTURE TO KEEP THE INTEREST UP. HUNTER MCEADDY



Hunter McEaddy was bound and determined that this time—in this garden—he would get it right. He would develop a master plan, one that took best advantage of his small brick-walled yard and wonderfully sited porch, and he'd stick to that plan. But something happened when Hunter, a public administrator, started working in his South Carolina courtyard—something he hadn't planned on. He decided to dump his career and go back to school to become a landscape architect. Despite having a wife and three (now five) children to support, he did just that. "The garden pushed me into making the change," he says. Both ventures, the garden and the profession, are going swimmingly these 20 or so years later. His landscape firm "is a labor of love," he says. And the garden is the same—a case study in formality versus informality, in revealing and veiling views, and in rewarding visitors with moments of discovery and surprise.

>> on Z4

BETTER BY DESIGN >> from Z3

When Hunter and his wife, Kitty, first encountered their home-to-be, "It was a blank slate. The garden was nonexistent." Perfect, he thought. What a vista he could create. Hunter began by imposing a formal structure on the yard, divvying up the squarish lot into smaller, mostly rectangular spaces. Although plant structure is often defined by almost-at-attention clipped boxwood hedges, Hunter calls his garden look "tropical shabbiness" Within regimented and carefully divided spaces, "The garden is enthusiastic. I have so many types of plants." And even though his original master plan is still very much in evidence, Hunter is forever bringing home some garden gem and planting it wherever his heart—not his map—dictates. "Kitty says I never saw a plant I didn't want," he says. Especially all the colorful new canna lilies and tropical gingers. "Sometimes I plant what's needed in a particular spot, but more often I fall in love with a plant. I need to experiment professionally—that's my excuse!"



>> on Z6

The expanse of green lawn is central to the McEaddys' backyard (*top*). Paths lead from the porch to the turf, encircling it and trailing off to hidden, or almost hidden, spaces. Beyond the green wall of hedges seen from the porch lie a shade garden, seating areas, garden art, a circular water feature and arbor, and a small papyrus-filled, trough-shaped pond. Containers filled with tropicals and annuals are placed both formally front and center at the garden entry to the porch and also informally nestled into beds and borders. Art emulates nature with a sunflower ornament staked next to daisies and daylilies (*above*) in a casual bed also containing Hunter's beloved cannas.



. When do you want to meet today?

Re: Tomorrow

nforted by QuiltEnsembles: everything to coordinate a bed with luxurious charm

W

WAMSUTTA Indulge Yourself

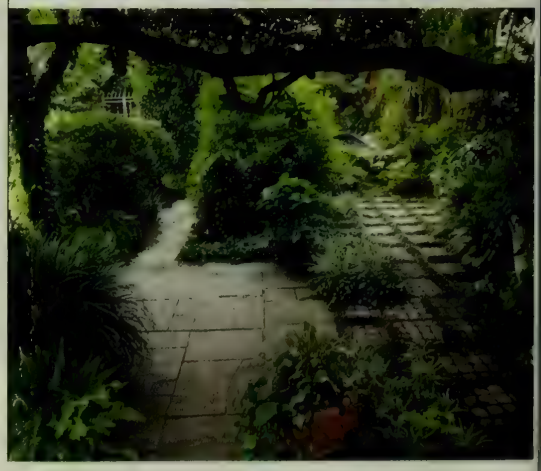
www.wamsutta.com

BETTER BY DESIGN >> from Z4

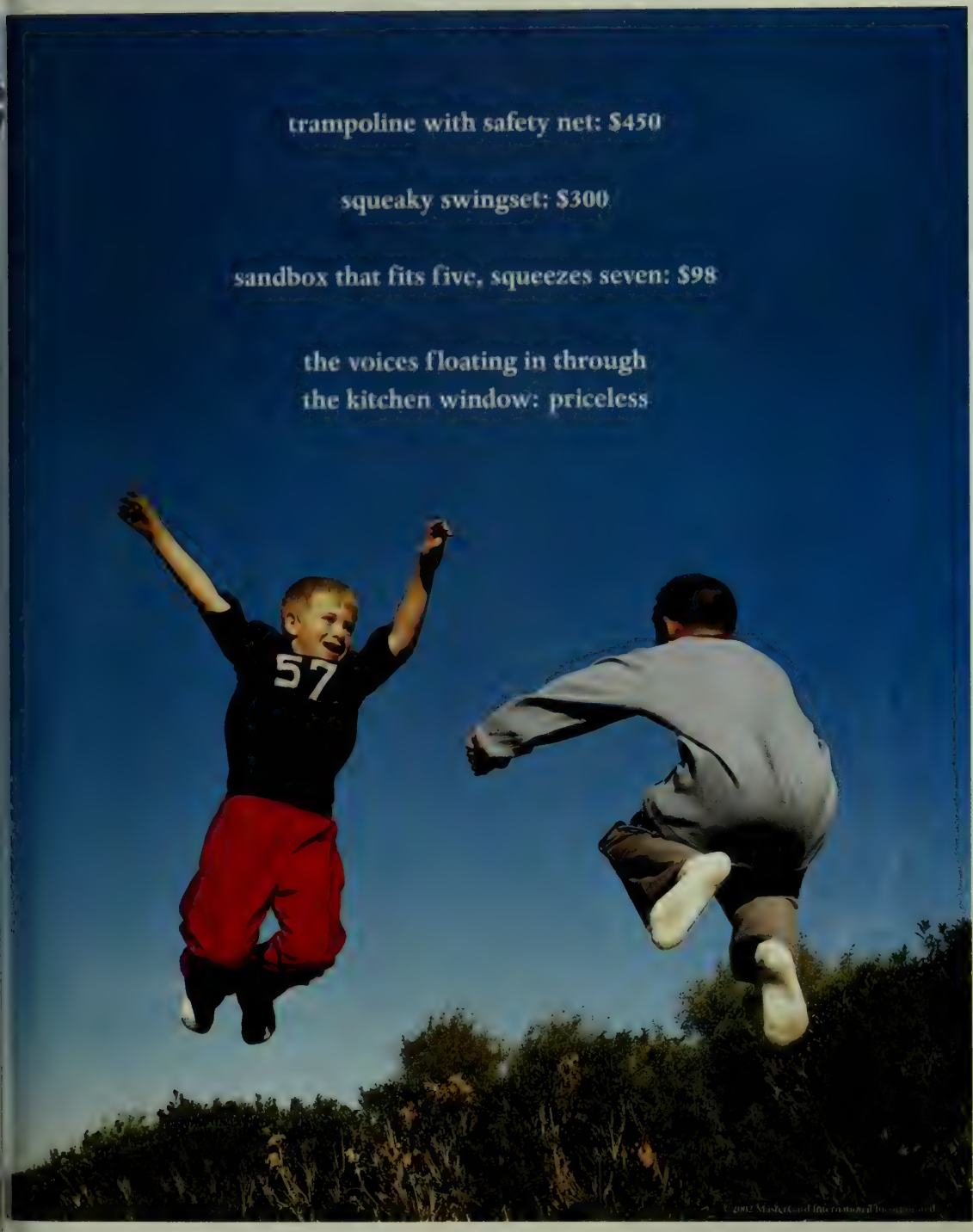
Don't question Hunter too closely about his gardening regimen, either. "I'm a monument to the eco-friendly movement," he says with a grin. "In other words, I'm a lazy gardener."

Kitty, however, is "by nature a neatnik," Hunter says, and therein lies a nice piece of design work. Because Hunter wants this garden to be used, not just viewed; it's a yard, not a show piece. "The challenge is to do all the things I want to do, that the kids and dogs and cats want to do—and keep it neat the way Kitty likes it too." One of his solutions was the addition of garden paths along the sides of the lawn, an alteration that means something personally to him as well. "As a child, my grandmother had a typical 'grandmother's garden' full of paths through bordered beds. We ran up and down the paths, playing hide-and-seek. I've loved them since then. It also gives me a chance to work with different types of plants, for sun, for shade, and so on."

The only major alteration to Hunter's master plan came with the arrival of Hurricane Hugo in 1979. A neighbor's huge elm came crashing down on his house, taking out a chimney, some windows, and more than a few trees, along with much of his shade. The torrential storm also left Hunter's yard covered in 10 feet of water. Ever the astute planner, he thought: What a great place for a pool—and you can just see it from the porch.

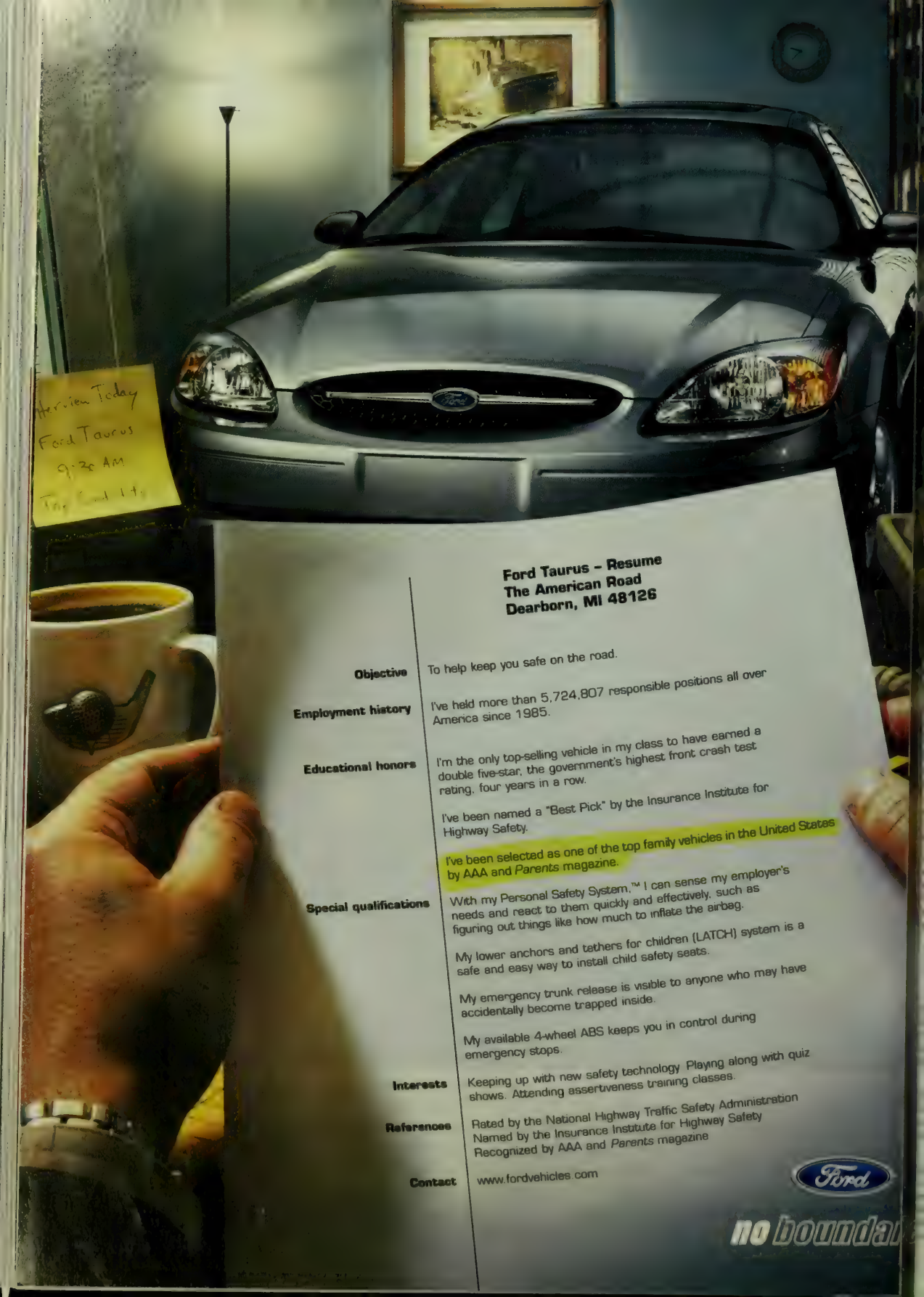


Plantings around the circle pond are relaxed, softening a well-defined seating area (*top*). Floppy green elephant's ears lean in over the smaller but similar shapes of caladium and a container filled to overflowing with a variegated agave. All around the pond, plantings and containers spill over and onto the apron, blurring the crisp lines of the hardscape and breaking up its beige mass. Next to the porch, a mix of pavers and bricks create pocket gardens of ivy, liriope, and lantana, and provide access to the pool (*above*). The shrubs and hedges have scallops, cutouts, and gaps, creating little turnarounds and veiled visions of adventures still to come.



There's nothing as magical as the sound of kids playing. That's why MasterCard® is accepted most everywhere.
For everything from sprinklers for the backyard to sheets for the fort in your basement.
Check out mastercard.com

there are some things money can't buy. MasterCard for everything else there's MasterCard.™



Ford Taurus – Resume
The American Road
Dearborn, MI 48126

Objective	To help keep you safe on the road.
Employment history	I've held more than 5,724,807 responsible positions all over America since 1985.
Educational honors	I'm the only top-selling vehicle in my class to have earned a double five-star, the government's highest front crash test rating, four years in a row. I've been named a "Best Pick" by the Insurance Institute for Highway Safety. I've been selected as one of the top family vehicles in the United States by AAA and *Parents* magazine.
Special qualifications	With my Personal Safety System,™ I can sense my employer's needs and react to them quickly and effectively, such as figuring out things like how much to inflate the airbag. My lower anchors and tethers for children (LATCH) system is a safe and easy way to install child safety seats. My emergency trunk release is visible to anyone who may have accidentally become trapped inside. My available 4-wheel ABS keeps you in control during emergency stops.
Interests	Keeping up with new safety technology. Playing along with quiz shows. Attending assertiveness training classes.
References	Rated by the National Highway Traffic Safety Administration Named by the Insurance Institute for Highway Safety Recognized by AAA and *Parents* magazine
Contact	www.fordvehicles.com

Ford

no boundar

better by design directory

building and remodeling

American Standard — New Standards For Living. Take the next step into your w bathroom or kitchen by ordering our free oduct literature. AMERICAN STANDARD. EE. Circle No. 1.

Delta Faucet Company — Discover hundreds of Beautifully Engineered™ oducts that add style and function to your me. FREE 60-page color catalog and bonus aucet Buyer's Guide". DELTA FAUCET COM-NY. FREE. Circle No. 2.

Four Seasons Sunrooms & Conservatories — Exciting Easy Living and egant Living catalogs feature America's gest selection of Sun and Shade Rooms, Sun d Stars Rooms, Cathedral Rooms, and glish-Style Conservatories. Exclusive MC² nderglass™ keeps out summer heat and nter cold. Free color catalog. FOUR SEA-NS SUNROOMS. FREE. Circle No. 3.

Icynene Inc. — The Icynene Insulation System® completely air-seals the building oviding a Healthier, Quieter, More Energy icient™ home. Brochure. ICYNENE INC. EE. Circle No. 4.

James R. Moder Crystal Chandelier Inc. — Catalog available from world-nous designer James R. Moder. A beautiful ection of crystal chandeliers, priced from 00 to $10,000. JAMES R. MODER CRYSTAL ANDELIER INC. FREE. Circle No. 5.

KraftMaid Cabinetry, Inc. — KraftMaid's FREE Kitchen Planner and 100-page binetry Idea Book will inspire you with sign ideas, provide you with helpful planning s and illustrate the reasons that KraftMaid s been named a Consumers Digest Best Buy five years running. KRAFTMAID CABI-TRY, INC. FREE. Circle No. 6.

Easy Weekend Projects Booklet — This attractive 12-page guide for Minwax® ntains easy wood finishing and home deco-ing projects you can do in a weekend. Also tured are helpful tips and techniques on od maintenance and repair. MINWAX. FREE. cle No. 7.

Rust-Oleum — New "Dream Spaces" inspirational booklet from Rust-Oleum ers an innovative, small project approach to corating. Helps you easily create personal-d dream spaces that will surprise and delight nily and friends. RUST-OLEUM. FREE. Circle . 8.

furniture and accessories

Anderson Ultimate Bed — Save space with a top quality, solid wood underbed sser. Sleep better on an adjustable air mat-ss with dual firmness controls! 48-page cata-. ANDERSON ULTIMATE BED. FREE. Circle . 9.

10 Flexsteel — The Christopher Lowell Home Collection from Flexsteel is so y, so stress-free, so effortless, you'll hardly ve to lift a finger. FLEXSTEEL. $2.00. Circle . 10.

11 Fran's Wicker & Rattan Furniture — Spectacular sets. Hard to find spe-ity items. All from America's oldest and gest wicker & rattan importer. Free 72-page or catalog. FRAN'S WICKER & RATTAN. EE. Circle No. 11.

12 Pacific Coast Feather Company — "Fluffy for Life" down comforters, pillows and feather beds. Allergy Free Warranty. 30-Night Comfort Guarantee. Free literature. PACIFIC COAST FEATHER COMPANY. FREE. Circle No. 12.

13 Pioneer Table Pad Co. — For over 83 years, this family-owned company has been committed to providing families with the finest traditional hand-tailored table padding. PIONEER TABLE PAD CO. FREE. Circle No. 13.

14 Charles P. Rogers Beds, Est. 1855 — Original 19th and 20th century headboards, beds, canopy beds, daybeds and traditional European bed linens now available direct from America's oldest bed maker. Free color catalog and sale price list. Shipping available worldwide. CHARLES P. ROGERS. FREE. Circle No. 14.

15 Thomasville Furniture Industries — Discover all that Thomasville has to offer... beautiful selections, free design services and simple finance options. Send for a Thomasville magazine. THOMASVILLE. FREE. Circle No. 15.

16 Waverly — Your complete decorating resource with an assortment of home furnishings products. Send for a free brochure on the Waverly brand. WAVERLY. FREE. Circle No. 16.

walls and floors

17 Carpet One — Carpet One offers thousands of colors and styles of carpet, vinyl, laminate hardwood and ceramic tile in name brands like exclusive LEES® For Living carpet. CARPET ONE. FREE. Circle No. 17.

18 Wear-Dated Carpet Fiber — Wear-Dated carpet fiber products offer a seven-year stain and soil warranty, a five-year normal wear warranty and provide superior protection against fading. A guide on How to Buy Carpet is now available. WEAR-DATED CARPET FIBER. FREE. Circle No. 18.

windows and doors

19 Andersen Windows & Patio Doors — FREE! The "Long Live The Home™" idea book from Andersen Windows. Get room ideas, inspiration and more. ANDERSEN WINDOWS. FREE. Circle No. 19.

20 Country Curtains — Over 100 ready-made curtain styles and fabrics. 72-page color catalog. COUNTRY CURTAINS. FREE. Circle No. 20.

21 The Designplace Direct — Up to 85% off name brand wallpaper. Blinds and area rugs direct from leading manufacturers. Free shipping on all orders. Free brochure. THE DESIGNPLACE DIRECT. FREE. Circle No. 21.

22 Hunter Douglas Window Fashions — Free 24-page "Solutions" magazine presents simple, yet stylish window dressings for meeting your every window decorating challenge. HUNTER DOUGLAS WINDOW FASHIONS. FREE. Circle No. 22.

23 Marvin Windows & Doors — This 30-page catalog features Marvin's wood and clad wood windows and doors. It includes beautiful photographs and information to help generate design ideas for you. MARVIN WINDOWS & DOORS. FREE. Circle No. 23.

24 Masonite International Corporation — Masonite's line of premium quality interior doors make every home more beautiful. Brochure. MASONITE INTERNATIONAL CORPORATION. FREE. Circle No. 24.

fireplace products

25 Heat-N-Glo Fireplace Products — Heat-N-Glo offers quality gas, wood-burning and electric fireplaces, including gas log sets, stoves, and inserts for preexisting fireplaces. HEAT-N-GLO FIREPLACE PRODUCTS. FREE. Circle No. 25.

better by design

November 2002
Dept. BBD1102-2
PO Box 10486
Des Moines, IA 50306-0486

_____ Number of items ordered
$ _____ Total enclosed *(if applicable)*

name

address

city

state/zip

(optional) e-mail address

We will share your e-mail address with the advertisers from which you request information

by phone Call toll-free, 1 800 770 4771 (Mention code BBD1102) Mon.–Fri., 7am.–11pm CST, Sat. 8am.–4:30pm. Please have item numbers ready. Credit Cards accepted for literature fees *(if applicable)*.

by mail Circle your choice(s) and fill in below. Send this coupon and a check or money order *(if applicable)* in a stamped envelope to: better by design directory PO Box 10486, Des Moines, IA 50306-0486

to subscribe to Better Homes and Gardens® Circle #26 (1 year U.S. $19.00). Outside the U.S. circle #27 (1 year $31.00). You will be billed separately.

1	FREE	15	FREE
2	FREE	16	FREE
3	FREE	17	FREE
4	FREE	18	FREE
5	FREE	19	FREE
6	FREE	20	FREE
7	FREE	21	FREE
8	FREE	22	FREE
9	FREE	23	FREE
10	$2.00	24	FREE
11	FREE	25	FREE
12	FREE	26	(U.S.) BILL ME
13	FREE	27	BILL ME
14	FREE		



REFLECT yourself

MIRRORED FURNISHINGS LURE US TO LOOK AT THEM. NEW DESIGNS AS WELL AS SOME ANTIQUE ORIGINALS ADD SLEEK POLISH AND A LITTLE ROMANCE TO YOUR INTERIORS.

Say good night to the Moon Mirror (*above*) from Oly. A full 31 inches in diameter, it seems to rise from the surface of a bedside table. Scalloped facets banding the perimeter add texture to the flat, glassy surface. $725; www.olystudio.com.

BY **SARAH EGGE** PHOTOGRAPHS BY **DEBORAH WHITLAW**, **KING AU**, AND **MICHAEL GRAND**

"Honey,

DOES THIS MAKE OUR HOUSE LOOK TOO BIG?"



Every house has a unique figure. But finding a garage door that uniquely flatters it is another matter altogether. That's why every Clopay garage door, whether steel or redwood, is built to make a statement–one that says tough can still be beautiful. So you'll be quick to notice the detailed raised panels and eye-catching windows. And so will the neighbors.

Good Housekeeping Promises

For more information, call 1.800.225.6729. Or visit clopaydoor.com.

Clopay

© Clopay Building Products Company, Inc., A Griffon Company, Inc. 2002

America's Favorite Garage Doors™

You know the carnival fun house trick where you stand between facing mirrors and see yourself in endless dimensions? We've experienced some of that vertigo lately in furniture showrooms and stores across the country. No matter where we turn, there seems to be another mirror to greet us. It's a little unexpected because mirrors are on walls as well as on furniture and accessories—even a bathroom vanity (*right*). The carnival fun house comparisons end here, however. These mirrored furnishings flatter what they adorn, using tailored bevels, whimsical facets, and lines as elegant as a Vera Wang dress to deck stately designs. >> on Z14

LOOKING GLASS Barbara Barry's designs are characterized by their Hollywood-starlet glamour. This vanity she created for Kohler's Kallista line has beveled edges around the doors. Available are an optional black granite top; ebony faucet handles; and basins in stucco white, linen, and celadon. Prices start at $5,854; www.kallistainc.com.



TILED DELIGHT Made from reclaimed glass, the Mosaic Bowl Sconce from Oly catches light in its tiny tiles and bounces it back all over the room. $175; www.olystudio.com.

FLOWER TOWER A statuesque copper vase with tapered mirror panels steals attention from an arrangement of roses. Available through The Urban Gardener in Chicago, the vase's glamorous exterior hides a hardworking, watertight metal cone inside. $79; 800/998-7330; www.urbangardenerchicago.com.



Out with the new.

IN WITH THE OLD.

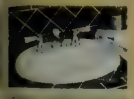


THE Standard™ COLLECTION **VINTAGE REISSUES EXCLUSIVELY FROM AMERICAN STANDARD.**

Whether you're restoring your home to its original beauty, or you've fallen in love with a classic look, here's your answer. We've found our original designs for these pieces, first made in 1922. So you get the vintage look but with today's high-performance features. Our toilets, for example, feature a more powerful flush while using less water and are available in a more comfortable, Right Height™ size. Vintage reissues only from American Standard. You might say they're "Back by Popular Demand." See it all exclusively at The Home Depot® and EXPO® Design Center, or visit us on the Web at americanstandard-us.com or call 800-524-9797 ext. 1700.



Our complete collection of vintage products from 1922 includes a variety of coordinated fixtures, faucets and accessories.









American Standard

NEW STANDARDS FOR LIVING.™

BETTER BY DESIGN >> from Z12

A hot item in home design today, mirrored furnishings are character actors—able to insert themselves into a scene and steal it. The shiny, slick surfaces and clean lines work well in contemporary interiors, but their elegance and old-world cachet make them appropriate in traditional homes as well. Whatever the environment, however, your eye goes directly to these players. A narcissistic attempt to glimpse our reflection, perhaps? Certainly, though, these shiny pieces embrace—then reflect—the light and energy in a room.

>> on Z16



SKYSCRAPER Palecek's Manhattan mirrored side table is based upon Art Deco design. Natural motifs, such as the blades of grass engraved on the table base, are common Deco embellishments. $796; 800/274-7730; www.palecek.com.

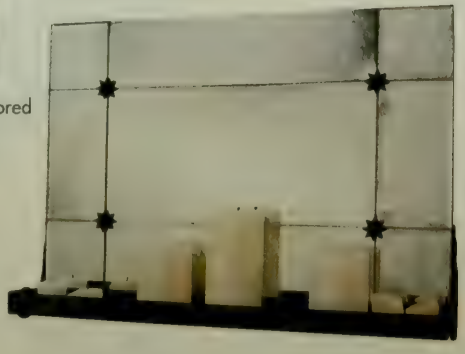


HIDEAWAY TABLES Oly's Jonathan nesting tables have a silver finish on their metal frames to blend with the antiqued mirror tops. This trio steps down in size from 22 to 18 inches tall. $975; www.olystudio.com.

LIGHT DANDY As an accessory to his refined furniture line for Baker, Thomas Pheasant designed this understated Venetian sconce. Its rectangular bronze wall plate is framed with antiqued glass mirrors to sparkle in the light cast by two candlestick lamps. $1,410; www.bakerfurniture.com.



BURNING BRIGHT An aged-look mirror amplifies the illumination given off by a row of candles in this mirror-and-tray combo from Oly. Metal stars punctuate the scored mirror surface, and the 21-inch-wide tray accommodates about a half-dozen votive and pillar candles. $400; www.olystudio.com.





JEEP GRAND CHEROKEE.
STILL THE BEST INSURANCE POLICY OUT THERE.



ec-Trac® 4WD | Anti-lock brake system | Quadra-Coil™ multi-link suspension | Multistage driver and passen-
air bags* | Supplemental side curtain air bags*† | Come hell or high water, you're prepared. | **jeep.com**

Jeep

*Always use seat belts. Remember, a backseat is the safest place for children 12 and under. †Optional.
Jeep is a registered trademark of DaimlerChrysler.

You'll never

run out of ideas.

Sticky notes,

maybe.



The Marvin Idea Planner. A step-by-step, how-to guide to your dreams. It'll help you find the windows and doors that are right for you. Get your free guide by calling Marvin at 1-800-268-7644 (in Canada, 1-800-263-6161).

MARVIN
Windows and Doors
Made for you.®

www.marvin.com

©2002 Marvin Windows and Doors. All rights reserved.
®Registered trademark of Marvin Windows and Doors.

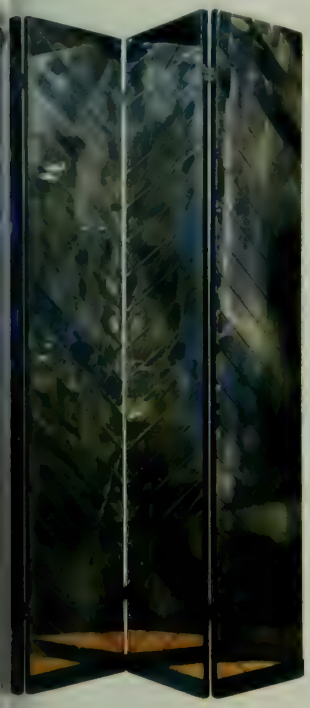
DESIGN ORIGINS

Nothing in design is without roots, and the mirrored furniture, lighting, and accessories we have featured are no exceptions. They take us back to decades before and after World War II—the 1920s through the 1950s—when Americans needed a little Hollywood in their lives. Today's buyer is interested in them for similar reasons: "These items have always been popular, but there's more interest in that period than usual," says Ronald Grimaldi, president of Rose Cumming, Inc., a fabrics and antiques showroom in New York City that carries antique pieces like this side table (*below*).

Mirrors themselves date back to the ancient Greeks, but mirrored furniture for the masses is a 20th-century invention. It first appeared as part of the Art Moderne movement in the early 1920s because glassy, smooth mirrors were a natural material for the era's angular, sleek designs. As the decades progressed and design styles became softer and more fluid, so did mirrored furniture. For example, decorative hand-painting was added to many mirrored surfaces from the 1940s through the 1950s.

At Rose Cumming, mirrored furniture sells "rather quickly," Grimaldi says. But it's not easy for him to procure. "It's difficult to





ind a piece of furniture in its
original condition due to the
fragility of the mirrored panels,"
he says. So, antique furniture and
accessories with replacement
mirrors or those with aged
mirrors that have some of the
silvering worn off the back still
command high market prices. As
Grimaldi explains: "People just
want to add some glamour to
their lives."

HURRY DOWN Antique mirrored furnishings don't stick around long at Rose Cumming, Inc., in New York City. The 1940s Art Deco screen *(above)* features smoky mirrored pieces that form a herringbone pattern across the panels. From the same era, the round side table *(opposite)*—one of a pair—has romantic influences. A flower border on the reverse side of the glass top was hand-painted before the glass was mirrored. The screen sells for $4,800 and the pair of tables for $6,500; 212/758-0844.







SHOWERED WITH Traditional Style

EXQUISITE MILLWORK AND CLASSICALLY STYLED PLUMBING FIXTURES MARRY 21ST-CENTURY CONVENIENCE TO A 75-YEAR-OLD GEORGIAN HOME IN LAKE FOREST, ILLINOIS.

Wilma and Bill Paterson, who spent considerable parts of their lives in France and England, appreciate the way European design combines elegance and efficiency. So it's no surprise they were drawn to the design of their bath's shower enclosure, which provides modern function while incorporating paneled columns with an elegant architectural quality.

>> on 222

BY **JAMES A. HUFNAGEL** PHOTOGRAPHS BY **JIM HEDRICH** PRODUCED BY **HILARY ROSE**


Behind every door are moments that memories are made of.
Today more than ever, doors are the pathway to those special times that memories are made of. They are a critical design element that contributes to the quality and enjoyment of the home. Masonite's line of premium patio doors make every home more beautiful, more valuable and more elegant.
masonite.com
is a registered trademark of Masonite International Corporation.
Masonite
Masonite International Corporation



LAURA
BESSMAN
INTERIOR
ENGINEER

FROM PROFESSIONAL
GRADE PEOPLE
COME PROFESSIONAL
GRADE SUVS.

GMC | ENVOY XL | WE ARE PROFESSIONAL

THE GMC ENVOY XL IS NOT ONLY ENGINEERED TO COMFORTABLY SEAT TWO 6'2" ADULTS

THIRD ROW, IT HAS THE ROOMIEST INTERIOR IN ITS CLASS FOR ALL SEVEN PASSENGE

THEIR CARGO. WITH A HYDROFORMED STEEL FRAME FOR A SMOOTH RIDE AND AN AVA

INTRODUCING THE END
THE "SMALLEST PERS



*Excludes other GM vehicles' optional V8 engine.
Envoy and GMC Cargo are registered trademarks of General Motors Corporation.
©2001 General Motors Corp. All rights reserved.

N-CLASS 290 HP ENGINE.* IT ALL PROVES ONE THING. WHEN IT'S PROFESSIONAL GRADE,

NEVER HAVE TO ROUGH IT ON THE INSIDE.



TTER WHAT SEAT YOU'RE IN. THE GMC ENVOY XL. GET ALL THE DETAILS AT GMC.COM/ENVOY.

TS IN THE BACK" SUV.



Brush.
Clean. Whiten.
Smile.

WHITER,
HEALTHIER TEETH IN 28 DAYS,
GUARANTEED.

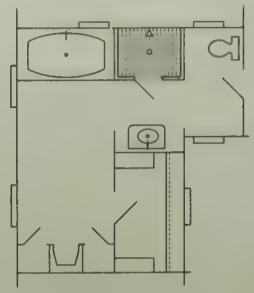
PHILIPS
sonicare
the sonic toothbrush

AOL Keyword: sonicare

Elegant 1930s styling graces every square inch of Wilma and Bill Paterson's master bath without compromising modern conveniences. Architect David Poulton engineered the new room—the "his" side of his and her baths—from space that was once a bedroom. He exactly matched the bath's baseboards, crown moldings, and window and door casings with architectural elements found elsewhere in the house, ensuring the remodeled space carried the same traditional style. "The paneling and the shower's columns would not have been found in a home of this era," Poulton says. "Still, they're traditional elements that feel like they belong here."

All of the modern plumbing pieces—the large shower, the whirlpool tub, and the pedestal lavatory—blend in with the architectural finishes. The graceful lavatory, for instance, is recessed into a niche opposite the shower and is flanked by narrow, mirrored medicine cabinets set into paneling. Lighting over the sink's larger fixed mirror continues the period motif.

Even the dressing/exercise area features a built-in dresser that matches other cabinetry in the house and saves floor space in the adjacent bedroom.

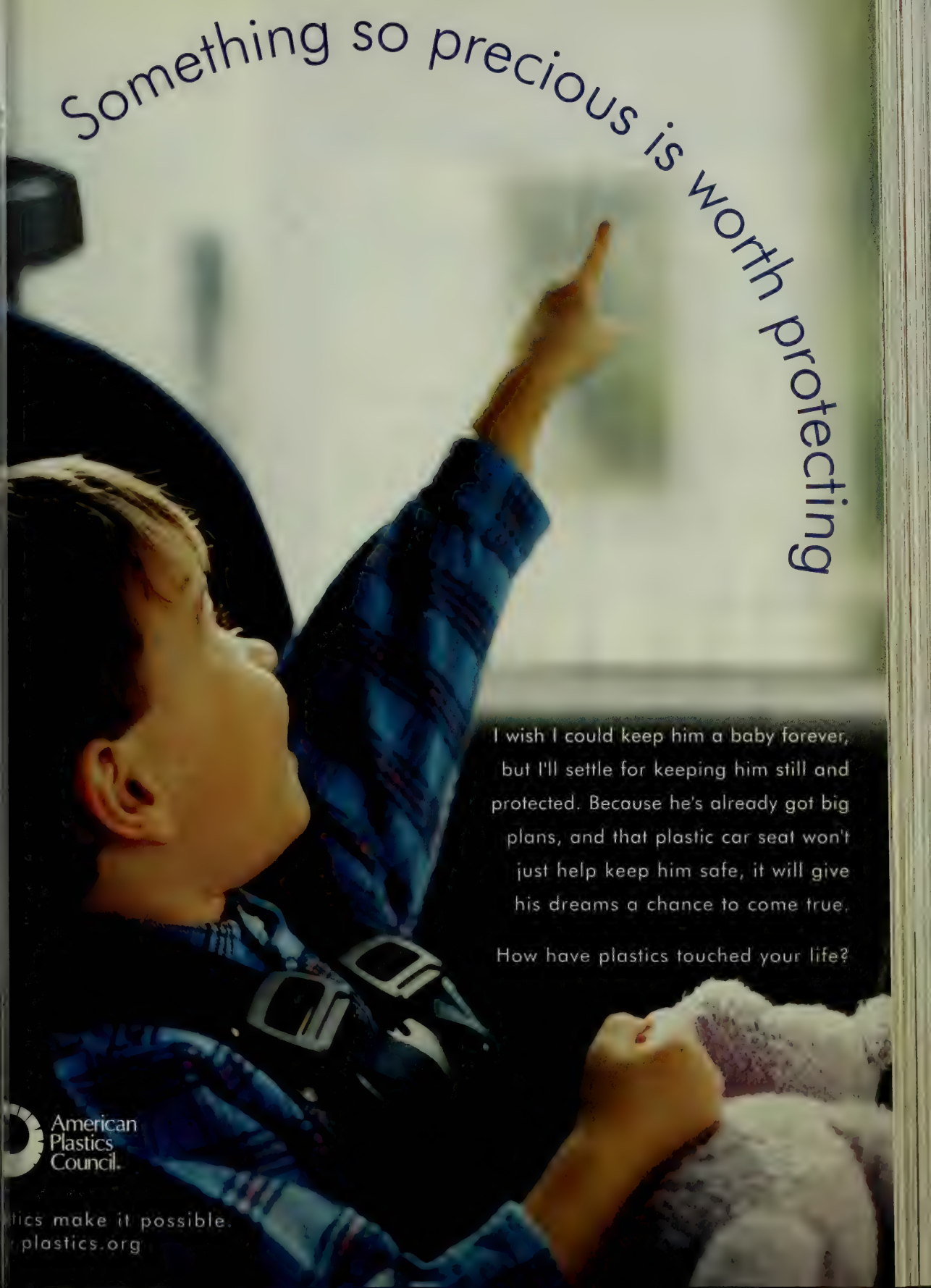


RESOURCES >> Z24





A vanity-style sink would have been inappropriate for a home built in the 1930s, so architect David Poulton specified a pedestal fixture (*top*). Medicine cabinets on either side open to create a three-way mirror. The 12×5-foot exercise area (*above*) seems much bigger thanks to wide windows and mirrored closet doors. A 9-foot-high ceiling here and throughout the bath also contributes to the sense of spaciousness.


Something so precious is worth protecting
I wish I could keep him a baby forever, but I'll settle for keeping him still and protected. Because he's already got big plans, and that plastic car seat won't just help keep him safe, it will give his dreams a chance to come true.
How have plastics touched your life?
American Plastics Council.
tics make it possible.
plastics.org

advertisement

Season's Greetings

Here's to a holiday season filled with

Peace & Joy



Exclusive

Large Environizer
New $199.99
Radio Shack Exclusive
63-612

Small Environizer
New $99.99
Radio Shack Exclusive
63-613

Radio Shack® Environizer

1. Cleaner Air—Traps allergens and helps reduce odors in the air.
2. Ultra Quiet—Practically silent, so you can even run it at night.
3. Energy Saver—Runs on 8 watts of power, so it won't cause high electric bills.
4. Easy to Clean—Wipe the collection rod with a soft cloth.
5. Saves Money—You'll never have to buy or replace a filter.

www.radioshack.com/giftfinder
1-800-THE-SHACK

RadioShack®
You've got questions. We've got answers.®



totes® 'brella

As Seen on T.V. — The perfect gift for that hard-to-buy-for friend or relative — **totes 'brella**. An umbrella so small (folds to just 6 inches) and so lightweight (weights just 6 ounces), it will fit in the smallest handbags. The **totes 'brella** opens full size and is guaranteed to last a lifetime! Available at fine departments stores everywhere.

'brella totes



Best Buy® Gift Card

Not sure what to get for someone special on your holiday list this year? Get 'em a **Best Buy Gift Card**. It's something fun for everyone! Holiday gift cards are available at your nearest Best Buy store while supplies last.

BEST BUY
Turn On the Fun

RESOURCES

SOME OF THE PRODUCTS SHOWN EDITORIALLY IN THE BETTER BY DESIGN SECTION OF *BETTER HOMES AND GARDENS*® MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION, YOU CAN CONTACT THE MANUFACTURERS LISTED BELOW.

THE VIEW FROM THE PORCH

Pages Z1–Z6: designer—Hunter McEaddy, T. Hunter McEaddy & Assoc., 49 Immigration St., Charleston, SC 29403; 841/577-4962.

SHOWERED WITH TRADITIONAL STYLE

Page Z18: custom cabinetry and trim—David Poulton, AIA, The Poulton Group Ltd., 268 Market Square, Lake Forest, IL 60045; 847/615-1178. **Wall tile in shower**—Ann Sacks, 8120 NE. 33rd Dr., Portland, OR 97211; 503/280-9701 for stores in western U.S.; 212/463-0492 for stores in eastern U.S. **Showerhead, #875/998**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 800/201-3407; Web site: www.groheamerica.com. **Shower controls**—Jado Bathroom and Hardware Mfg. Corp., 7845 E. Paradise Lane, Scottsdale, AZ 85260; 800/227-2734. **Shower door**—Inman Glass, 3100 Skokie Valley Hwy., Highland Park, IL 60035; 847/432-2030. **Wallpaper**—Hinson & Co., 441 Lexington Ave., Long Island City, NY 11101-2917; 718/482-1100. **Window treatment**—Hunter Douglas Duette Window Fashions; 800/327-8953; Web site: www.hunterdouglas.com. **Wooden bench**—personal belonging. **Rug**—Bed Bath & Beyond; 800/462-3966.

Page Z22: pedestal sink—American Standard Inc., 1 Centennial Plaza, P.O. Box 6820, Piscataway,

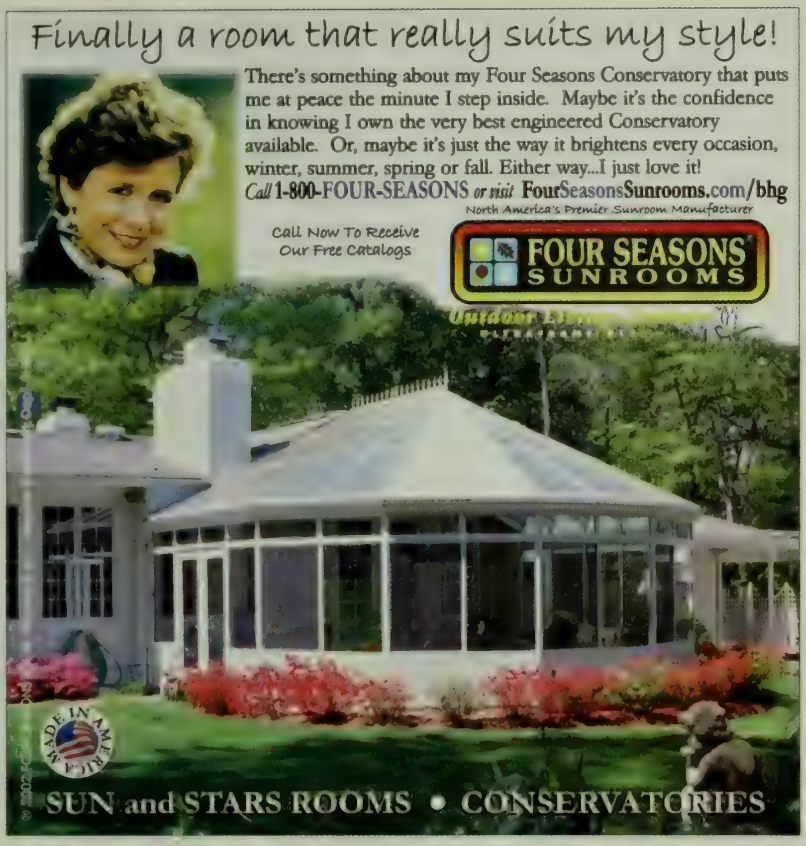
NJ 08855-6820; 800/223-0068. **Sink fixtures,** "Classic Series"—Jado (address above). **Light fixture**—Idlewood Electric Supply, Inc., 114 Skokie Valley Rd., Highland Park, IL 60035; 847/831-3600. **Towel bar and cup holder**—Baldwin Hardware Corp., Green Hills Corp. Center, 2675 Morganstown Rd., Ste. 3200, Reading, PA 19607; 800/437-7448. **Treadmill**—Precor, available through The Fitness Experience, 57 N. Waukegan St., Deerfield, IL 60015; 847/267-4100.

BAKER'S CHOICE

Page Z28: cabinetry—Imperial Cabinets, 8093 Lemon Grove Way, Lemon Grove, CA 91945; 619/461-4093. **Flooring**—Hartco Flooring Co., P.O. Box 4009, Oneida, TN 37841-4009; 800/442-7826; Web site: www.hartcoflooring.com. **Range, ovens, hood**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91105; 800/793-0093; Web site: www.dacor.com. **Dishwashers**—Fisher Paykel Appliance, Inc., 22982 Alcalde Dr., #201, Laguna Hills, CA 92653; 949/829-8865; Web site: www.fisherpaykel.com. **Chrome flowerpot on table**—Home Depot U.S.A., Inc.; www.homedepot.com.

Page Z30: microwave—Sharp Electronics Corp., Appliance Div., Sharp Plaza, Mahwah, NJ 07430-2135; 800/237-4277; www.sharp-usa.com. **Chrome vase, chrome bread container, metal trivets, napkins**—Crate and Barrel; 888/249-4155; Web site: www.crateandbarrel.com. **Mixer**—KitchenAid; 800/422-1230; www.kitchenaid.com. **Canisters, mixing bowls, utensils**—Ikea; in the U.S. call 800/434-4532; in Canada call 800/661-9807. **Chrome oval bowl**—personal collection. **Plates, sugar, and creamer,** "Scottish Thistle"—Mikasa, One Mikasa Dr., Secaucus, NJ 07096; 866/645-4721; Web site: www.mikasa.com.

Page Z32: refrigerator, freezer—Subzero Co.; 800/222-7820; www.subzero.com. **Glasses**—personal collection. **Silverware**—Wallace Silversmiths, 175 McClellan Hwy., East Boston, MA 02128; 617/561-2200. **Salt and pepper shakers**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Granite**—American Marble, 1020 San Luis Rey Rd., Oceanside, CA 92054; 760/721-5100.





ARCHITECTS & DESIGNERS

SHOWERED WITH TRADITIONAL STYLE

Pages Z18–Z22: architect/builder—David Poulton, AIA, The Poulton Group Ltd., 268 Market Square, Lake Forest, IL 60045; 847/615-1178.

BAKER'S CHOICE

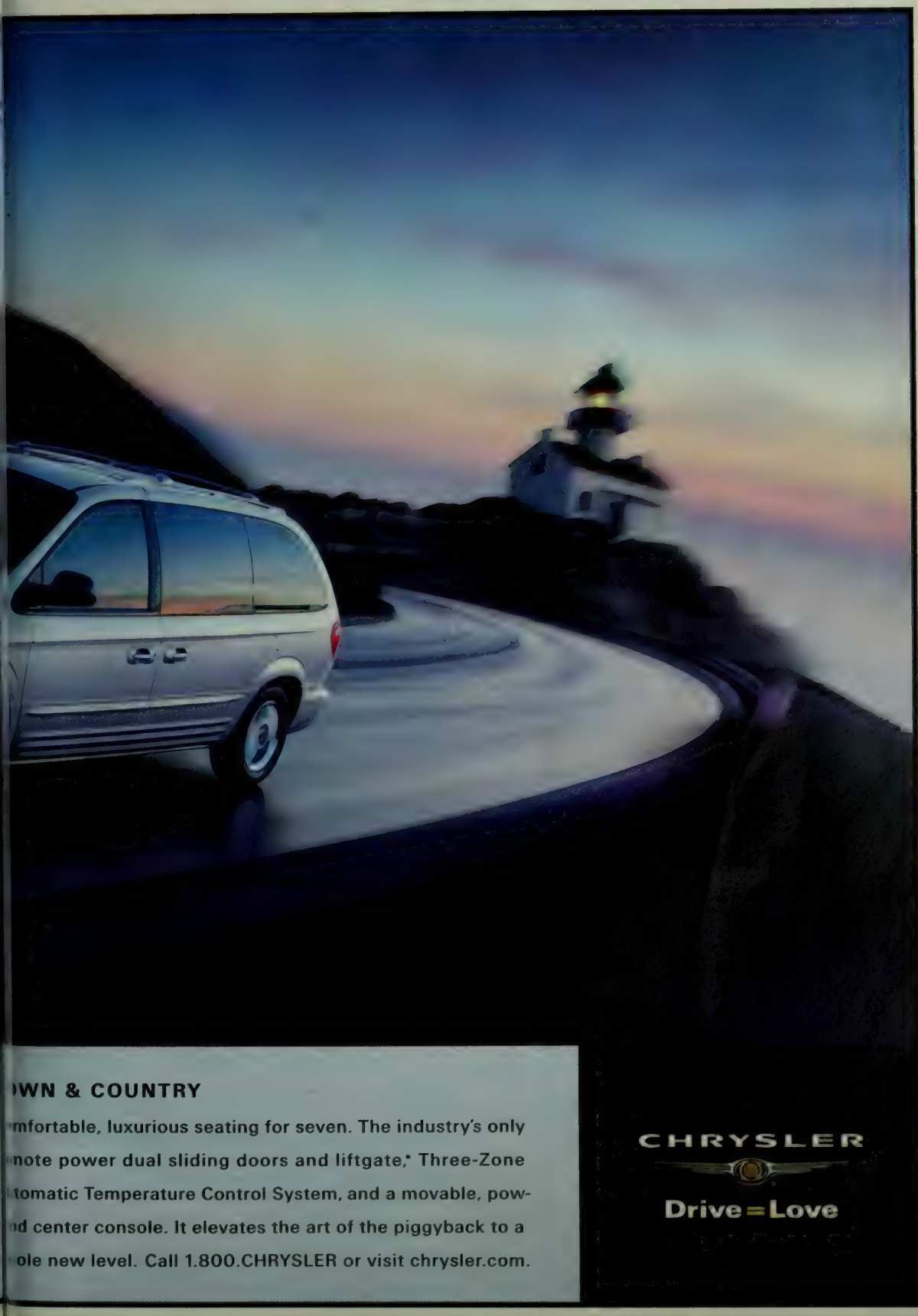
Pages Z28–Z32: designer—Susan and George Maddox, 5822 Overlake Ave., San Diego, CA 92120; 619/461-9406. **Contractor**—Pat and Cindi Masi, A-AABA Construction; 619/425-8018.



x 7 =



*Available on select Town & Country models


)WN & COUNTRY
mfortable, luxurious seating for seven. The industry's only
note power dual sliding doors and liftgate,* Three-Zone
tomatic Temperature Control System, and a movable, pow-
nd center console. It elevates the art of the piggyback to a
ole new level. Call 1.800.CHRYSLER or visit chrysler.com.
CHRYSLER
Drive=Love

Whirlpool
home Appliances
JUST IMA



CLEAN MORE THAN YOU EVER THOUGHT POSSIB

Not just larger loads, but more types of fabrics as well. No o
washer and dryer can handle a larger load, which means fewer l
for you. So you can wash up to 16 pairs of jeans* in a single l
And with our Cradle Clean™ motion that gently rocks clothes thro
a cascade of detergent and water, you can wash virtu
anything**—from linen, cashmere, even some silks to h
comforters and rugs, right at home. It's a new world of wash

THE WHIRLPOOL® DUET™ WASHER AND DRY

WASH YOUR WORLD CLEAN.



® Registered trademark/™ Trademark of Whirlpool, U.S.A. © 2002 Whirlpool Corporation.
*Various sizes. **Always follow care label instructions.

Enter the Future at WWW.WHIRLPOOL.COM



BAKER'S Choice

SUSAN MADDOX SPENT A YEAR DRAWING UP HER SAN DIEGO KITCHEN, FIVE MONTHS WITH THE NEW LAYOUT TAPED TO THE FLOOR, THEN SEVEN MONTHS ON THE REMODELING ITSELF. THE RESULT, SHE SAYS, "WAS WORTH EVERY DAY AND EVERY DOLLAR."

A seamless bay window frames distant views and "makes the kitchen seem like it just keeps on going," says Susan Maddox, who repositioned the sink to take advantage of the vista. Inside, stunning bird's-eye maple cabinetry and polished granite surfaces shimmer and glitter in the light. A full suite of commercial-grade appliances and loads of built-in storage make baking and entertaining a delight.

BY **DAN WEEKS** PHOTOGRAPHS BY **JOAN VANDERSCHUIT** PRODUCED BY **ANDREA CAUGHEY**

JUST ASK . . .
AND WE'LL SEND YOU A
$10 REBATE OFFER FOR
THE PURCHASE OF YOUR
NEXT DELTA® FAUCET.

You'll receive a free product catalog and a $10 mail-in rebate offer from Delta Faucet by contacting us using one of the two following options. Offer expires December 30, 2002.*



DELTA
Beautifully Engineered.™

TWO OPTIONS TO RECEIVE THIS GREAT OFFER!

- REQUEST ONLINE at: www.deltafaucet.com/mb
- MAIL IN this completed form to:
  Delta Faucet Company
  Attn: Magazine Rebate Offer
  P.O. Box 12347
  Lexington, KY 40582-2347

Name _____

Address _____

City _____

State _____ ZIP _____

E-mail (optional) _____

In order to customize your information package, please answer the following questions.

Type of project:
__ Remodeling your kitchen
__ Remodeling your bathroom
__ Building a new home

Are you planning to remodel/build in the next:
__ 3 months
__ 6 months
__ 12 months

What type of kitchen faucet are you interested in?
__ 1-handle
__ 2-handle
__ Pull-out spray
__ Stainless finish
__ Chrome finish
__ Nickel finish
__ White finish

*Mail-in requests must be postmarked by December 30, 2002, and received by January 20, 2003.

A Masco Company

© 2002 Masco Corporation of Indiana, Delta Faucet Company

DAD-0220-F

Good things come to those who wait. Better things come to those who plan.

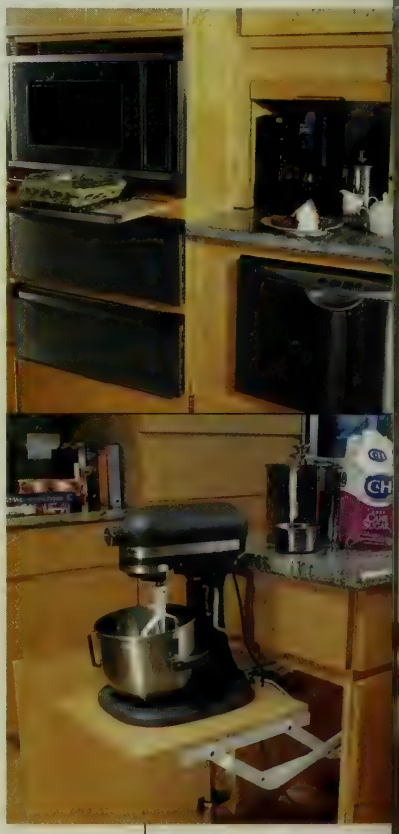
The best things of all come to those who are patient, organized, and persistent. Susan Maddox has all three virtues. One result is her kitchen, a winner in the *BH&G*® Home Improvement Contest.

Susan, her husband George, and their daughter Kaitlin moved into their suburban San Diego home six years ago. "The kitchen was the most outdated room in the house," Susan recalls. She knew right away she would remodel. But even though she loves to bake and entertain, and the room had no working oven, she was in no hurry.

"The kitchen is the heart of the home, and one needs to know exactly what is needed to make it tick," she says. "After living in the old kitchen for about three years, I designed the new kitchen to meet our expectations."

Prime among those desires was more storage. "We entertain a great deal and wanted cabinets to hold the serving trays and baskets, chafing dishes, and other party supplies," Susan says. "I also bake and decorate cakes, and needed storage for odd-shaped pans."

Second was a better layout. Susan taped the approximate sizes of the counters and cabinets on the floor, then masked off the spots where the appliances would go. She easily adjusted the tape while hunting for the greatest utility and convenience. >> on Z32





In this, the opposite of an unfitted kitchen, sleek built-ins do it all. The hardworking wall (*top*) features a microwave, a pull-out shelf, two warming drawers, an appliance garage, and a drawer-style dishwasher. In another space-saving move, a mixer pops out of the end of the work island (*center*) on it's own swing-up shelf. The kitchen's clean lines are evident in every detail, such as the crisp miters of the quarter-round base molding (*bottom*) and the stainless steel toekick. Susan's philosophy: The best materials and craftsmanship need no further embellishment.

WE ALL HAVE OUR RITUALS BEFORE WE CAN FACE OURSELVES IN THE MIRROR.

US INCLUDED.



Our Victorian™ faucets are relentlessly evaluated, inspected (over 100 times) and perfected until they meet our rigorous beauty standards.

Solid brass handles are aggressively tested by turning them on and off 500,000 times. This ensures flawless, leak-proof performance for years.

Available in a large selection of finishes including our new Venetian Bronze,™ which is meticulously hand buffed for a unique, handcrafted feel.



For a free product catalog and faucet buyer's guide, as well as information on model 3555RB-216RB pictured here, call **1.800.345.DELTA (3358)**. Or visit **www.deltafaucet.com/vb.**

DELTA

Beautifully Engineered.™

Tall windows?
Small windows?
Round windows?
Arched windows?

Hunter Douglas has solutions.



Free.

Now there's an idea-filled 24-page lifestyle and decorating magazine that shows you how Hunter Douglas has the answers to your toughest window covering challenges. From Silhouette® to Luminette® to Duette® you'll discover Hunter Douglas has solutions created especially for you.

hunterdouglas.com/solutions
to experience *Solutions* online
or
1-800-HUNTER-S, ext 120
for a free copy of *Solutions*

HunterDouglas
window fashions

hunterdouglas.com/solutions
Where Great Rooms Begin.

©2002 Hunter Douglas Inc. ® is a registered trademark of Hunter Douglas Inc.





BETTER BY DESIGN >> from Z30

Finally, Susan knew exactly the look she wanted: cabinets of bird's-eye maple complemented by straight-grain maple flooring, plus granite for the countertops, built-in dining table, and backsplash. Clean-lined stainless steel appliances and accessories accent the rich wood and stone.

Once Susan had finished choosing and tweaking, she drew her plan to scale and interviewed contractors. She eliminated those who wanted to use inexpensive materials or alter her design, and took bids from the rest. Those ranged from "cheap to the equivalent of buying another house," she says. She ended up choosing a contractor whose bid was in the upper midrange ("worth it!") and who worked with her plan. "If you have a vision," she says, "you can make it a reality."

A shallow buffet counter *(top)* is a great place to stage meals. The swirling grain of the polished granite backsplash creates a dramatic backdrop for the built-in granite table. Burnished stainless steel chairs complement the kitchen's appliances. A versatile kitchen needs lots of storage, but Susan deemed the former kitchen's walk-in pantry a waste of space. Instead, she designed a pantry wall filled with shelving and pull out bins *(above)*, all faced with the same bird's-eye maple that adorns the rest of the room's custom cabinetry.

RESOURCES >> PAGE Z24

Classic COMES HOME

CHARM EXTENDED TO NEARLY EVERY CORNER OF THIS CONNECTICUT FARMHOUSE, BUT IT STOPPED SHORT OF A 1970S KITCHEN/FAMILY ROOM ADDITION—UNTIL NOW.

BY **SHAWN GILLIAM** PHOTOGRAPHS BY **TRIA GIOVAN** PRODUCED BY **KARIN LIDBECK-BRENT**



New windows and a skylight brighten the eating area (*above*) in Mary Jane and Jim Berrien's home. The space is located in a rear addition (*left*) that is styled to blend in with the original structure.





BEFORE & AFTER >> from 129

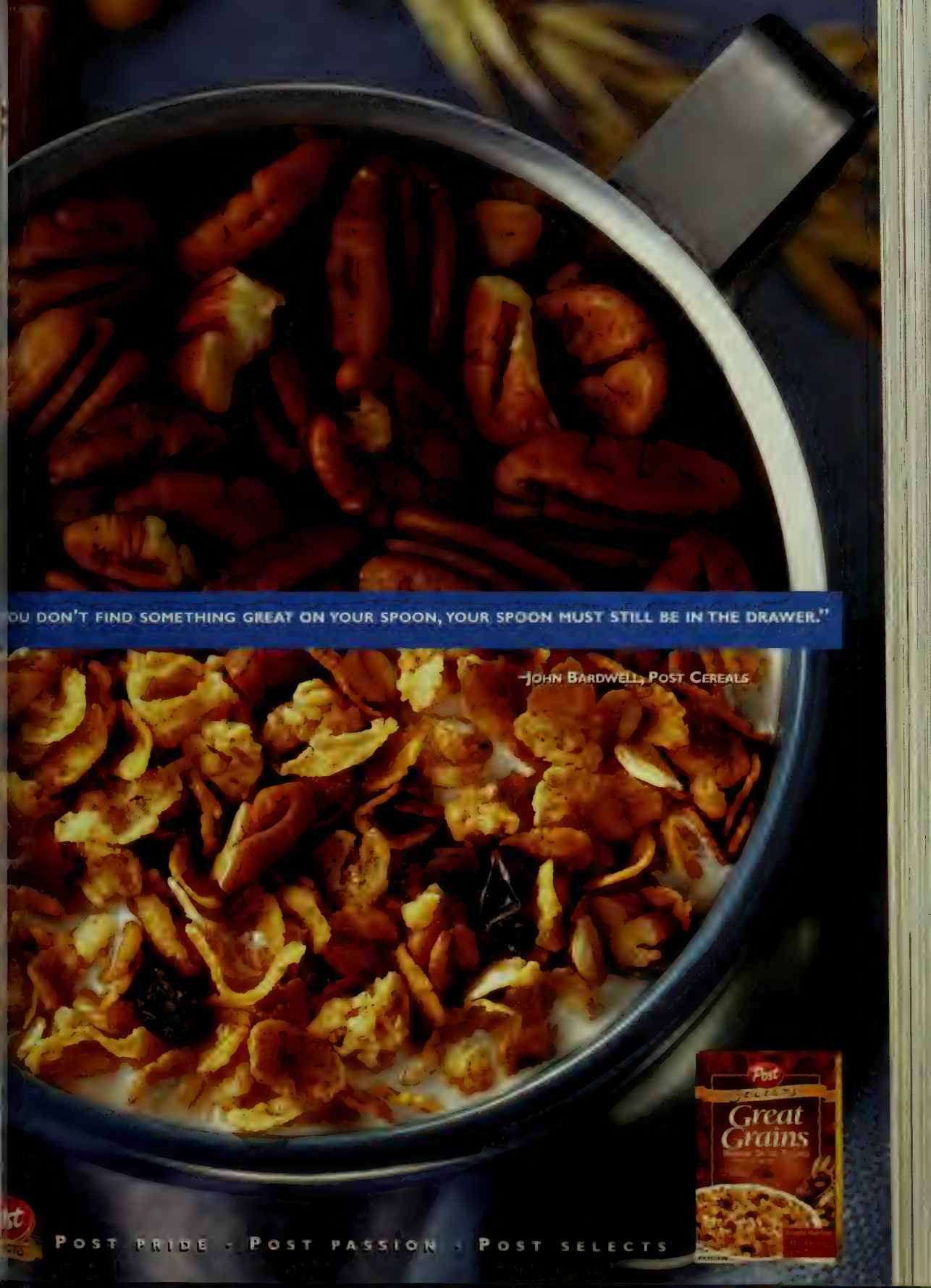
Enjoying dinner as a family is a tradition Mary Jane and Jim Berrien strive to maintain with their children, daughters Reid, age 16, and Lacey, 14. "It's usually on the late side because of school, sports, and work schedules," Mary Jane says. "But we rarely miss a night."

When the couple moved into an 1830s farmhouse, tradition should have felt right at home—especially in the all-in-one kitchen and family room. But this part of the house, an addition built in the 1970s, included fixtures and finishes that felt outdated and didn't match the original home's style. "We needed to integrate it with the rest of the house," Mary Jane says.

Friend and architect Jack Franzen drew up plans to remodel the space. "We told Jack we wanted a casual, relaxed design that retained a farmhouse character," Mary Jane says. "He said that replacing the casements with more traditional windows was key." >> on 132



The addition's layout—a galley kitchen that steps down to a casual eating area (*top left*) and a family room (*above*)—did not change. But yellowed knotty pine cabinets, 1970s-era casement windows, and nonstructural wood beams (see before photos, *top right*) gave way to crisply painted surfaces and double-hung windows.


OU DON'T FIND SOMETHING GREAT ON YOUR SPOON, YOUR SPOON MUST STILL BE IN THE DRAWER."
–JOHN BARDWELL, POST CEREALS
Post
SELECTS
Great Grains
POST PRIDE . POST PASSION . POST SELECTS







BEFORE & AFTER >> from 130

It was difficult to imagine how big a difference the new double-hung windows would make, Mary Jane says, but "in the end it was the room's biggest improvement." Dark wood window and door trims were then replaced with white molding, further lightening the scheme.

Finish materials chosen to weather the wear, tear, and trend of the day embellish the kitchen as well. The dark knotty-pine cabinets gave way to clean-lined white and light-green units. Terra cotta tile floors were replaced with a walnut-and-oak parquet design that blends in with the home's other wood floors. A timeless dark-green granite covers most of the kitchen countertops, but stainless steel extends to the surfaces on either side of the restaurant-style range. "We chose it for practical purposes," Mary Jane says. >> on 134

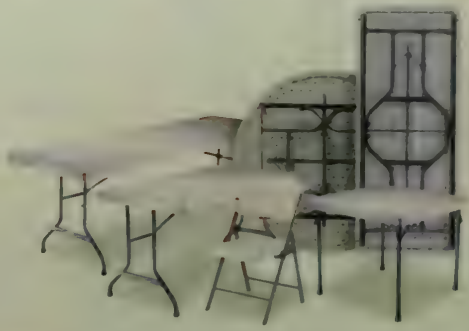
The kitchen's upper cabinets feature glass fronts (*above*) that match the muntin grid in the family room's windows and French doors. The openness also boosts the kitchen's feeling of spaciousness, a quality that Mary Jane (*top right*), Jim, and the girls welcome when they all pitch in at mealtimes. Additional conveniences for the cook include a restaurant-style range and a granite countertop that incorporates a built-in drainboard and an undermount stainless-steel sink (*right*).



LIFETIME®

SIMPLY BETTER.®

)n all the holiday parties and guests, the projects and
s. With lightweight and easy-to-clean Lifetime tables and
you're ready. Made of tough polyethylene, your table's
enough to hold a house, a holiday village, or a family feast.
e low price won't topple your budget, either.



Available at a warehouse club or retail store near you. Call or visit online.

800-225-3865 • www.lifetime.com

Fruitylicious and Nutritious!



Nutritious DANIMALS
with vitamin D
you'll both
DANNON Danimals





BEFORE & AFTER >> from 132

"Stainless steel is impervious to hot pots, always looks clean, and it doesn't scratch," Mary Jane says. Plus, it never stains, so it's easy to clean." For the backsplash, she chose the same granite used on the countertop near the sink; it cleans up quickly and provides a dressier look for a spot within view of the family room.

The kitchen's integration with the family room—in style and function—is one of its strongest suits, Mary Jane says. "We spend more time in this room than in any other, and it's also great for entertaining. Now the space's efficiency, practicality, and updated style blend easily with the character of a classic farmhouse."

The cabinets on the sink side of the kitchen back up to low built-in bookcases that face the family room (*top*), where Mary Jane and springer spaniel Jesse enter via a side door. Most of the shelves hold Mary Jane's extensive collection of cookbooks, but a nook on the end closest to the dining area is fitted with a wine rack (*above*) so the Berriens' favorite bottles aren't far from the table. The cabinets define the cozy lounging spaces as separate from the kitchen without closing them off.

INTERIOR DESIGNER JANET ACKERLY

RESOURCES >> 275

MORE ABOUT ADDING ON AT HOME, www.bhg.com/addon

nite nite



Barbie Style

Rapunzel fantasy sleepwear $24.00



Softening THE EDGES

KIM KELCE'S ST. LOUIS GARDEN IS A STUDY IN CONTRASTS, WHERE BILLOWING SHRUBS AND PERENNIALS BLUR THE PRECISE LINES DRAWN BY STONE WALLS AND CLIPPED HEDGES.

BY **DOUG HALL** PHOTOGRAPHS BY **ALISE O'BRIEN** PRODUCED BY **MARY ANNE THOMSON**

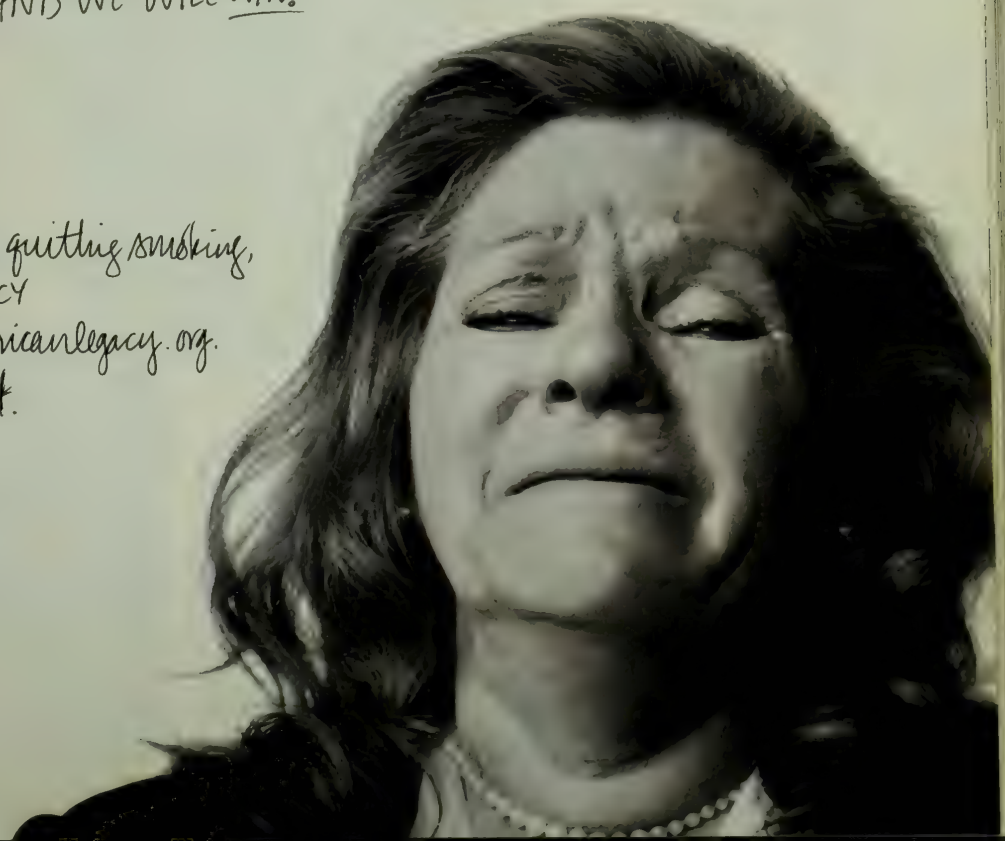
Legacy
American Legacy Foundation

my Children - David, Diana, Michael,
running out of tomorrows. Im so proud of you!
ways loved you and always will.
I love my darlings.
Mom

west Jon,
m so sorry my smoking will cheat us
of 20 or 30 more years together. Remember
in we had every year at the lake. I will
ys love and treasure you.
Linda

he TOBACCO Companies,
y name is Linda. Im dying from emphysema
smoking. We know you are in this for the
ney. We are in it for our lives and the lives
r loved ones. AND WE WILL WIN!

information on quitting smoking,
1-800-4-A-LEGACY
Visit www.americanlegacy.org.
ne is important.



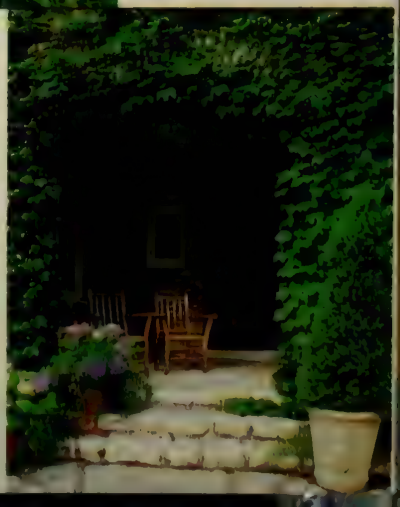
GARDEN STYLE >> from 136

Sharp-edged geometry and lush abundance—seemingly contradictory elements—share common ground in Kim's garden. Kim and her family moved to this house in 1991, and Kim immediately began to renovate the neglected yard. She cleared overgrown shrubs and replaced them with an architectural framework of boxwoods and Foster hollies—both evergreen—and star magnolias. These, along with Missouri limestone walls that complement the house's English country style, define the garden's spaces in all four seasons.

>> on 140



"I am not an idle person," says Kim Kelce (*above*). Proof of that understatement is visible in the 2-acre garden she maintains around her St. Louis home. Rustic stonework is a recurring theme throughout the property, as seen in the ivy-covered front porch (*below*) and an arched gate in back (*left*), where black-eyed Susans jostle for attention.

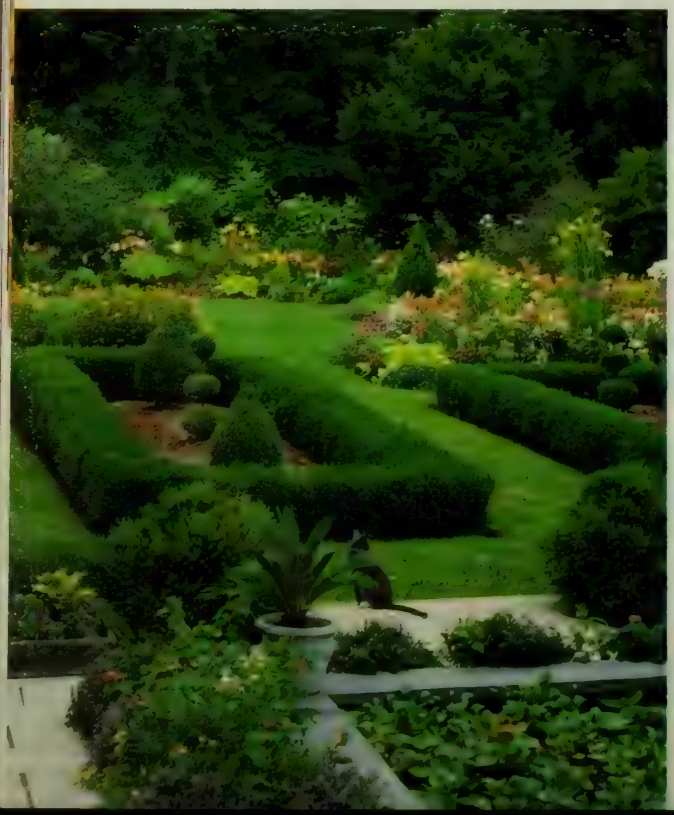



This little thing is great.
Cute and functional.
Too bad they don't
make guys that way.
Wireless Accessories
Sprint PCS
BEST BUY
The brands and the plans you want, all in one place.
Turn On the Fun
BestBuy.com

One less thing to hide when company comes.



Bad smells can go anywhere, so why shouldn't your air freshener? New Renuzit® High Impact™ Scented Oil is product of its kind that doesn't require a plug. It comes in three enchanting scents — Paradise Breeze,™ Misty and Citrus Splash™ — and it's as easy on the eyes as it is on the nose. In fact, bad smells never looked



GARDEN STYLE >> from 138

A few steps down from the back patio is a square pond with stone coping. Beyond that, sheared Green Velvet boxwoods stand in formation on the lawn. "The architecture of the house took a more formal garden than I had ever done before," says Kim, a professional garden designer. Contributing to the formal layout in this part of the landscape are the straight lines, the muted color scheme, and the symmetrical arrangement of plants—not to mention the shrubs sculpted into cones and globes.

The further one strolls from the house, however, the more casual the planting style becomes. Perennial beds in back are also rectangular, but the plants within them are a happy tumble, taking the edge off the linear layout. To keep these distant beds from appearing puny in scale, Kim populates them with plants that stand tall and bloom lustily. "The idea is to create a vista from the patio to the garden," Kim says. Four star magnolias planted at intervals around the arc-shaped perimeter add to the garden's neutral green backdrop.



The view from the patio stretches past boxwood hedges toward a floral free-for-all that peaks in midsummer (*left*). Climbing roses crown a statue Kim calls the "keeper of the garden" (*above*). The landscape in front is quiet and restrained (*below*).

>> on 142







GARDEN STYLE >> from 141

The mix of shade and sunny exposures throughout the property allows Kim to design areas with different moods. A shaded oval of lawn in a side yard is bordered with a sweeping arc of Annabelle and oakleaf hydrangeas, hostas, azaleas, and soft-colored perennials. The calm and restful effect is best appreciated from the patio, which wraps around the rear of the house. "When it is nice out, we use the patio a lot for eating, entertaining, and relaxing with a book," Kim says.

In lively contrast, the assertive colors of the perennial beds fill a wide, open, sun-drenched space. The beds burst at the seams with summer phlox, Shasta daisies, coneflowers, and 75 varieties of daylilies. For extra measure, Kim tucks annual flowers into whatever gaps she can find. The result is a dense, summer-long tapestry of blooms.

After 20 years of gardening, Kim has relaxed her attitudes about achieving perfection. "I used to be a fanatic about weeding, when I had my first garden," she says. "I would not even have people over unless I had inspected the garden and taken out all the weeds and such. I just cannot do that any more." But with all those flowers to stimulate the eye, who's going to notice an occasional weed?

RESOURCES >> PAGE 276



WE'RE PART OF YOUR ONLINE NEIGHBORHOOD TOO. WE LIVE WHERE YOU LIVE.

Now it's even easier to get help from a good neighbor. Just log on to *statefarm.com*®. You can get quotes, update policies, initiate a claim or manage your finances. To get started, visit statefarm.com today.

LIKE A GOOD NEIGHBOR STATE FARM IS THERE.®

STATE FARM INSURANCE

State Farm • Home Offices: Bloomington, Illinois



Feel the Intensity™

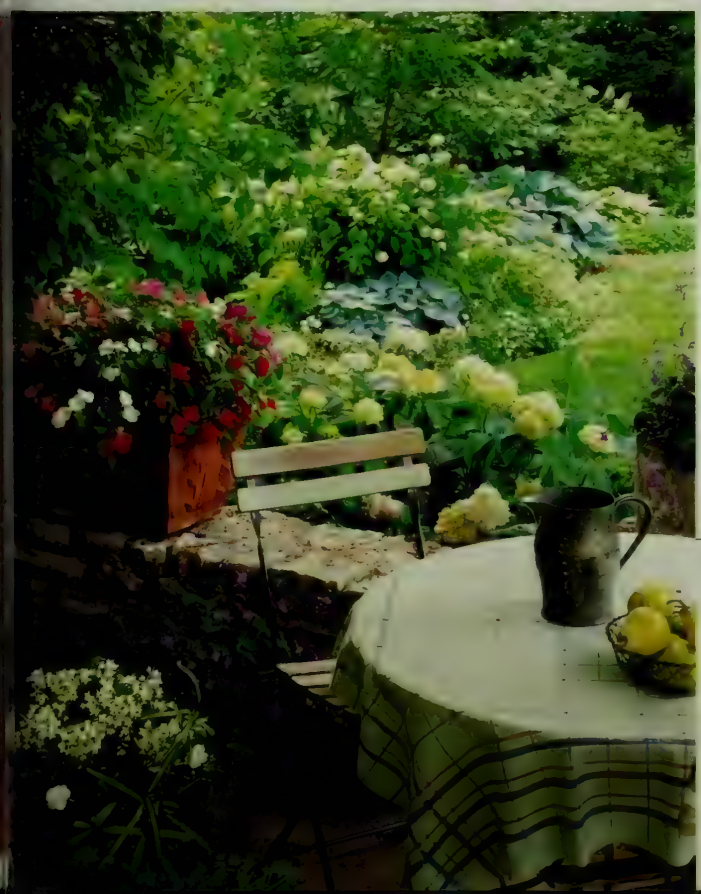
Wrap yourself in the warm, passionate embrace of Intensity – the world's most realistic gas fireplace. Once you've experienced Intensity, you'll want it in every room. Fortunately, with Heat-N-Glo's patented Direct Vent Technology you can have Intensity in spots other fireplaces only fantasize about. And with the distinction of its furnace rating and ducting capabilities, you'll feel Intensity even when you're in the next room. If you've never experienced Intensity, you really should.

INTENSITY

For FREE information, call 1-888-427-3973, visit www.heatnglo.com or www.fireplaces.com

HEAT-N-GLO

No one builds a better fire





White hydrangeas and blue-green hostas punctuate a soothing shade border in Kim's garden (*left*). A small concrete basin is a favorite resting spot for cardinals, sparrows, and bluebirds (*above*). In the sun, perennials in bright colors predominate (*above left*).

LENOX

Gifts That Celebrate Life

Twelve Months of Snowmen Sculpture Collection



Sculptures shown smaller than actual size. Heights range from 3 1/4" high to 3 1/2" high. Display shown smaller than actual size of 17" high by 14" wide.



Visit us at www.LenoxCollections

Take a year-long holiday with the merry snowmen of Lenox

Snowmen love Christmas. St. Patrick's Day, the Fourth of July and Halloween too! Now the artists of Lenox have created a whole calendar of snowmen sculptures. Twelve original works of art in all, available by subscription from Lenox.



Hand-applied touches of soft pastels warm each snowman sculpture.

Each adorable sculpture will be crafted of Lenox® ivory fine porcelain, trimmed with 24 karat gold and hand painted. As a subscriber, you'll receive one imported snowman sculpture every month for just $19.90 each. And you can show them off on the hardwood display that comes with your collection at no extra cost.

Make every month a snowman month with the *Twelve Months of Snowmen Sculpture Collection* by Lenox. Sign and mail the Subscription Form today.

© LENOX, Inc. 2002

SUBSCRIPTION FORM • MAIL BY NOVEMBER 30,

Fine Porcelain • Pure 24 Karat Gold

Please enter my subscription to the *Twelve Months Snowmen Sculpture Collection*, 12 ivory porcelain sc tures to be sent to me at the rate of one every mon

I need send no money now. I will be billed jus $19.90* per sculpture, and will receive the custom display at no added cost. I may cancel my subscrip at any time. My *satisfaction is guaranteed.*

Signature _____
ALL SUBSCRIPTIONS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State _____ Zip _____
2718

Telephone _____

E-mail _____

* Plus $4.25 per sculpture for shipping, handling, and insurance ($8.98 for the display). Your sales tax will be added.

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, Pennsylvania 19047-9

LENOX

Gifts That Celebrate Life

A wish–
a prayer–
and a cup of
Irish tea



24-ounce teapot shown smaller than actual size. Height: 5½"

he ish Blessing Teapot

; the charm and the blessings of tradition into your home with nchanting cottage teapot. Fully ered in the shape of a snug Irish ge, and painted by hand, the t is crafted of fine china and detailed.

here's a profusion of sham- for luck. Twining pink roses appiness. A "thatched roof" forms the lid. And a claddagh nocker—signifying friendship ests invited for afternoon tea.

OLLECTOR'S TREASURE

ed by the artists of Lenox, *The Blessing Teapot* is a superb ple of the cottage teapots that have been collected and prized for generations. And, at just $45, this hand-painted imported china teapot is a remarkable value.

In addition, the words to "An Irish Blessing" will be lettered in 24 karat gold on the bottom of the teapot, along with the respected Lenox® hallmark. And each fine china teapot will be accompanied by a Certificate of Authenticity.

To acquire this exceptional collector's teapot, mail your order directly to Lenox. You need send no payment now, but enter your order promptly. With Lenox, your satisfaction is always guaranteed.

www.LenoxCollections.com

© LENOX, Inc. 2002

Order Form • Mail by November 30, 2002

Please enter my order for *The Irish Blessing Teapot,* crafted of Lenox fine china and painted by hand.

I need send no money now. I will be billed for my hand-painted teapot in three monthly installments of $15* each. *My satisfaction is guaranteed.*

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State ____ Zip _____
2715142

Telephone (____) _____

E-mail _____

* Plus $4.98 per teapot for shipping, handling and insurance. Your sales tax will be added.

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, PA 19047-9120



ADDING AN ACCENT

FLANGES, PIPING, BOX EDGES—THESE MAY SEEM LIKE HARDWARE STORE TERMS, BUT THEY'RE REALLY PILLOW TALK. LET US DECIPHER SOME JARGON.

BY **JILANN SEVERSON** PHOTOGRAPHS BY **KING AU** PRODUCED BY **CATHERINE KRAMER**

The room still needed something. The expert in the orange apron had a thought.



Mood lighting.





Bay Victorian Bronze Lamp SK

Trimmings and shapes separate wimpy pillows from wonderful ones. Whether you are buying cushions or sewing them, use our pillow primer to pick what will look best in your rooms.

1. **WELT-EDGED.** Welting, cording, and piping are terms for a round-edge trim that accents pillow shape. Contrast-color welting is used to highlight a fabric pattern, such as these embroidered bees.

2. **RUFFLE-EDGED.** Gathered or pleated bands give a flirty touch. They work especially well to frame circles, such as the end of this bolster pillow, though they can also soften the corners of a square pillow.

3. **BOX-EDGED.** A wide panel that separates the top from the bottom (called a gusset) gives depth to this cushion-like pillow. Box pillows are usually filled with solid foam.

4. **FRINGE-EDGED.** Add formality by employing fringe in place of welting. This flat braided band (with or without fringe attached) is often called gimp.

5. **FLANGED PILLOW.** A floppy, flat edge—called a flange—that extends beyond the cushion boosts pillow size and gives it interesting movement.

6. **RUCHE-EDGED CUSHION.** When a gussett is tightly gathered, it is called a ruche (*roosh*). This edge creates a frillier look than a smooth, boxed pillow.


1


2


3


4


5

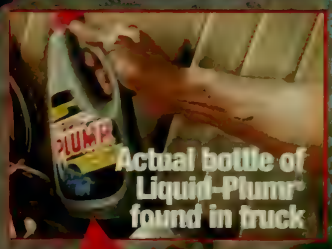

6

DRAIN OPENER EXCLUSIVE

Plumber found with bottle of Professional Strength Liquid-Plumr® clog remover.

PLUMBER NABBED AS CLOG GOES FREE

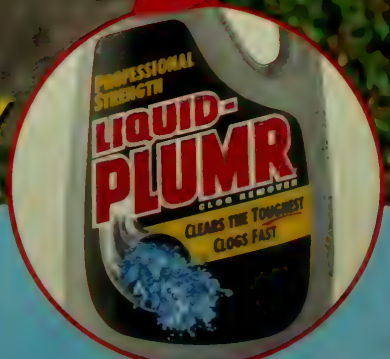






JOE'S POWERFUL STORY LEAVES COPS AMAZED:

It's best on the toughest clogs. You pour it in and... pow clog's gone.



Answering KIDS' QUESTIONS



KIDS ASK THE DARNEDEST THINGS. DON'T HAVE ALL THE ANSWERS? HERE ARE A FEW TO GET YOU STARTED.

BY SARAH MAHONEY

Children never stop asking questions. Three-year-olds love to ask "why" even if they don't always care about the answer: "Why is the sky blue?" "Why can't dogs talk?" Later, questions start to show a budding sense of logic: "What keeps us stuck to the earth?"

Most queries revolve around things kids see every day, says Marshall Brain, founder of HowStuffWorks.com, and a career question-answerer. But educators and experts insist that knowing the answer is beside the point. Help sharpen your child's mind by teaching her to seek answers from the Web, libraries, and other sources. These search skills will serve her well for the rest of her life.

To start you off, we got the experts to answer some common questions.

Q. Is there life on other planets?
A. Probably.
But this life may look more like pond slime than E.T., says Charles T. Liu, an astrophysicist at New York's Hayden Planetarium. The search for life focuses mostly on planets with liquid water, a heat or energy source, and chemicals like carbon, hydrogen, and oxygen. This is what basic life needs to flourish. To learn more, go to www.haydenplanetarium.org.

Q. Are there spiders in every house?
A. Honey, they're in every room.
"In a typical acre of grass, there are hundreds of thousands of spiders," says Jim Dill, an entomologist at the University of Maine in Orono. By the way, while we only worry about the dangerous brown recluses and black widows, in fact, all spiders are poisonous. Most people have only a mild reaction to the venom, though.

Q. Why do people hiccup?
A. To tell us when we're too full of food or air.
That's why hiccups kick in after we eat too much, sob, or laugh too hard, says Lane Tanner, M.D., associate director of developmental and behavioral pediatrics

IFE INSURANCE ISN'T
OR THE PEOPLE WHO DIE.
'S FOR THE PEOPLE
HO LIVE.

na and Ebony's father died at an
age. Their mom, Jackie, was left
with two young daughters to
. As a single parent, Jackie bought
nsurance so her kids would be
care of in the event anything bad
to happen to her.

the worst occurred. Jackie was
osed with incurable lung cancer.
would happen to her kids? The
nal illness benefit gave her the
to purchase a new home for the
and put money away for their
ation while she was still alive.
Jackie died in June 1999. But
s to the plans she had made to
t her children, they will have
thing she wanted for them. Ebony
ble to graduate with honors from
e and Shanna is secure knowing
om took care of her education.

a and Ebony's story proves the
and importance of life insuran
lk to a life insurance agent or other
cial advisor and find out how to
a plan that takes care of the
you love and the things you
bout. *Because, without insurance,*
ncial plan is just a savings and
ment program that dies with you.



Shanna and Ebony Blanchard

LIFE

HEALTH INSURANCE FOUNDATION FOR EDUCATION
A NON-PROFIT ORGANIZATION

8-LIFE-777 www.life-line.org

at Children's Hospital in Oakland, California. "For older kids, explain what the diaphragm muscle is, and that when it's been stretched or irritated, hiccups are the way it tries to put itself right again."

Q. Why do dogs have bad breath?
A. "Hey, if you ate dog food all day, you'd have smelly breath too," says Matt Gallant, host of Animal Planet's show *Planet's Funniest Animals.*
Seriously, dogs get stinky breath for the same reason people do: Bacteria-filled plaque coats their teeth. Good dental care for the dog (yep, you're supposed to be brushing his teeth) and limited table scraps should take care of the problem. For more information, check out www.petdental.com.

Q. Why do junky foods taste so good and healthy foods taste so yucky?
A. It's a low-down trick our taste buds play on the rest of our body.
Once upon a time, sugar and fat were good for primitive humans: Sugar gave the body quick energy. Fat, meanwhile, had tremendous nutrient value for our ancestors; it has more calories per gram than almost anything else. We survived on natural fats and sugars because this was all that was available. But in an age of cheeseburgers, fries, cookies, or ice cream, our caveman programming just gets us into trouble.

The good news, says New York-based nutritionist Joy Bauer, registered dietitian and author of *The 90/10 Weight-Loss Plan*, is that there are plenty of naturally sweet, flavorful foods that kids love, like fruit, sugar snap peas, or corn on the cob. Also, you can make treats, such as Parmesan popcorn, fruit smoothies, or chocolate-dipped strawberries.

Q. What does God look like?
A. Like the nicest old man you've ever met.
A peek at Belief.net, a spirituality Web site, turns up what some kids believe. "He has long sleeves up to here and long pants, and he wears a robe," writes one 5-year-old; "Like Grandpa," says an 8-year-old.

Don't worry about the way kids try to make God into a concrete image, writes Belief.net columnist Rabbi Sandy Sasso. "If we stay too abstract—or worse, if we say nothing about God—then God is largely irrelevant to our lives and meaningless in the lives of our children."

Q. Why is the sky blue, anyway?
A. Blame it on the air.
Even though we can't always see it, light is composed of many different colors. When sunlight hits our atmosphere, color in the blue wavelength strikes water droplets and even the molecules that make up the air we breathe. These little collisions cause blue light to scatter everywhere across the sky, giving us blue light, says Emlyn Koster, Ph.D., president of Liberty Science Center, Jersey City, New Jersey. And those blue, blue skies we see on sunny days? Less dust and pollution makes the blue light shine more purely. To learn more, go to the National Optical Astronomy Observatory (www.noao.org) or Liberty Science Center's site (www.lsc.org).

Sarah Mahoney, a health and parenting writer, lives in Durham, Maine.

PHOTOGRAPH GETTY IMAGES

MORE ABOUT TALKING TO KIDS, www.bhg.com/toddlertalk



Obviously, THEY WEREN'T INTENDED TO CHEW THEIR WAY THROUGH PEAS & CARROTS.

4 out of 5 vets agree that animal protein is the most natural way to feed cats.

Indeed, cats concur. That's why the Iams Company formulates their pet foods exclusively with animal-based ingredients, like chicken, as the primary source of protein. Clearly, when a cat opens his mouth, we listen.



IAMS
Good for Life

"We turn not older with years,
but newer every day"

-EMILY DICKINSON



Forget cat years. Start thinking in Iams Years from day one.

Because cats age seven times faster than humans, it's vital in the first year to get them off to a healthy start. Iams Kitten Food picks up where mother's milk leaves off and helps build a robust immune system. So you can forget about cat years and watch her grow up in Iams Years. Contact us at iams.com or 1-800-525-IAMS.

IAMS

Good for Life™



calm IN THE CLASSROOM

FOR MANY KIDS, A LITTLE QUIET TIME OFFERS A LOT OF STRESS-REDUCING BENEFITS. SOME SCHOOLS ARE ENCOURAGING A KIND OF HUSH THAT HELPS.

Johnny Beard says he used to be "kind of hyper." He was a whirlwind of activity, plus he had high blood pressure—at the age of 18. Then he started meditating in school.

"I used to bounce off the walls," he says. "Now, I just chill."

Johnny was one of 150 students who took part in a blood pressure reduction study in Richmond County School District in Augusta, Georgia. The research sought to determine if relaxation techniques could alleviate hypertension. Students meditated for 15 minutes at school every morning and at home each night, says Vernon Barnes, Ph.D., of the Georgia Prevention Institute, who conducted the study funded by the American Heart Association and the National Institutes of Health. After four months, many students showed a drop in blood pressure, and the school began to see a drop, too—in student absenteeism and school suspensions. Findings like these are the sort that turn educators' heads, and with good reason.

BY **JEANNE AMBROSE** ILLUSTRATIONS BY **CAROLINE HAMEL**

on't expect Windex® Wipes to do a Clorox® Wipes job.



Windex® Glass & Surface Wipes don't disinfect.
Only Clorox® Disinfecting Wipes have cleaning and disinfecting power from Clorox.

>> from 154

"An excessive number of students are engaging in fighting, arguing, tardiness, and truancy. Preventing this negative behavior has become a national priority," says Barnes. "What's needed are programs of demonstrated efficacy that can be added to the standard school curriculum." Meditation and similar techniques may be just the ticket.

The Georgia students were taught Transcendental Meditation (TM), a well-studied technique that involves sitting comfortably with eyes closed while the mind settles into a state of calmness and the body relaxes.

In Detroit, students at Nataki Talibah Schoolhouse report to the gym first thing in the morning and at the end of each day to practice TM. Principal Carmen N'Namdi refers to this period as quiet time. "If you use the word 'meditation' people connect that with religion. It's not," she says. "There are no values involved. There's nothing to believe in. It's just physical. It releases stress from the body."

Nearly all of the fifth- through eighth-graders choose to participate in the twice-a-day sessions. "If nothing more, it enhances the school culture. The children are more introspective, they talk their feelings out. They have a grip on their emotions. I think it comes from having that quiet time," N'Namdi says.

Other focusing techniques have an impact on student behavior, says Jennifer Johnston, director of curriculum at the Education Initiative at the Mind/Body Medical Institute. Founded by Harvard physician Herbert Benson—proponent of the "relaxation response" method of reducing stress to maintain health—the institute has looked at the relaxation response's impact on everything from blood pressure and heart rate, to brain-wave activity and metabolism. The results, in a nutshell: Sitting quietly for 20 minutes twice a day leads to healthy decreases in blood pressure, breathing rate, metabolism, and brain activity.

SILENCE SOOTHES FACULTY MEMBERS TOO

Taking time each day to participate in some form of relaxation has helped more than just the students. Quentin Motley, a high school principal involved in the Augusta, Georgia, schools project, is proof of that.

"I had high blood pressure," he says. "Now I take time during the day, close the door to my office, turn the light out, and meditate." His elevated blood pressure dropped and now "I don't fuss, don't cuss, and don't raise my voice," he says. Motley noticed that meditation had a calming effect on students, too. "It gives them a chance to relax. We don't have as many fights as we used to—there's not as much hostility."

The trick to attaining the calming benefits, though, is to realize that all students are unique, Johnston says. "Some students respond to sitting in silence. But for students with attention deficit disorder (ADD), seated meditation can be torture." Options for such students might be yoga or similar movement-based practices.

Diane Smallwood, Psy.D., president of the National Association of School Psychologists, agrees. "It's important that students find their own strategies. For some, quiet time is beneficial. For others, shooting a basketball or running track is more helpful."

The Mind/Body Medical Institute has resources, audio and video tapes, CDs, and data to support the relaxation response. Check out its Web site: www.mbmi.org. For details about Transcendental Meditation, visit www.tm.org, where you'll find scientific studies and related links.

MORE ABOUT LOWERING STRESS www.bhg.com/meditation

DO-IT-YOURSELF RELAXATION

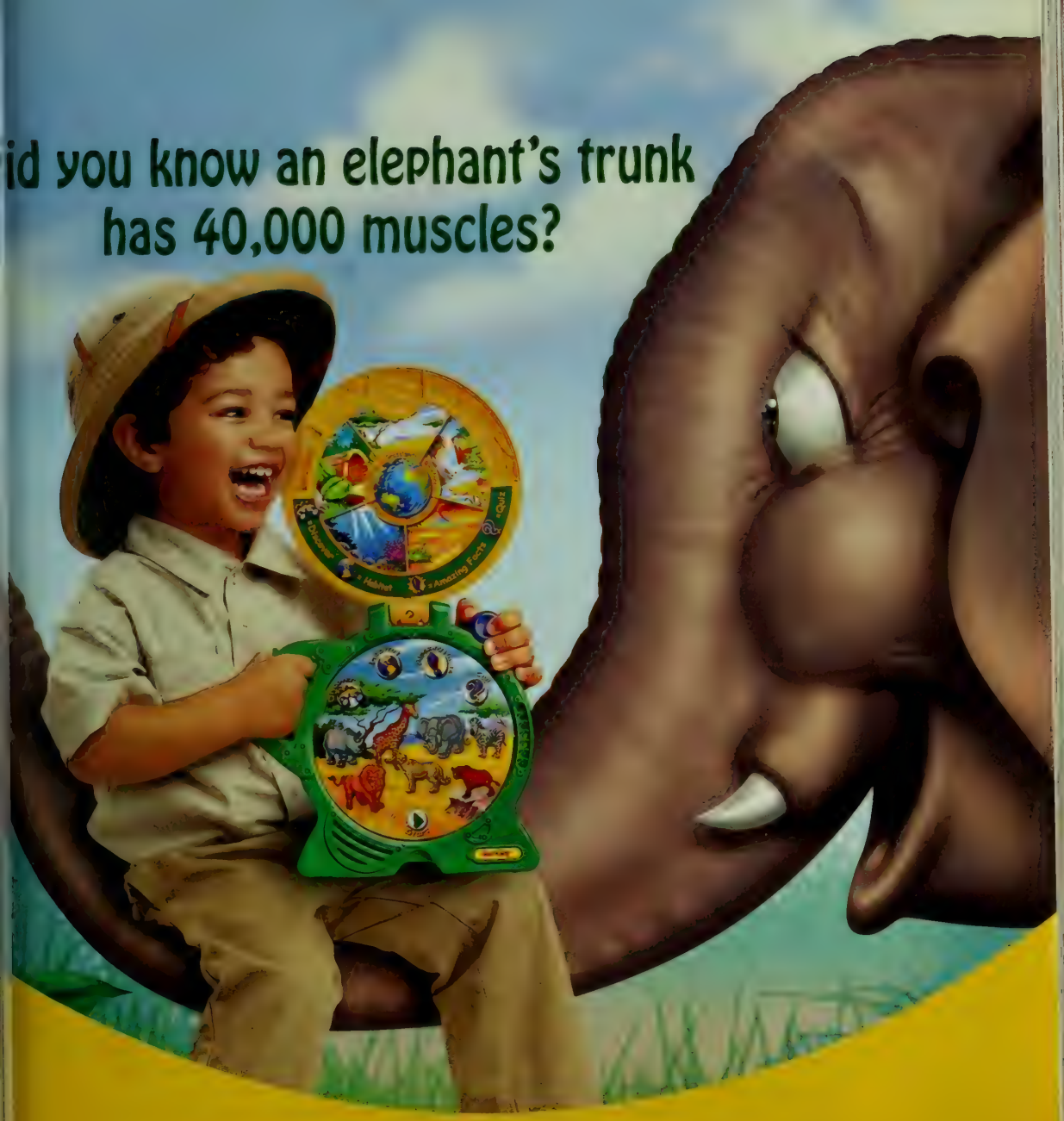
Formal training in Transcendental Meditation can be pricey, up to $2,500. The schools that offer it often rely on grants and donations to provide funding so all students can participate. At Nataki Talibah Schoolhouse in Detroit, major benefactors included Chrysler, General Motors, and private donors.

Relaxation response techniques, as used at Boston's Mind/Body Medical Institute, can be self-taught. If practiced regularly, like TM, the positive effects are cumulative, says Jennifer Johnston.

The process is fairly simple.

- Begin by sitting comfortably with your eyes closed.
- Choose a point of focus. It can be a word, a short phrase, or even a prayer, Johnston says. Commonly chosen words include ocean, peace, or calm.
- Breathe naturally, but slowly, silently repeating your focus word or phrase every time you exhale.
- If your mind wanders or becomes distracted, direct your thoughts back to your focus word.

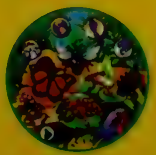
"We usually suggest this practicing relaxation technique for 20 minutes once or twice a day, although with children—depending on their age—5 or 10 minutes is enough," Johnston says.



With the See'n Say® Animal Explorer,™ kids learn over 200 amazing animal facts.

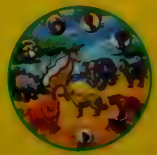
They'll explore 5 wild animal kingdoms on 5 different discs. Realistic sounds will stir their senses as they learn about 35 animals through 4 exciting modes. And, it's built for travel, so kids can go exploring wherever they go.


Rainforest


Insects & Arachnids


Prehistoric


Under Water


Grasslands

See 'n Say®

Fisher-Price®

www.fisher-price.com



A WOMAN'S TOUCH

IN A MALE-DOMINATED AUTOMOTIVE WORLD, THESE DESIGNING WOMEN HAVE PUT A MORE PERSONAL AND PRACTICAL SPIN ON THE CARS WE ALL DRIVE.

They came to be known as "The Windstar Moms"—a group of 30 female engineers who helped create the 1999 Ford Windstar minivan. Given that fewer than 10 percent of all automotive engineers are women, having so many on a single development team was revolutionary. And if the popularity of the Windstar is any indicator, the revolution succeeded.

Among the features introduced by the Moms (aptly named because 10 had babies during the three years of the project) were a "sleeping baby" dome light that doesn't throw glare when the van's doors open, cup holders squared to hold juice boxes, and a switch to prevent the driver's-side door from locking while the key is in the ignition—imagine Mom hopping out of the car to open the garage door while the kids and dog are still in the vehicle.

"A lot of design is intuition and instinct, and everybody benefits when women are part of the process," says Sue Lampinen, a chief designer with the Ford Blue Oval Division, currently at work on the 2004 Windstar.

Women auto designers aren't just fine-tuning cup holders in minivans, though. Among the recent vehicles designed by women are the 2001 Nissan Frontier compact pickup, created by a team headed by Diane Allen, chief

BY **LIZ SEYMOUR**

I teach kids the old-fashioned way.

With the belt.

Maureen Pearson LIBERTY MUTUAL TEEN DRIVING ADVISOR

BUSINESS AUTO HOME LIFE



"Did you know that one in five teenagers never wears his or her seat belt? Or that almost 50% of teens don't wear seat belts when travelling to school? It doesn't have to be that way. That's why Liberty Mutual has teamed up with SADD to encourage teenagers to adopt safer driving habits. As part of this arrangement, I travel to high schools, showing students our Teen Safe Driving Video, talking to them about seat belts, speeding...drinking and driving. Anything it takes to help these kids take more responsibility behind the wheel. Some teens may think of me as the Big, Bad Belt Lady. I can live with that, as long as I'm making a difference."

IT'S MORE THAN INSURANCE. IT'S INSURANCE AND ACTION.

If your teen has their learner's permit, every hour behind the wheel is important, so practice with them as much as possible. To receive our Teen Safe Driving Video, call 1-800-4-LIBERTY or visit www.libertymutualinsurance.com and click on "Teens Today."

Liberty Mutual

VISIT WWW.LIBERTYMUTUALINSURANCE.COM

©02 Liberty Mutual Group

YOUR FAMILY CAR >> from 158

designer at Nissan's American design studio, who also had a hand in the 2000 Maxima and the popular Xterra sport/utility vehicle; the Buick Rendezvous, designed by General Motors' first female vehicle chief designer, Liz Wetzel; and the Cadillac Escalade, one of the many vehicles whose trademark look and luxury were overseen by Anne Asensio, executive director of design quality and brand character. "We are a diverse society made up of many kinds of people," says Asensio. "The best way to design for diversity is to make sure you hire the people you want to reach."

Women make or influence 80 percent of all new-vehicle-buying decisions, and what they want out of a car can differ from what men want, says Anna Kretz, vehicle line executive for front-wheel drive trucks at General Motors' North America Car Group. "Both men and women desire safety, for instance, but given safety over horsepower, women will put safety first," she says.

Engineers are also responsible for the overall functionality of a vehicle. From the size of the gas tank to the feel of door latches, designers control all interior and exterior details of a vehicle.

Beginning with the family-friendly Ford Taurus, which first appeared on the drawing board in the early 1980s, all auto makers have adopted a team approach to designing new vehicles, encouraging designers and engineers to work closely every step of the way. This management style is particularly comfortable for women. "That's the way women work together already, with an emphasis on inclusion instead of competition," says Asensio.

The shift toward women designers, engineers, and executives has benefited male car buyers too. "If you take into account what women want, you will just naturally design a vehicle that men like and appreciate as well," says Lampinen. The new 2004 Windstar, for instance, will have a third-row seat that folds completely flat and a second-row seat that tumbles forward for easier access and greater storage area. Women asked for—and got—an improved seating position, greater visibility, and adjustable pedals that can accommodate from short to tall. Such design tweaks aren't just woman-friendly; they are people-friendly.



Part of Anne Asensio's (*above*) job is to make the Cadillac Escalade the most desirable of the luxury SUVs.



When you see a Buick Rendezvous on the street, you are admiring the work of chief designer Liz Wetzel (*above*).

Case in point is the Buick Rendezvous. Created to bridge the gap between SUVs and luxury sedans, the Rendezvous is ruggedly built with (men, take note) a 185-horsepower V-6 engine, optional all-wheel drive, and 3,500 pounds of towing power. This same vehicle also includes leather-trimmed upholstery and a stylish instrument panel that can be appreciated by anyone.

But it's the little things that make the difference for many women drivers—like a roomy purse- or diaper-bag-sized bin under the center console (suggested by Rendezvous chief designer Wetzel, herself the mother of young children), a low sill to make it easier to climb in and out, and a lightweight liftgate that's easy to reach. Those features have apparently clicked: 64 percent of the Rendezvous' primary drivers are women.

Amenities aside, women drivers repeatedly point to safety as one of a vehicle's prime selling points. "For women, safety can mean anything from personal safety—how well the vehicle is lit when you walk up to it, for instance—to general vehicle safety," says Anna Kretz. "Women want to know how well a vehicle will withstand a crash; how good the visibility is from the driver's seat; what the stopping distances are; whether the vehicle has antilock brakes; and so on." Not surprisingly, those features are exactly the ones that are turning up on new vehicles. The Rendezvous, Cadillac Escalade, and Windstar all rate high for their safety features. The Windstar currently carries a five-star rating, the government's highest, for frontal crash tests on driver and passenger sides.

In models introduced during the next few years, look for American car manufacturers to include such features as an Internet hookup, a satellite-communication command center that can send a signal to your house to start the oven or turn down the air conditioner, and other extras designed to make life easier.

—Liz Seymour writes for The New York Times *and other publications. She lives—and drives—in Greensboro, North Carolina.*



eping us all connected.

America Online.

Get more of what you want, when you want it with America Online.

- Easy to install and even easier to get started
- Stay connected to friends & family with convenient, easy-to-use e-mail, Buddy List® and AOL® Instant Messenger™ features
- Parental Controls help safeguard your kids online
- Free 24-hour customer service means help is just a phone call away
- No annual contract to sign, no set-up fees!

AMERICA Online

So easy to use, no wonder it's #1

Call 1-800-4-ONLINE today

for FREE AOL software and 1000 hours to try it out! for 45 days

FREE TRIAL MUST BE USED WITHIN 45 DAYS OF INITIAL SIGN-ON. TO AVOID BEING CHARGED FUTURE AOL FEES, SIMPLY CANCEL BEFORE TRIAL PERIOD ENDS. Avail. to new members in the US, age 18+; a major credit card or checking acct. is required. Premium services carry surcharges and communication surcharges may apply, in certain areas, even during trial time. Members may incur phone charges on their phone bills, depending on their calling plan and location, even during trial time. America Online, AOL and the Triangle Logo are registered service marks of America Online, Inc. ©2002 America Online, Inc. All rights reserved.



WITH SO MANY DECORATIONS,

WE'LL LIGHT UP MORE THAN JUST YOUR HOME THIS HOLIDAY.

Come to Lowe's this holiday for all your decorating needs. We have everything from Department 56® collectibles to our exclusive Carole Towne™ porcelain villages. And a variety of fiber optic and fresh cut trees, even unique theme trees you can easily re-create at home! For holiday magic guaranteed to light up their faces, stop by today or visit lowes.com/holidayliving.

LOWE'S
Home Improvement Warehouse

Improving Home Improvement

EVERYDAY LOW PRICES. GUARANTEED!*





GRACE IN A SMALL SPACE

THIS TINY BOSTON-AREA CO-OP LOOKED JUST LIKE ITS NEIGHBORS. BUT FRENCH ANTIQUES, FINE ART, AND FABRICS—PLUS TWO TALENTED DESIGNERS—HELPED IT STEP GRACEFULLY OUT OF ITS COOKIE-CUTTER MOLD.

BY **CANDACE ORD MANROE** PHOTOGRAPHS BY **SAM GRAY** PRODUCED BY **ESTELLE BOND GURALNICK**



THE OWNER LOVES DESIGN AND COLOR. SHE DOESN'T DEMAND THAT EVERYTHING BE RARE OR EXPENSIVE. DESIGNER MARTHA FRIGOLETTO





As a co-op unit with a scant 780 square feet of space, this home faced certain constraints. Except for a balcony flower garden, the exterior was off-limits for any personal style statements. And, a complex-wide prohibition on interior expansion threatened to pinch creativity. But not for designer Karin Weller. Using a divide-and-conquer approach, she reconfigured the problematic living/dining area without stepping outside its footprint. She separated it with a double-faced wall of bookcases, but kept the views of downtown clear with a large, open doorway.

Freshly liberated from the tunnel effect, the living room "has the charm of a cozy Parisian parlor," says designer Martha Frigoletto, who assisted in assembling collections. "Before medical school, [the owner] earned a degree in art history from Smith College, so she has an appreciation for art and antiques," Frigoletto says. "She particularly delights in antique pottery, glassware, and china." A Chinese needlepoint rug, a 19th-century French daybed strewn with floral pillows, and an antique secretary filled with treasures "give you a wonderful feeling of coziness," Frigoletto says.

A new needlepoint rug (*left*) grounds the living room as a singular space, separate from the adjoining dining area. Stacked to serve as a table, antique hatboxes hand-painted by a Boston artist provide storage. An American Federal-style secretary (*above*)—handcrafted in 1876—displays ceramics, including pieces from China, Japan, and England.



"When it was all one room, it was a boring rectangle, especially with the low ceiling," Weller says. "Splitting it up provided more interesting proportions. Now, your eye doesn't take it all in at once, but enjoys a succession of views, and some surprises. In addition to providing storage for her many books, the new wall creates some sequencing. You look from the dining room through to the living room, through to the balcony, and through to the Charles River."

Weller underscored the demarcation by adding a chandelier and faux-marble flooring to the dining area. "Looking into it from the living room, the chandelier organizes the space." The big faux-marble squares on the dining room floor provide a break from the pickled parquet of the living room. And, for continuity, the floor squares repeat the paint treatment that Weller introduced to dramatize the entry. "I believe in an entrance that makes a very definite introduction," Weller says. "It's like the capital letter at the beginning of a sentence. It prepares you for what's to come."

A confirmed bibliophile, the owner gained storage by having the new divider wall installed (*right*). The onyx-top table, tucked in the corner by the bookcase, is a French antique. An old gate-leg table (*above*) teams with new cane-seated chairs, which have been hand-painted in an antique finish.



A small balcony off the living room is just large enough to allow some container gardening. But its primary function is to expand the compact interior and to provide a panoramic view of the waterway and skyline.

The public rooms present an inviting environment for entertaining, but decorating is intimate in the bedroom. With its Victorian iron bed, botanical prints, and pastel palette, "the bedroom is a little more flowery, feminine, and English in flavor," Frigoletto says.

From the bedroom and the living room, the Charles River can be seen brushing up to the building, then wrapping a sinewy arm up to the city in one spectacular vista. This space at last has rooms worth their view.



Seasonal flowers (*top*) draw the eye toward the scenic Charles River, while connecting to the foliage display along its banks. An antique beaded blue pillow (*right*) adds a burst of color to deepen and enhance the vibrant green needlepoint pillows on the bed. "It's the pillows that made the room uplifting. Everything contributed, but those pillows absolutely made it," Frigoletto says.

RESOURCES >> 275

MORE ABOUT SMALL SPACE DESIGN www.bhg.com/decoratingcenter



Nervous? Keep it Secret.

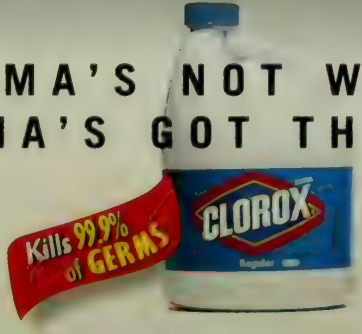
Introducing a new clear gel from Secret. It's stronger than the leading clear gel, goes on invisibly and activates instantly. So you'll keep your cool even if your specialty doesn't.

Keep it clear. Keep it Secret.



*Common household germs. ©2000 The Clorox Company.

MAMA'S NOT WORRIED.
MAMA'S GOT THE MAGIC.™





SIMPLICITY GOES BOLD

IN A WASHINGTON, D.C., NEIGHBORHOOD OF ROW HOUSES AND SMALL YARDS, A DESIGN WITH JUST FIVE FEATURES MAKES AN INVITING OASIS.

BY **MARK KANE** PHOTOGRAPHS BY **PETE KRUMHARDT** AND **HELEN NORMAN**

Keep it simple. That's the first rule of design for a small space. Better a limited number of elements and clusters of clearly defined shapes than the clutter of too many plants and too many structures.

That's what Mary Ellen Vehlow and Steve Hessler discovered when they sought help with their backyard—22 feet wide, 62 feet deep, and little more. "It had a lawn, a straight concrete path, a parking pad in the back, terrible drainage, and a collapsing fence," Steve says. Mary Ellen and Steve were not gardeners. "All we knew was we wanted to change what we had. We used to entertain with tables on the grass. We wanted more elegance."

The change was born on a napkin as garden designer Bob Moore sketched out a plan for the couple. They had approached Bob as an act of faith. At the time, Steve and Mary Ellen knew only of his solid reputation among D.C. gardeners. "We told Bob," Steve says, " 'Give us what you would do for yourself.' I loved the napkin, but I didn't know what we were really getting." The plan was a collection of projects proving that a sum is greater than its parts—particularly if you have great parts.

Bob replaced the fence with a wall, ripped up the lawn, brought in good soil, and built up berms for beds along both sides of the yard. He ran a sinuous path of flagstones down the center of the yard, and built a pavilion at the back of the yard. If you're counting, that makes four elements: a wall, berms for beds, a path, and a pavilion. The fifth is a splashy fountain made from recycled steel girders. "In an urban garden, a fountain is especially important," Mary Ellen says. "It makes a spot of tranquillity and gives us a real feeling of calm. With the windows open, we can even hear it from the house."

The pavilion is two steps up from the path, and the setting makes arrivals feel almost ceremonial (*right*). To keep the deck from feeling like it is floating too high above the garden, planting beds are raised. The fountain (see *page 171*) hides around the last bend to the right, invisible from the house but visible from the pavilion.



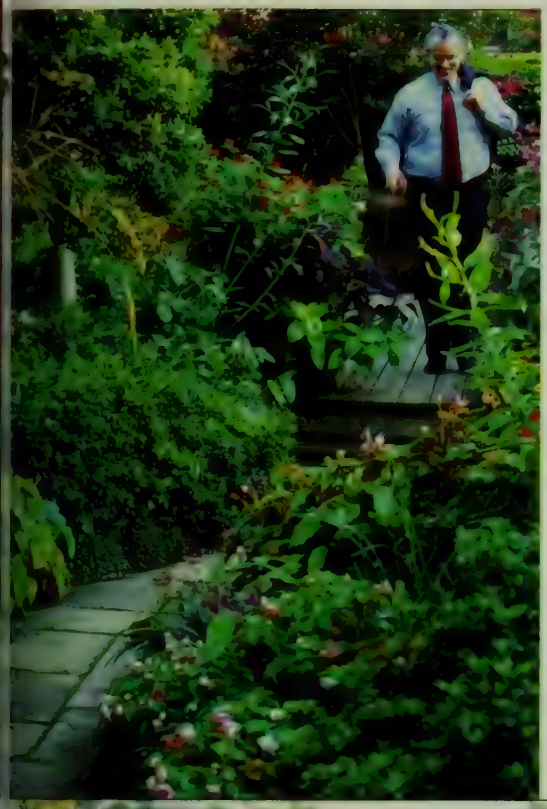


Then there's the contribution of each of the other elements. The yard wouldn't be the same without them.

The curves of the path have a subtle purpose. They're gentle and they repeat, which makes walking here appealing to the eye. The path's course discourages visitors from taking a straight route to the pavilion. Instead, curves are a cue to slow down and meander at a pace that allows for enjoying the beds on both sides. Meanwhile, the width of the path also produces a feeling of calm. It accommodates two people walking side by side, or one person ambling from bed to bed. The width also separates the two beds sufficiently to make them stand apart when viewed across the yard.

There are other subtleties. The smooth stone pavers of the path are laid with tight seams, which makes for safe footing. They welcome any kind of shoe. Then there's the trellis two steps from one corner of the house, right outside the living room. "It makes the garden feel close when we're indoors," Steve says. It also reduces the presence of the house for people in the garden or the pavilion. To anyone in the living room, the garden is hazily visible through the lattice that fills the trellis, but stepping out the door changes everything: A hexagonal window





at eye height in the lattice frames a preview of the landscape ahead.

Since the garden was built there have been big changes. For one, Mary Ellen and Steve, who are collectors of folk art, have set some of their collection in the garden. "Folk art is a very personal form of expression," Mary Ellen says. "These artists are people who often come to art late in life. They have a need to create." The couple meets the artists at events like the annual Kentuck Festival of the Arts in Northport, Alabama. "We go to Tuscaloosa instead of Tuscany," Mary Ellen says. "For every piece in our collection, we have a relationship with an artist." Another change: The addition of color as the garden has matured.

The beds themselves differ dramatically. The east side of the yard is all shoulder-high sun-loving perennials.

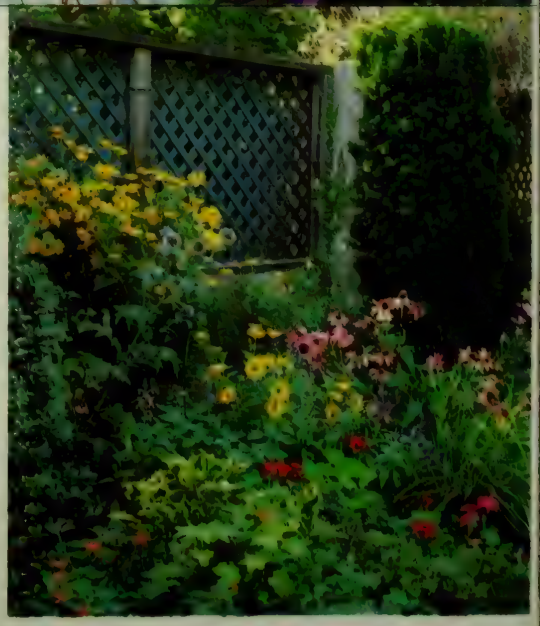
Folk art has found a place in Steve and Mary Ellen's garden. The sculptural head perched in the shade bed (*opposite top*) was made by Ted Ludwiczak, a mason who finds his material on the bluffs of the Hudson River. The workday ends for Steve when he has had his garden stroll (*left*). Mary Ellen finds her privacy in the pavilion (*opposite bottom*). An ivy topiary and a pine in an urn lend a formal touch to the back wall of the yard (*below*).



Plants in other bed are mainly low-growing, shade-loving perennials, such as the hostas, ferns, and lungworts clustered beneath trees.

Adding a wall behind the east bed was Steve's idea. "We didn't want this place to look like an exercise yard at a prison, so the wall has windows screened with lattice."

The pavilion is flexible; equally suited to parties or solitude. "It's big enough for three round tables of eight people each," Steve says. Then there are quiet moments. "On Friday and Saturday evenings in summer, the sun lights up the east wall. I take those times for myself," Steve says. And all this from a napkin.



The vivid purple leaves of strobilanthes accent a collection of containers in the pavilion (*above*). A solid wall can feel oppressive if it's tall and long. Lattice windows solve the problem (*right*).

RESOURCES >> 275

MORE ABOUT PLANT SELECTION, www.bhg.com/gardentips



Nestlé Treasures...
indulging yourself
has its charm.



Creamy chocolate. Luscious fillings.
Consider them a gift to yourself.



From you to you.



NEW LIFE FOR AN OLD

BY SHARON OVERTON PHOTOGRAPHS BY JON JENSEN STYLED BY BONNIE BROTEN AND MICHAEL WALTERS



SOUL

YOU WOULDN'T BE CAUGHT DEAD IN A CORSET. SO WHY STRAP YOUR HOME INTO A FUSSY LOOK THAT DOESN'T FIT TODAY'S RELAXED LIFESTYLES? BY OPENING UP WALLS, PRESERVING ARCHITECTURAL CHARACTER, AND MIXING VINTAGE AND MODERN PIECES, LEIGH NOE AND KEVIN IRBY BROUGHT A CLAUSTROPHOBIC VICTORIAN FLAT IN SAN FRANCISCO SMACK-DAB INTO THE 21ST CENTURY.



Ten years of living and working together in wide-open warehouse spaces could make any couple wish for walls. When prop stylist Leigh Noe crawled out of bed one morning to find clients in her living room, she knew "the working was overlapping the living." That's when she and photographer Kevin Irby decided to trade their artsy industrial digs for something more homey—a Victorian flat with high ceilings, wood floors, and tons of character.

Their goal: Transform the choppy floor plan of their 100-year-old flat, giving it the ambience of a modern loft.

Fortunately, Leigh remembered an apartment that was similar to what they wanted, the home of a young architect named Craig Steely. They had him over to take a look.

Their plan was to start simply: Redo the kitchen and bath. Maybe take out a wall here and there. But the project soon took on a life of its own. "By the time we were finished, we pretty much had redone the whole space," Leigh says.

Like good cosmetic surgery, the changes are so well integrated that they're nearly impossible to detect. Steely realigned rooms to gain a more flexible floor plan while preserving the home's architectural integrity. A pale neutral palette and dark wood floors unify the spaces. A mix of modern and mid-century furniture—much of it on wheels—meets the demands of this busy, creative couple.

"Anytime you live in a house that's one hundred years old, you feel funny about going in and messing with stuff," Leigh says. "But we live in houses today; we don't live in the 1800s. I feel like now the house is more true to the original intent of the builder. You see more of the details because it's opened up more. It's clean."

Modern minimalism marries old-fashioned character in Leigh and Kevin's newly remodeled kitchen (*right*). The sleek stainless steel countertops were fabricated by a restaurant supplier. A salvaged farm sink and refurbished O'Keefe and Merritt stove hail from the 1930s and '40s. A hallmark Victorian facade on Leigh and Kevin's house (*above*) gives no hint to the updating inside.



In the media room (*far right* and *below*), a Japanese tansu chest stores books and magazines. On top is part of Leigh's collection of clear glass containers. Though some are rare, she isn't overly concerned with pedigree. "It's mostly about form," she says. The 1960s reel-to-reel tape deck has sentimental value; it belonged to Leigh's father. But she also finds its old-fashioned knobs and buttons interesting as sculpture.

Leigh keeps table linens and other props in old wire gym baskets and narrow drawers in her office (*right*). A 1930s pharmacy cabinet holds a "weird collection of little prop stuff," such as a collection of perfectly round rocks and ceramics from a favorite Swedish potter.





The flat's linear "railroad" design didn't immediately seem to lend itself to a more open living arrangement. The original configuration featured formal parlors up front and the kitchen and dining room in the back, connected by a long hallway with five bedrooms and two baths, all in a row. "We weren't used to living in a house that was so compartmentalized," Kevin says. "In the loft, the living room was also the area for the clients. Everything was kind of organic. Here, it's a different way of organizing the way you live."

While the couple longed for some delineation between private and public spaces, they also wanted to maintain a sense of openness and flow. In the new design, Steely collapsed two front rooms into one, using the extra space to expand the living and dining area, and to allow an office for Leigh. In the back, a breakfast nook and pantry were folded into a larger kitchen with an adjoining media room. The hallway was opened up to create a "bowling alley" view from front to back. Structural walls that could not be removed were stripped to the bare framework and redesigned as open display cases.



I LIKE TO ROTATE THINGS IN AND O
NEW PLACE EVE





The original dining room was located at the back of the flat, near the kitchen. Kevin and Leigh moved it up front (*right*), where it is more connected to the living area with its view of Golden Gate Park. A wheeled cart makes it easy to transport food and dirty dishes up and down the hallway.

"Modernism and Victorian work really well together," Leigh says. The secret? Keeping backgrounds free of a lot of pattern. In the dining room, modern chairs by Spanish designer Jesus Gasca pair with a 1940s Heywood-Wakefield table. On the wall is a photo illustration Kevin did for a magazine. A persimmon napkin energizes the minimalist table setting (*top left*).

To open up a dark, narrow hallway, architect Craig Steely stripped a supporting wall to the bare framework (*left*). Mahogany boxes fit inside the oak studs, creating display space for an ever-changing array of books and collections. Open shelves offer a measure of privacy to the bedroom and bath, while allowing light to filter through.



ND OF FEEL LIKE I GET A
W MONTHS.



Leigh and Kevin used architectural salvage to give newly remodeled spaces old character. In the breakfast nook (*left*), the large window came from an old factory. The kitchen's recycled farm sink (*below*) is ideal for arranging flowers.

Breathing space is key, whether it's in a room or a relationship. In the flat, Leigh and Kevin intentionally kept the backgrounds simple—pale paint colors, tailored window treatments, and dark wood floors—so chemistry between vintage architecture and the well-edited, mixed bag of furnishings could gel.

Differences keep things interesting.

"I appreciate people who do faithful restorations, if that's what's called for," Leigh says. "But sometimes it doesn't fit the way you live."

RESOURCES >> 275

MORE ABOUT RENOVATIONS, www.bhg.com/remodel





Introducing DuPont Stainmaster® carpet with Tactesse® fiber.

Once again, DuPont Stainmaster® takes a revolutionary step in carpet technology. Because now, with Tactesse fiber, Stainmaster® carpet feels much softer, and more plush than ever before.

In addition to its incredible softness, DuPont Stainmaster® with Tactesse fiber will repel stains and soil to stay 40% cleaner. Which means your new Stainmaster® will keep its true beauty and elegance longer.

So come in and see the new DuPont Stainmaster® carpet with Tactesse fiber at a DuPont Flooring Center near you.

You really have to feel it, to believe it.

www.stainmaster.com

ANNOUNCING YET ANOTHER MIRACLE

FROM DUPONT™ STAINMASTER® CARPET.

DUPONT® STAINMASTER® *carpet*

Stainmaster is a DuPont registered trademark. Tactesse is a DuPont registered trademark.
© 2002 The DuPont Company

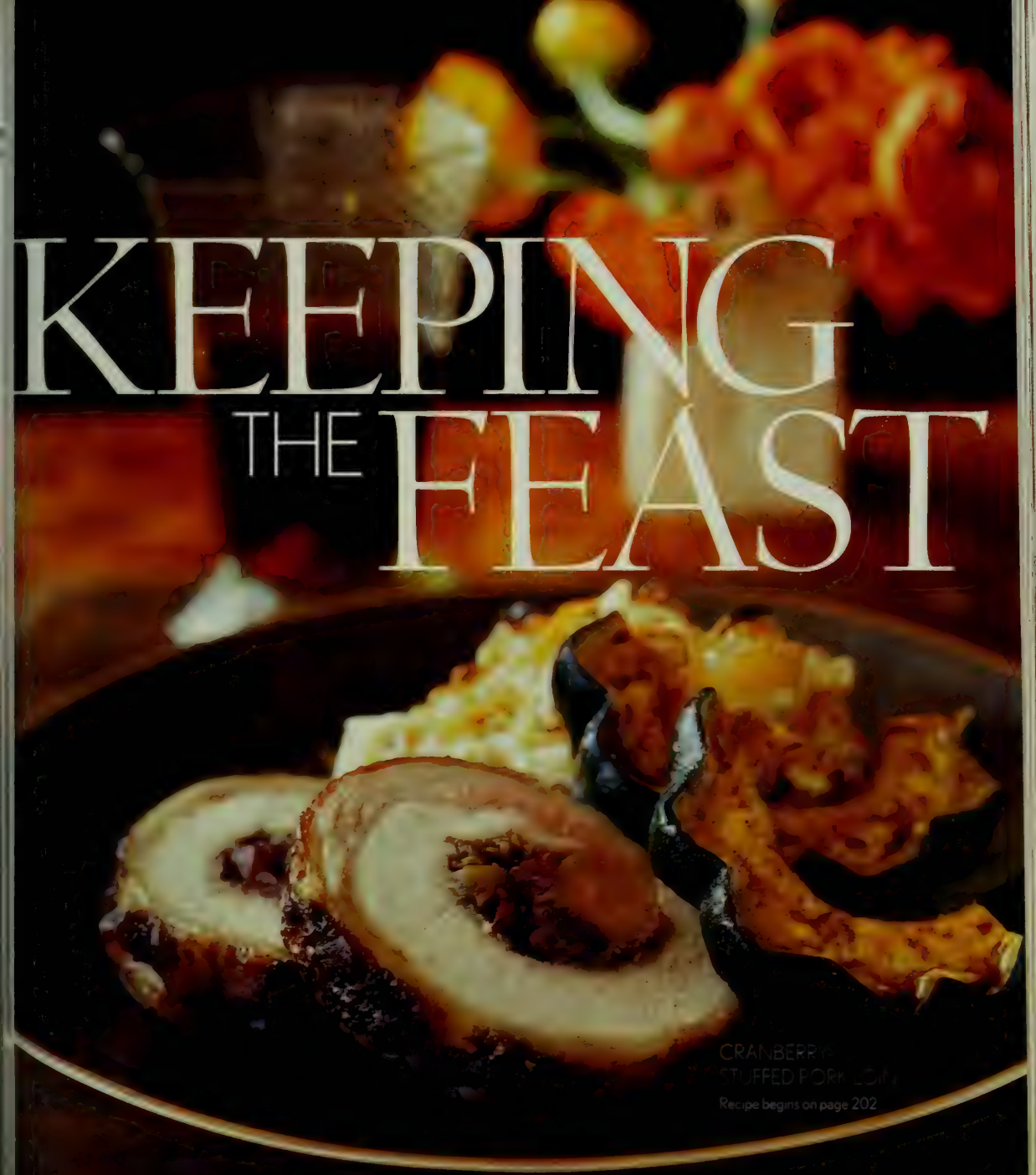
RECIPE *for* 15 MINUTE FAME

Introducing new Lipton Risotto Side Dishes.



Warm, creamy, wonderful.
The Italian classic on the table in just 15 minutes.
Who's on your side for dinner tonight?
Lipton Side Dishes. A little help with dinner.

Also available in new Tomato Basil Risotto.



KEEPING THE FEAST

CRANBERRY-STUFFED PORK LOIN

Recipe begins on page 202

THREE INCREDIBLE COOKS DISH UP HEAPING PORTIONS OF NOSTALGIA WITH THEIR CHERISHED THANKSGIVING RECIPES. FOLLOW THEIR LEAD AND TUCK YOUR MEMORIES AWAY FOR SAFEKEEPING

BY **JEANNE AMBROSE** PHOTOGRAPHS BY **RICHARD JUNG**



JAMIE DAVIES believes in holding true to tradition, especially on Thanksgiving Day. As they've done for years, her immediate family gathers in her Calistoga, California, home—a majestic Victorian—where her three sons grew up. "We celebrate Thanksgiving here because we have a lot of memories to pull from," says Jamie, who purchased Schramsberg Vineyards in 1965 with her late husband Jack. The Napa Valley winery is renowned for its sparkling wines.

Now the family includes grandchildren who take part in the predinner hustle and bustle along with their parents. "Everyone gets an assignment. The prepping becomes a family experience in the kitchen," Jamie says. Someone picks the wine. Another chooses the china. Someone else mashes the potatoes.

The celebration begins with seafood, such as a mussel appetizer, followed by a salad of winter greens. Then there's the roast turkey with corn bread stuffing plus mashed potatoes. Jamie might tweak the flavors and presentation of the remaining side dishes, but the basics are always there. This year, for example, the brussels sprouts might be shaved and sautéed with pine nuts and bacon.

Dessert also reflects the season, typically featuring pumpkin and mincemeat. The pumpkin could flavor a crème brûlée and the mincemeat just might show up in a tart or turnover, or the two flavors might be melded.

Recipes begin on page 204



VEGETABLE-TOPPED MUSSELS WITH CHARDONNAY CREAM

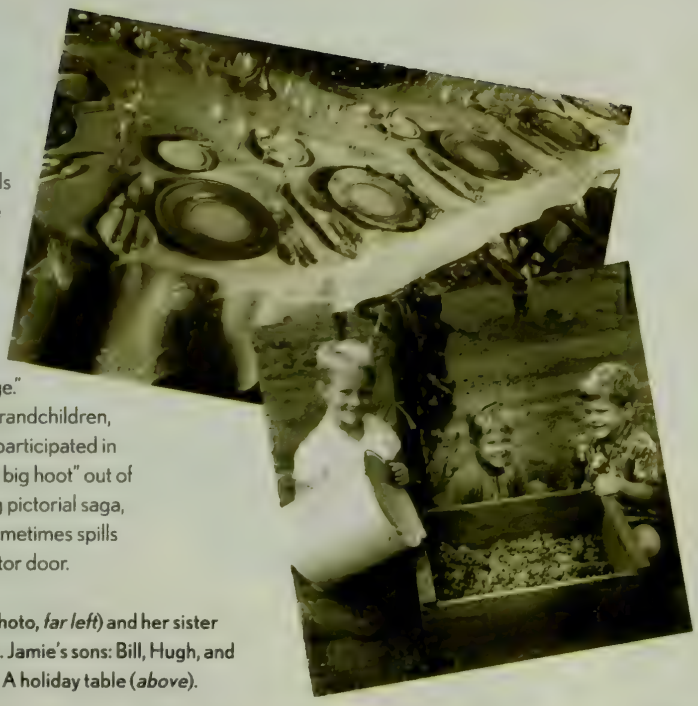
mie's Journal

eeping the family's recipes neatly ganized is second nature to mie Davies, whose organiza- nal skills are evident to those o know her. She oversees 60 eyards covering 200 acres etching across four counties. In fact, she has so many recipes at she keeps them categorized file folders. Some contain cipes from the Napa Valley oking class she founded with ends about 30 years ago. (She is the first vintner in the valley to tertain noted chefs Julia Child d James Beard.)

Her photos, such as the holiday le setting (*above right*), are just cherished. She keeps them in oto albums, and borrows from them to adorn her kitchen walls.

"The photo walls are a way to share family memories," Jamie says. "We can see the continuity in terms of family history and heritage."

Her sons and grandchildren, who have always participated in the harvest, "get a big hoot" out of the ever-changing pictorial saga, she says, which sometimes spills onto the refrigerator door.



Jamie (at right in photo, *far left*) and her sister Dallas Price, 1943. Jamie's sons: Bill, Hugh, and John, 1968 (*right*). A holiday table (*above*).

ANKSGIVING DINNER IS THE ONE MEAL YOU DON'T ALTER. IT'S COMFORTING TO NOW SOME THINGS NEVER CHANGE.

JAMIE DAVIES





CLOCKWISE FROM BOTTOM LEFT: CARAMELIZED SQUASH, PUMPKIN ROLLS WITH MAPLE STREUSEL FILLIN
MASHED BAKED POTATOES WITH GARDEN CONFETTI TOPPING, ARTISANAL BREAD STUFFING



JUDITH FERTIG'S family, with its Midwestern roots, celebrates holidays with foods of the heartland that are often inspired by the past. Her Pesto Rolls evolved from a cloverleaf roll recipe passed on from her great-grandmother. Cloverleaf rolls always appear on the table during the holidays, although Judith, a Kansas City food writer and cookbook author, adds her own updates.



Her grown son and daughter always joke about the fact that their mother never serves the same dish twice. "Our family has a collective sense of humor, so we usually laugh down memory lane through Thanksgiving dinner," Judith says.

Because her children are not turkey fans, Judith created a Thanksgiving feast focusing on cranberry stuffed pork loin that is slathered with a garlic-onion jam. It is accompanied by acorn squash, a hearty stuffing of freshly made herbed bread, and a make-ahead mashed potato casserole. There's also a turkey option to the pork loin using the same roasted garlic and onion profile.

Making slight adjustments to traditional recipes has become part of the holiday dinner ritual at the Fertig home. The main ingredients may not change from year to year, but the flavors almost always do. "But what matters most to me at Thanksgiving is celebrating the abundance we enjoy with the people I love the most," she says.

Recipes begin on page 206

Judith's Journal

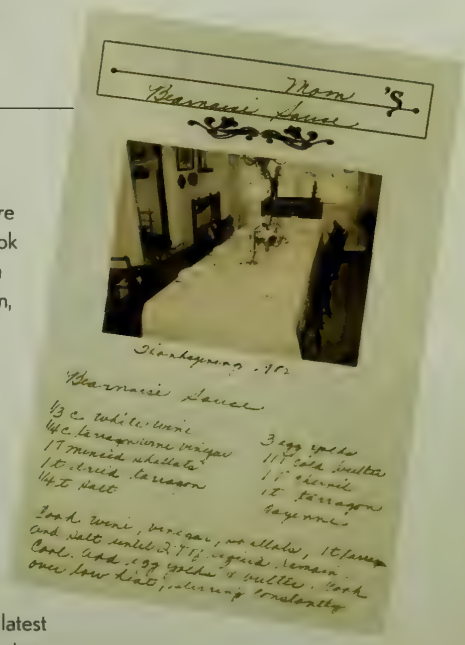
Holding memories and recipes close to the heart is a trait Judith inherited. Her great-grandmother's recipe collection was just the beginning. Her grandmother maintained the tradition, using a fountain pen to include recipes in a "household book"—now a torn and tattered family keepsake.

"Then my mother collected recipes and family photos and compiled a book for my sister and me, which I treasure," Judith says.

Among the family photos is a picture of a plump and happy pooch near a recipe for Jiggs's Favorite Cookies. Jiggs, the family pet, once devoured dozens of the fresh-from-the-oven cookies while he was home alone.

That recipe and others are gathered in a spiral notebook called The Family Heirloom Cookbook (a page is shown, *right*). Judith has started putting together a similar feast journal for her two children, now 26 and 21 years old. "I think the kids appreciate it more when they have their own household," she says.

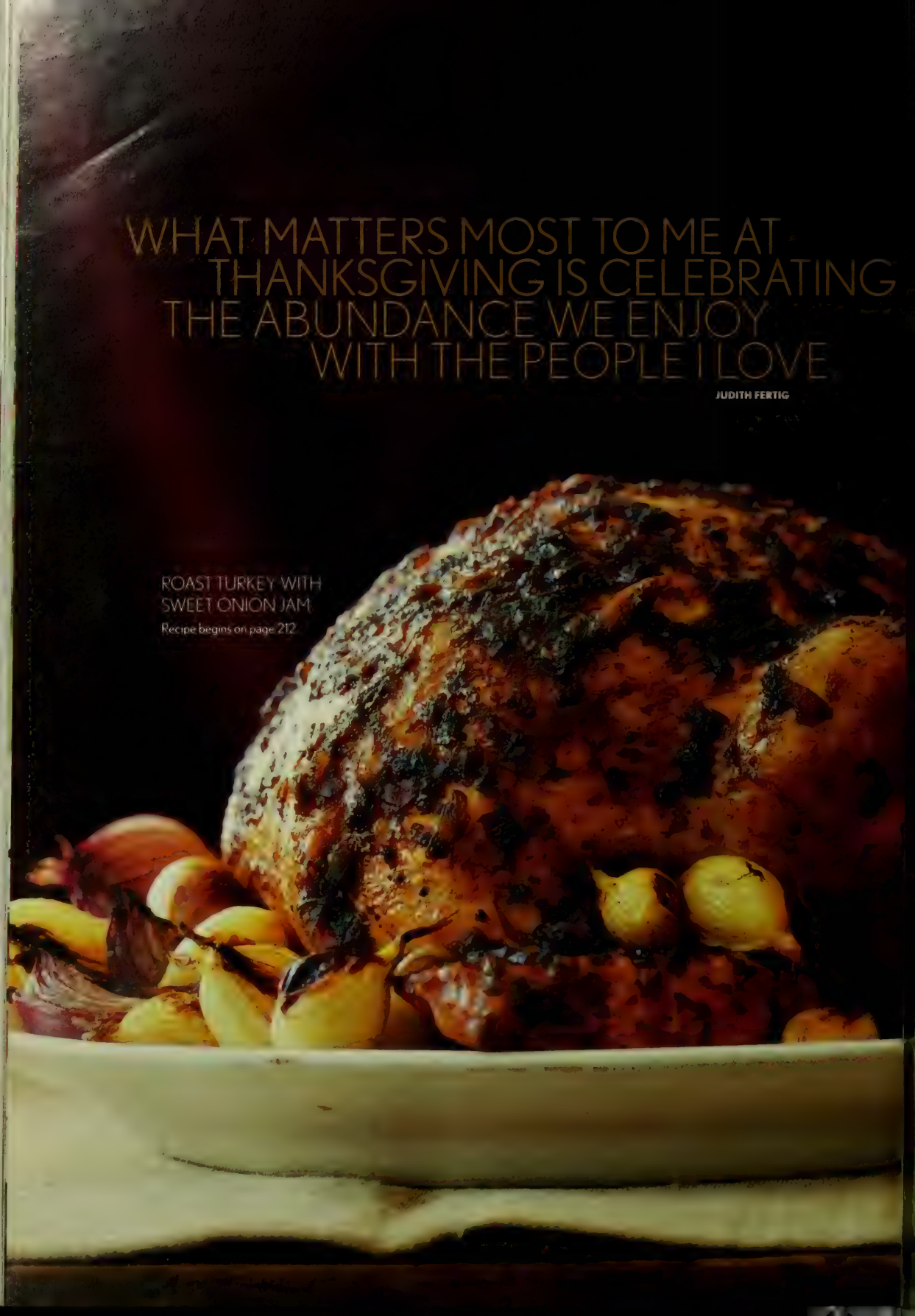
Judith also includes family anecdotes in the cookbooks she writes. Her latest books are *Prairie Home Cooking* and *Prairie Home Breads.*



Judith (at left in photo, *top*) in 1962 with sister Julie, their parents, and grandparents. A page (*above*) from the journal created by Judith's mother.

WHAT MATTERS MOST TO ME AT THANKSGIVING IS CELEBRATING THE ABUNDANCE WE ENJOY WITH THE PEOPLE I LOVE.

JUDITH FERTIG



ROAST TURKEY WITH SWEET ONION JAM

Recipe begins on page 212




CHOCOLATE-PEAR
SPICE CAKE

JIM FOBEL likes to tell the story of how his grandmother came upon the recipe for butterscotch pie "to die for." She was on the road with her husband, an orchestra leader, sometime in the early 1900s. They had stopped at a restaurant, probably in Pennsylvania, where she ordered pie for dessert. It was so good that she asked for the recipe. The chef complied. Butterscotch Pie has been a family favorite ever since. Jim played with the recipe a tad by topping it with a brown sugar meringue, although he says a traditional meringue works well. Or, this homey pie can be simplified by topping with whipped cream instead of meringue.

Although Jim—a food writer—hails from Ohio, he now lives near Central Park in New York City where he has a close-up view of the annual Macy's Thanksgiving Day Parade. He's never sure what he might bump into when he steps outside to watch the festivities. "Last year I came out to find three human cupcakes sitting on my front steps," he says.

When Jim was a youngster, he reaped the benefits of his family's peach orchard and enormous garden. His mother always made homemade bread and churned butter, and she preserved jams and a myriad of fruits and vegetables for savoring through the year. His Chocolate-Pear Spice Cake was inspired by his grandmother's spice cake and his own inclination to add a bit of fruit to his cake batters.

Recipes begin on page 214

Jim's Journal

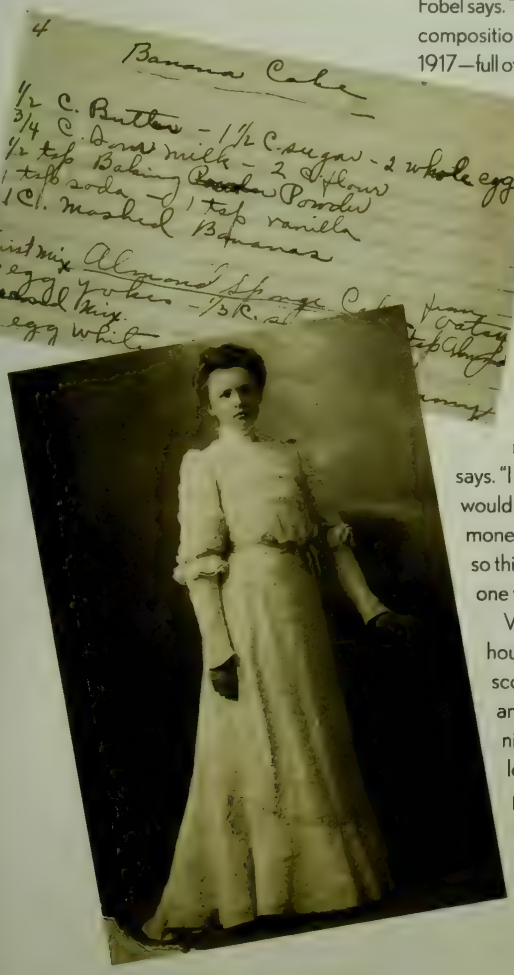
"My grandmother and Aunt Irma were avid recipe collectors," Jim Fobel says. "I have a wonderful old composition notebook—dated 1917—full of Aunt Irma's handwritten recipes" (*left*).

The penchant for keeping recipes was passed on through the generations. Jim started compiling his own assortment when he was a boy. "I began collecting my favorite recipes on cards," he says. "I didn't know if we would ever have enough money to buy a cookbook, so this was how I could put one together."

Visits to his aunt's house were times to scout out new recipes, and it was in her California kitchen that he learned the best way to prepare Thanksgiving dinner. He took lots of notes and asked lots of questions so he could capture the essence of the family's comfy holiday dinner. He treasures this and many similar memories, which he shares in a book he authored.

That book, *Jim Fobel's Old-Fashioned Baking Book*, provides snippets of family tales along with favorite recipes and old pictures from his photo album. He has also written *Jim Fobel's Big Flavors*.

Jim's grandmother, Hilma Wahlstrom (*left*). A recipe from Jim's collection (*above left*).









A FEAST JOURNAL

YOU'LL NEED LOTS OF PHOTOS, RECIPES, AND A FEW SUPPLIES TO CREATE YOUR OWN KEEPSAKE. HERE ARE SOME TIPS TO GET YOU STARTED

- THE JOURNAL: Look for a blank handbound book or other quality journal in fine stationery, gift, or art-supply stores. Your best bet is one with a binder that opens flat when using.
- BEWARE OF ACID EATERS: Look for specially marked "archival" quality or acid-free album pages, storage containers, and adhesives. Inferior products may destroy photos over time.
- ON THE SUPPLY SIDE: Spritz a coating of archival spray onto your treasured papers to preserve them. Try a red-eye removal pen to eliminate that devilish look from photos. Use archival copy paper to make lasting photocopies of your original photos and keepsakes. It's acid-free and won't turn brittle. Add style to plain recipe cards and old cookbook clippings with colorful photo corners and simple stickers. All of these supplies are available at major hobby and craft stores.

FOOD STYLIST MICHAEL PEDERSON PROP STYLIST BETTE BLAU
RESOURCES >> 275 TO ORDER A MOLLY WEST JOURNAL >> 215

MORE ABOUT THANKSGIVING RECIPES, www.bhg.com/recipe or AOL Keyword Food

HANK HEAVEN FOR PHILLY



ADELPHIA® PUMPKIN SWIRL CHEESECAKE

Prep: 25 minutes plus refrigeration Bake: 55 minutes

Cream Cheese, softened

CRUST

2 cups finely crushed NABISCO Gin

1 1/2 cup finely

6 Tbsp. butter or

butter; press onto bottom and 2

Cream Cheese, 1 1/4 cup of the sugar and vanilla with electric mixer

each addition just until blended. Reserve 1 1/2 cups of the plain batter. Stir remaining 1/4 cup sugar,

Batter. Spoon 1/2 of the pumpkin batter over crust,

of the reserved

batter. Repeat layers. Cut through batters with knife several times for marble effect.

at 325°F for 55

dark

pan. Loosen cake from side of pan; cool before removing

pan. Refrigerate 4 hours

ght. Makes 12

KRAFT

PHILADELPHIA

AMERICA'S HOLIDAY FAVORITE

ese.com/dessert

Cranberry-Stuffed Pork Loin

Have the butcher butterfly the pork loin for you, or do it yourself (see directions, *below*). Plan to make your own Roasted Garlic and Sweet Onion Jam or grab a jar of it in a specialty food market. We like Stonewall Kitchen's version.

PREP: 30 MINUTES **ROAST:** 1¼ TO 1½ HOURS
STAND: 15 MINUTES

- 1 cup Roasted Garlic and Sweet Onion Jam (see recipe, *right*)
- 1 4½- to 5-lb. boneless center cut pork loin (single loin)
- Salt and pepper
- ¾ cup dried cranberries
- 1 tsp. garlic salt
- 1 tsp. freshly ground black pepper
- ¾ cup dry white wine or apple juice
- ¾ cup chicken broth
- 3 Tbsp. all-purpose flour



After spreading the cranberry mixture onto the meat, carefully roll up the pork.

1. Prepare Roasted Garlic and Sweet Onion Jam, if using homemade version. Preheat the oven to 325° F.
2. To butterfly the roast, turn the roast fat-side down. Make a single lengthwise cut down the center of the loin, cutting to within ½ inch of the other side. Spread open like a book. Place knife in the "v" of the first cut. Make another cut—knife should be parallel to the table—to the right of the "v" to within ½ inch of the end (do not cut all the way through roast). Repeat the parallel cut to the left of the "v." Spread the sections open. Cover with plastic wrap. Working from center to edges, pound with flat side of meat mallet to ¾- to 1-inch thickness. Remove plastic wrap.
3. Sprinkle surface of the meat with salt and pepper; spread with ⅔ cup of the jam. Sprinkle the cranberries over the jam. Starting at a long side, roll meat up (see photo, *above*). Tie snugly at 3-inch intervals with heavy kitchen string. Place the rolled pork loin roast on a rack in a roasting pan. Sprinkle with the garlic salt and ground black pepper. Insert a meat thermometer into center of roast. Roast uncovered for 1¼ to 1½ hours or until thermometer (or instant-read thermometer) registers 155° F, spreading remaining jam on during the last 15 minutes of roasting.
4. Remove the roast from the pan and let stand for 15 minutes before carving. (Temperature of meat will rise 5° F during standing.) Meanwhile, for gravy, carefully pour the wine into the roasting pan, stirring to scrape up browned bits from bottom of pan. Strain pan juices (should have about 1½ cups; add additional chicken broth, if necessary). In a saucepan stir the ¾ cup chicken broth into flour until smooth; stir in wine mixture. Cook and stir until thickened and bubbly; cook and stir 1 minute more.
5. To carve the roast, cut the string. Use a carving knife to cut the roast into 1-inch slices. Serve with gravy. Makes 10 to 12 servings.

EACH SERVING: 404 cal., 11 g total fat (4 g sat. fat), 128 mg chol., 399 mg sodium, 24 g carbo., 1 g fiber, 46 g protein. Daily Values: 0% vit. A, 7% vit. C, 6% calcium, 12% iron.

Roasted Garlic and Sweet Onion Jam

PREP: 15 MINUTES **ROAST:** 45 MINUTES **COOK:** 30 MINUTES

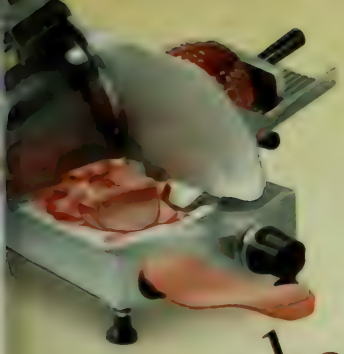
- 1 bulb garlic
- 1 Tbsp. olive oil
- 1 large sweet onion, peeled and finely chopped (1 cup)
- ½ cup finely chopped Granny Smith apple

>> on 204

INSTANT-READ THERMOMETER

For accuracy with our Cranberry-Stuffed Pork Loin (recipe *left*) and our Roast Turkey with Sweet Onion Jam (recipe, *page 212*), you'll need an instant-read thermometer. This **Digital Instant-Read Thermometer** from Robinson Knife Company reads temperatures to one-tenth of a degree. The display includes both centigrade and Fahrenheit readings and it is especially good for checking thin foods, such as burgers or fish (the probe only needs to be placed ½ inch into the food). The case is water resistant and a long-life battery is included. The price is $24.95, which includes shipping, handling, and tax.

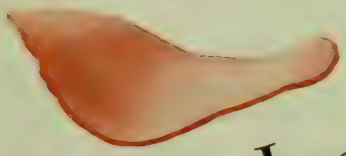
TO ORDER with your Visa, MasterCard, American Express, or Discover card call 800/881-4066. Or, visit the Web at www.bhgcatalog.com.



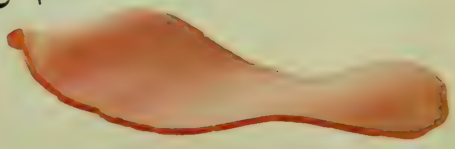
Nobody



does party trays



like Sara Lee.





our holiday get-together
nt with a party tray featuring a
us variety of Sara Lee Deli meats and cheeses,
ble exclusively in your grocer's deli.

Nobody doesn't like Sara Lee DELI

eedeli.com

©2002 Sara Lee Corporation

½ cup balsamic vinegar
½ cup sugar

1. Preheat the oven to 350° F. Slice about ¼ inch off the pointed end of the garlic bulb so the individual cloves show. Place the bulb in a small baking dish, cut side up, and drizzle with olive oil. Cover and roast for 45 to 60 minutes or until the garlic cloves have softened. Cool.
2. Gently squeeze the garlic cloves and juices into a saucepan. Stir in the onion, apple, balsamic vinegar, and sugar. Bring to boiling over medium-high heat, stirring occasionally. Reduce heat to a simmer and cook about 30 minutes, stirring occasionally, until the onion and apple have softened and turned transparent and the mixture has thickened. Makes about 1 cup.

Vegetable-Topped Mussels with Chardonnay Cream

Start these appetizers a day ahead by preparing the bread crumb mixture and sauce. Store and cover each separately; refrigerate. You can also steam the mussels in the wine mixture; cover and refrigerate overnight. Reheat the sauce before serving.

PREP: 1 HOUR **BAKE:** 15 MINUTES **COOK:** 27 MINUTES

1 recipe Herbed Bread Crumbs
2 tsp. olive oil
½ cup chopped zucchini
½ cup chopped fresh mushrooms
⅓ cup chopped red or yellow sweet pepper
¼ cup chopped leek
1 cup Chardonnay wine
1 Tbsp. finely chopped shallot
1 bay leaf
1 sprig fresh thyme
1 clove garlic, minced
20 green-lipped mussels (about 2 lb.), cleaned*
½ tsp. curry powder
Dash cayenne pepper
½ cup whipping cream
Toasted baguette slices

1. Prepare Herbed Bread Crumbs. Set aside.
2. In a 4-quart Dutch oven heat olive oil over medium heat. Add zucchini, mushrooms, sweet pepper, and leek. Cook and stir over medium heat for 2 to 3 minutes or until vegetables are crisp tender. Remove vegetables from pan.
3. Add wine, shallot, bay leaf, thyme, and garlic to pan. Bring to boiling. Add mussels; return to boiling. Cook, covered, about 5 to 9 minutes or until mussels open. Remove mussels, discarding any unopened shells. Strain the remaining liquid and return to pan. Bring to boiling. Stir in curry powder and cayenne pepper. Boil gently, uncovered, about 10 minutes or until mixture is reduced by half (about ⅔ cup).
4. Meanwhile, pull mussel shells apart. Using a sharp knife, cut mussel loose, but do not remove from bottom shell. Discard empty shells. Place remaining mussel shells on a 15x10x1-inch baking pan. Spoon about 1 teaspoon of the vegetables over each mussel and top with about 2 teaspoons of the Herbed Bread Crumbs. Reserve remaining vegetables.
5. When liquid has been reduced, add the cream and boil gently, uncovered, for 5 minutes more. Stir in remaining cooked vegetable mixture. Heat through.
6. Preheat oven to 425° F. Just before serving, bake mussels for 15 minutes or until heated through and bread crumbs are golden brown. Spoon some of the hot vegetable-cream mixture into 10 shallow soup plates. Top each serving with 2 mussels. Serve with toasted baguette slices. Makes 10 appetizer servings.

HERBED BREAD CRUMBS: In a bowl combine 1 cup coarse bread crumbs, 4 teaspoons olive oil, 2 teaspoons snipped thyme, and 2 teaspoons snipped fresh parsley. Add salt and pepper to taste.

***TO CLEAN MUSSELS:** Scrub mussels under cold running water. Remove beards. In an 8-quart Dutch oven combine 4 quarts cold water and ⅓ cup salt; add mussels. Soak for 15 minutes; drain and rinse. Discard water. Repeat soaking in salt water, draining, and rinsing twice.

EACH SERVING: 346 cal., 13 g total fat (5 g sat. fat), 46 mg chol., 806 mg sodium, 29 g carbo., 2 g fiber, 23 g protein. Daily Values: 28% vit. A, 24% vit. C, 12% calcium, 26% iron.

Sparkling Kumquat Salad

A vinaigrette made of bubbly sparkling wine (or an alcohol-free version) makes this special-occasion salad quite impressive.

START TO FINISH: 30 MINUTES

1 recipe Sparkling Vinaigrette
⅓ cup toasted walnut pieces
⅓ cup pomegranate seeds

>> on 206

SOUP PLATES

Our soup plates will easily hold all the creamy goodness of Vegetable-Topped Mussels with Chardonnay Cream (recipe, *left*). These porcelain plates measure 9¼ inches in diameter and feature a 1¼-inch rim; the bowl portion is about 1 inch deep. From Harold's Kitchen, the **Set of Four Soup Plates** costs $39.95, which includes shipping, handling, and tax.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. Or, visit the Web at www.bhgcatalog.com.





Brighten your afternoon and your outlook with the convergence of sun sweet oranges and tangy tangerines in Tangerine Orange Zinger Herb Tea. It's one of over 70 fantastic flavors from Celestial Seasonings.

Celestial Seasonings. Make any moment Celestial.

www.celestialseasonings.com

- 2 Tbsp. snipped fresh fennel leafy tops
- 12 cups torn mixed salad greens
- 1 fennel bulb, thinly sliced
- ½ cup kumquats, seeds removed and thinly sliced
- ¼ tsp. salt
- ⅛ tsp. freshly ground black pepper

1. Prepare Sparkling Vinaigrette. Set aside.
2. In a small bowl combine walnuts, pomegranate seeds, fennel tops, and 1 tablespoon of the Sparkling Vinaigrette. Set aside.
3. In a large bowl, combine salad greens, sliced fennel, kumquats, salt, and pepper. Drizzle with remaining Sparkling Vinaigrette. Toss gently to coat. Sprinkle the salad with the walnut mixture. Makes 10 servings.

SPARKLING VINAIGRETTE: In a blender container or small food processor bowl combine ½ cup coarsely chopped and seeded kumquats, ½ cup chilled sparkling white wine or chilled alcohol-free sparkling white grape beverage, ¼ cup walnut oil, 1 quartered shallot, ¼ teaspoon salt, ⅛ teaspoon black pepper, and ⅛ teaspoon freshly ground coriander or freshly crushed cardamom seeds. Cover and blend or process until nearly smooth.

EACH SERVING: 130 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 139 mg sodium, 12 g carbo., 4 g fiber, 2 g protein. Daily Values: 16% vit. A, 33% vit. C, 6% calcium, 5% iron.

Pesto Rolls

These rolls can be made a day ahead and held in an airtight container. Or prepare rolls several weeks in advance and place in freezer containers. Seal, label, and freeze. Reheat before serving. To reheat room temperature rolls, wrap in foil and warm in a 375° F oven for 7 to 10 minutes. For frozen rolls, wrap and reheat for about 20 minutes or until heated through.

PREP: 35 MINUTES **CHILL:** OVERNIGHT **RISE:** 30 MINUTES
BAKE: 12 TO 14 MINUTES

- 4½ to 5 cups all-purpose flour
- 2 pkgs. active dry yeast
- ¾ cup milk
- ½ cup water
- ⅓ cup butter
- ⅓ cup sugar
- 1 tsp. salt
- 1 egg, beaten
- ½ cup prepared pesto
- ½ cup finely shredded Parmesan cheese

1. In a large mixing bowl combine 1¾ cups of the flour and yeast; set aside. In a medium saucepan heat milk, water, butter, sugar, and salt just until warm (120° F to 130° F) and butter almost melts. Add milk mixture to dry mixture along with egg. Beat with an electric mixer on low to medium speed for 30 seconds, scraping sides of the bowl constantly. Beat on high speed for 3 minutes. Stir in pesto. Using a wooden spoon, stir in as much of the remaining flour as you can.
2. Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a large greased bowl, >> on 208



Love

(cleverly disguised as chocolate)

Nothing says "I love you" like the rich, luscious taste of Baker's Chocolate Chunks.

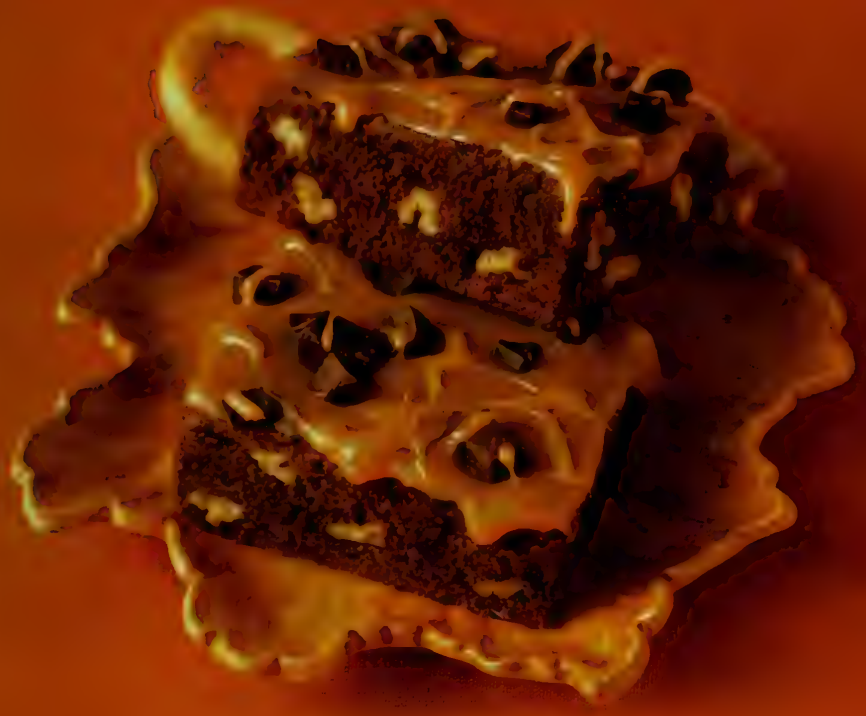


Chocolate is chocolate, but Baker's is love.

kraftfoods.com

Check out our recipes on our package, or at bakerschocolate.com.
© 2002 KF Holdings

Heartfelt Thanks.



Chocolate Bliss Caramel Brownies

Prep: 20 minutes
Bake: 35 minutes

Baker's One Bowl™

- 4 squares BAKER'S Unsweetened Baking Chocolate
- ¾ cup (1-½ sticks) butter or margarine
- 2 cups sugar
- 4 eggs
- 1 cup flour
- 1 cup chopped PLANTERS Pecan or Walnut Halves
- 1 pkg. (14 oz.) KRAFT Caramels, unwrapped
- 2 Tbsp. milk
- 1-½ cups BAKER'S Semi-Sweet Chocolate Chunks

PLACE chocolate squares and butter in large microwavable bowl. Microwave on HIGH 2 minutes or until butter is melted. Stir until chocolate is completely melted. Add sugar; stir until well blended. Mix in eggs. Add flour; mix well. Stir in pecans. Spread into 13x9-inch baking pan lined with greased foil. BAKE at 350°F for 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. DO NOT OVERBAKE. MEANWHILE, place caramels and milk in microwavable bowl. Microwave on HIGH 2-1/2 minutes, stirring after 1 minute. Stir until caramels are completely melted and mixture is well blended. Gently spread over brownie in pan; sprinkle with chocolate chunks. Cool in pan on wire rack. Lift out of pan onto cutting board. Cut into squares. Makes 2 dozen. **TIP:** If using 13x9-inch glass baking dish, prepare as directed, reducing oven temperature to 325°F.



Chocolate is love. But Baker's is...

kraftfoods.com



©2002 KF Holdings
bakerschocolate.com

turning once to grease the surface of the dough. Cover bowl with plastic wrap and refrigerate overnight.

3. Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover; let rest for 10 minutes. Meanwhile, lightly grease eighteen 2½-inch muffin cups.

4. Divide each half of dough into 9 equal portions. Divide each portion into 3 pieces. Shape each piece into a ball, pulling edges under to make a smooth top. Place 3 balls in each muffin cup, smooth sides up. Sprinkle tops with Parmesan cheese. Cover and let rise in a warm place until nearly double in size (about 30 minutes). Preheat oven to 375° F.

5. Bake for 12 to 14 minutes or until rolls are golden brown. Immediately remove rolls from pans. Cool on wire racks. Makes 18 rolls.

EACH ROLL: 217 cal., 8 g total fat (4 g sat. fat), 26 mg chol., 258 mg sodium, 29 g carbo., 1 g fiber, 6 g protein. Daily Values: 5% vit. A, 0% vit. C, 6% calcium, 10% iron.

Pumpkin Rolls with Maple Streusel Filling

There's a sweet surprise in the center of this pumpkin-flavored roll: a crumbly combination of hickory nuts, dried apricots, and brown sugar.

PREP: 1 HOUR **CHILL:** OVERNIGHT **RISE:** 30 TO 40 MINUTES **BAKE:** 12 TO 14 MINUTES

- **4½ to 5 cups all-purpose flour**
- **1 pkg. active dry yeast**
- **½ cup milk**
- **½ cup water**
- **¼ cup butter**
- **¼ cup sugar**
- **¾ tsp. salt**
- **1 egg, beaten**
- **½ cup canned pumpkin**
- **1 recipe Maple Streusel**

1. In a large mixing bowl combine 1½ cups of the flour and yeast; set aside. In a medium saucepan heat milk, water, butter, sugar, and salt just until warm (120° F to 130° F) and butter almost melts. Add milk mixture to dry mixture along with egg. Beat with an electric mixer on low to medium speed for 30 seconds, scraping sides of the bowl constantly. Beat on high speed for 3 minutes. Stir in canned pumpkin. Using a wooden spoon, stir in as much of the remaining flour as you can.

2. Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a large greased bowl, turning once to grease the surface of the dough. Cover bowl with plastic wrap and refrigerate overnight.

3. Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover; let rest for 10 minutes. Meanwhile, lightly grease baking sheets and prepare the Maple Streusel.

4. Divide each half of dough into 8 pieces. On a lightly floured surface flatten each piece into a 3½-inch round. For each roll, place the round of dough in the palm of your hand. Place 1 generous tablespoon of Maple Streusel in the center of each round. Shape the dough into a round ball by pulling the edges of dough up and over streusel (see photo, *below*), pinching edges of dough to seal. Place rolls, smooth side up, on prepared baking sheets. Cover and let rise in a warm place until nearly double in size (30 to 40 minutes). Preheat oven to 375° F.



Cup the dough in your hand and seal filling inside by folding over and pinching edges.

5. Bake rolls for 12 to 14 minutes or until golden brown. Immediately remove rolls from cookie sheets. Cool on wire racks. Makes 16 rolls.

MAPLE STREUSEL: In a medium mixing bowl stir together ⅔ cup chopped hickory nuts or hazelnuts (filberts), ⅓ cup maple sugar or packed brown sugar, ⅓ cup all-purpose flour, and ¼ cup snipped dried apricots. Stir in ⅓ cup melted butter until combined.

MAKE AHEAD: Like the Pesto Rolls, these rolls can be prepared in advance. Follow the same instructions for storing and reheating Pesto Rolls (*page 206*).

EACH ROLL: 274 cal., 11 g total fat (5 g sat. fat), 33 mg chol., 191 mg sodium, 38 g carbo., 2 g fiber, 6 g protein. Daily Values: 43% vit. A, 1% vit. C, 3% calcium, 13% iron.

Mashed Baked Potatoes with Garden Confetti

Crowned with autumn colors, this rustic version of an American classic can be made a day ahead.

PREP: 65 MINUTES **BAKE:** 1¼ HOURS

- **Nonstick cooking spray**
- **5 lb. red potatoes (about 15 medium potatoes), baked***

>> on 210

THERE ARE A LOT OF REASONS MORE PEOPLE CHOOSE SWANSON.



TRY IT AND FIND YOUR OWN.



Try Swanson® broth for yourself. If you love Swanson let us know and we'll send you a coupon for a free can. If you don't we'll give you your money back. You have nothing to lose, because Swanson is made from chicken with just the right amount of vegetables and seasonings.

SWANSON® BROTH. TASTE THE DIFFERENCE.

www.swansonbroth.com

©2002 Campbell Soup Company

Send your cash register receipt with purchase price circled telling us what you like or didn't like to: Swanson Guarantee, Box 9446, St. Cloud, MN 56398-9446. Offer good until 2/28/03. Good only in USA, Puerto Rico and US military installations. Void where taxed, restricted or prohibited by law. Limit 1 coupon/refund per family, group, organization or address. Coupon maximum value $1.49, plus $.50 coupon to cover postage. Refund for actual cost plus postage (maximum $.37 first class). Allow 8 weeks for handling.

- 1 8-oz. pkg. cream cheese or reduced-fat cream cheese (Neufchâtel), cut up and softened
- 1½ cups half-and-half, light cream, or fat-free evaporated milk
- 1 tsp. salt
- 1 tsp. cracked black pepper
- 1 recipe Garden Confetti
- 2 Tbsp. butter, melted

1. Preheat oven to 325° F. Coat a 3-quart casserole with cooking spray and set aside. While potatoes are still hot, transfer half the potatoes to a very large bowl. (Cut large potatoes in half for easier mashing.) Using a potato masher or an electric mixer, mash potatoes (with their skins still on) until slightly lumpy; transfer to another bowl. Use the same bowl to mash the remaining potatoes. Return all potatoes to the bowl; add cream cheese, half-and-half, salt, and pepper. Beat or stir until combined. Spoon potato mixture into the prepared casserole; set aside.
2. Prepare Garden Confetti. Spoon confetti over the potato mixture. Drizzle the top of the casserole with melted butter.
3. Bake, uncovered, for 1¼ hours or until heated through. Makes 10 to 12 servings.

GARDEN CONFETTI: In a large skillet melt 2 tablespoons butter over medium heat. Add 2 medium carrots, shredded; 1 stalk celery, finely chopped; and 1 medium onion, thinly sliced. Cook and stir for 4 to 5 minutes or until vegetables are tender.

***TO BAKE POTATOES:** Scrub potatoes thoroughly with a brush; pat dry. Prick potatoes with a fork. Bake in a 425° F oven for 40 to 60 minutes or until tender.

MAKE AHEAD: Prepare as above except after drizzling with melted butter, cover and refrigerate overnight. Bake, covered, in the 325° F oven for 1 hour. Uncover; bake for 1 to 1¼ hours more or until heated through.

EACH SERVING: 304 cal., 17 g total fat (11 g sat. fat), 51 mg chol., 386 mg sodium, 33 g carbo., 3 g fiber, 7 g protein. Daily Values: 75% vit. A, 42% vit. C, 9% calcium, 16% iron.

Artisanal Bread Stuffing

In this recipe, artisanal simply refers to any homemade or bakery-fresh loaf, typically with a burst of flavor from added ingredients, such as herbs, olives, or cheese.

PREP: 30 MINUTES **BAKE:** 1 HOUR

- 12 cups 1-inch cubes artisanal bread, such as rosemary, olive, or sun-dried tomato (about a 1¼-lb. loaf)
- ½ cup pine nuts
- Nonstick cooking spray
- 1½ cups chopped onion
- 4½ cups coarsely chopped fennel (reserve leafy green tops for another use)
- 6 Tbsp. unsalted butter
- 1½ cups pitted and sliced kalamata olives
- 3 Tbsp. snipped fresh thyme or 1 Tbsp. dried thyme, crushed
- ¾ tsp. coarsely ground black pepper
- 2¼ cups chicken stock or broth

1. Preheat oven to 350° F. In a large roasting pan toast bread and pine nuts in the oven for 15 to 20 minutes or until the bread cubes are crisp and the pine nuts are lightly browned, tossing once. Set aside to cool.
2. Meanwhile, lightly coat a 3-quart casserole with cooking spray; set aside. In a large skillet cook onion and fennel in butter over medium-high heat about 10 minutes or until softened, stirring occasionally. Stir in the olives, thyme, and pepper. Transfer mixture to an extra-large bowl. Add bread cubes and pine nuts, tossing to combine. Add chicken stock, stirring until moistened.
3. Spoon the bread mixture into the prepared casserole. Cover with foil and bake for 45 minutes; remove the foil and bake 15 minutes more or until the stuffing is heated through. Serve warm. Makes 10 to 12 servings.

EACH SERVING: 319 cal., 16 g total fat (6 g sat. fat), 20 mg chol., 818 mg sodium, 38 g carbo., 5 g fiber, 8 g protein. Daily Values: 7% vit. A, 12% vit. C, 7% calcium, 14% iron.

Caramelized Acorn Squash

This is a two-step recipe that yields a platter full of unforgettable flavor. Bake the squash a day or two ahead of time, then make the apple-cider caramel sauce right before serving.

PREP: 25 MINUTES **BAKE:** 40 MINUTES **CHILL:** OVERNIGHT

- 4 1- to 1½-lb. acorn squash
- ½ cup sugar
- ½ cup butter
- ½ cup apple cider
- 1 tsp. ground cinnamon
- ½ tsp. freshly ground nutmeg
- ½ tsp. salt

1. Preheat oven to 350° F. Line two shallow baking pans with parchment paper or foil. Carefully cut each squash into 4 rings; discard seeds and remove fibrous material. Arrange rings in a single layer on the prepared baking pans. Cover with foil and bake for 40 to 45 minutes, or until the squash is tender. Let cool; place in a container, cover, and refrigerate overnight. (Allow squash to come to room temperature before finishing recipe.)
2. Fifteen minutes before serving, heat sugar in a 12-inch nonstick skillet over medium-high heat until it begins to melt, shaking skillet occasionally. Do not stir. Reduce heat; cook and stir about 3 minutes more or until sugar is melted and medium caramel in color. Whisk in the butter until it has >> on 212



TO GET THE MOST TENDER,
THE MOST JUICY TURKEY,
ALL YOU NEED IS
A LITTLE PATIENCE
AND A

BUTTERBALL®

ALWAYS TENDER. ALWAYS JUICY. THE BEST OF ALL IS BUTTERBALL.™

Any questions about turkey preparation? Call the Butterball Turkey Talk-Line at 1-800-BUTTERBALL..www.butterball.com

A PRODUCT OF ConAgra Foods®

A sweet twist on a traditional favorite.



Sun-Maid Waldorf Salad

1/4 cup low fat plain yogurt
2 apples, diced
1/2 cup Sun-Maid Goldens & Cherries
1/3 cup sliced celery
2 Tbsp. chopped walnuts
Lettuce leaves

Combine all ingredients except walnuts and lettuce leaves. Toss well. Arrange lettuce leaves on large serving plate. Place salad on top and garnish with walnuts. Makes 4 servings.



Please visit us on the Web at www.sunmaid.com

©2002 Sun-Maid Growers of California

completely melted, then whisk in cider, cinnamon, nutmeg, and salt. Mixture will bubble up and sizzle before it cooks to a sauce consistency. Transfer the squash slices to the skillet in batches and turn each slice to coat with the caramel mixture. Warm the squash slices in the caramel for 3 minutes, then transfer to an ovenproof platter. Keep warm in a 300° F oven. Repeat using remaining squash rings. Pour remaining caramel sauce over squash rings. Makes 10 to 12 servings.

EACH SERVING: 185 cal., 10 g total fat (6 g sat. fat), 26 mg chol., 220 mg sodium, 26 g carbo., 2 g fiber, 1 g protein. Daily Values: 16% vit. A, 22% vit. C, 5% calcium, 6% iron.

Roast Turkey with Sweet Onion Jam

The Roasted Garlic and Sweet Onion Jam gives this bird a flavorful coating. Serve it with Artisanal Bread Stuffing (see recipe, *page 210*) for a memorable feast.

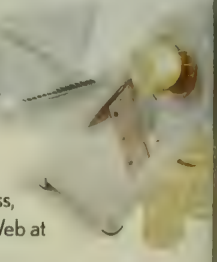
PREP: 15 MINUTES **ROAST:** 2¾ HOURS
STAND: 15 TO 20 MINUTES

1 10- to 12-lb. turkey
Salt
Cooking oil
6 medium red and/or white onions, peeled and cut into wedges
10 to 12 cloves unpeeled garlic
1 recipe Roasted Garlic and Sweet Onion Jam (see recipe, *page 202*) or 1 cup purchased roasted onion jam

>> on 214

MANDOLINE SLICER

You'll need a **Mandoline Slicer** for the Pear Chips used in the Chocolate-Pear Spice Cake (recipe, *page 214*). This handy kitchen gadget makes quick work of slicing, chopping, or grating. Our slicer's plastic frame measures 12x5 inches and holds an extra-sharp stainless steel blade. Attachments help you make slices, julienne strips, or french fries. It also grates and shreds. From Metro Marketing, the price is $19.95, which includes shipping, handling, and applicable sales tax. **TO ORDER** with your Visa, MasterCard, American Express, or Discover card, call 800/881-4066. Or, visit the Web at www.bhgcatalog.com to order.



SPRINGFORM PAN SET

You'll need a 9-inch springform pan for the Chocolate-Pear Spice Cake (recipe, *page 214*). Our handy **Set of Three Springform Pans** includes the 9-inch size as well as an 8-inch and a 10-inch pan. From Fox Run Craftsmen, the set of three pans costs $47.95, which includes shipping, handling, and applicable sales tax. **TO ORDER** with your Visa, MasterCard, American Express, or Discover card, call 800/881-4066. Or, visit the Web at www.bhgcatalog.com to order.



Quite a lively combination.





Only the best from under the sun.

© 2002



KEEPING THE FEAST >> from 212

Chicken broth (optional)
¼ cup dry white wine or apple juice
3 Tbsp. all-purpose flour

1. Preheat oven to 325° F. Remove turkey neck from body cavity and giblets from neck cavity. Rinse inside and outside of turkey; pat dry with paper towels. If desired, season body cavity with salt. Pull the neck skin to the back; fasten with a skewer.
2. Tuck the ends of the drumsticks under the band of skin across the tail. If there is no band of skin, tie the drumsticks securely to the tail. Twist wing tips under the back.
3. Place turkey, breast side up, on a rack in a shallow roasting pan. Brush with oil. Insert a meat thermometer into the center of an inside thigh muscle. The thermometer should not touch bone. Cover turkey loosely with foil.
4. Place turkey in oven. Roast for 1 hour.
5. Toss onion wedges and unpeeled garlic cloves with 2 tablespoons cooking oil. Spoon the onion mixture around the turkey and roast for 1¼ hours more.
6. Meanwhile, prepare the Roasted Garlic and Sweet Onion Jam. Remove foil from turkey. (The thermometer should register 160° F.) Cut band of skin or string between drumsticks so that thighs cook evenly. Carefully spread the jam over turkey. Roast 30 to 45 minutes more or until the thermometer registers 180° F. (The juices should run clear and drumsticks should move easily in their sockets.)
7. Remove turkey from oven. Transfer turkey, garlic, and onions to a platter. Cover; let stand for 15 to 20 minutes before carving.
8. Meanwhile, pour pan drippings into a large measuring cup. Skim fat from drippings and strain remaining broth. Add chicken broth, if necessary, to equal 1¾ cups. In a medium saucepan, combine wine and flour. Stir in strained pan juices. Cook and stir until thickened and bubbly; cook and stir 1 minute longer. Serve with roast turkey. Makes 12 to 14 servings.

EACH SERVING: 590 cal., 27 g total fat (7 g sat. fat), 202 mg chol., 199 mg sodium, 19 g carbo., 1 g fiber, 62 g protein. Daily Values: 0% vit. A, 8% vit. C, 8% calcium, 25% iron.

Chocolate-Pear Spice Cake

You'll get a pretty good idea of how this dessert, shown on our cover, is going to taste by breathing in its spicy aroma while it bakes.

PREP: 35 MINUTES **BAKE:** 1 HOUR **STAND:** 45 MINUTES
COOL: 10 MINUTES

2 cups all-purpose flour
1 Tbsp. ground cinnamon

- 2 tsp. baking soda
- 1 tsp. freshly grated nutmeg
- ½ tsp. baking powder
- ½ tsp. salt
- ¼ tsp. ground cloves
- 6 Tbsp. butter, softened
- 1 cup sugar
- 3 Tbsp. molasses
- 2 eggs
- 2 cups unsweetened applesauce
- 1 Tbsp. finely shredded orange peel
- 1 small Bosc pear, peeled, cored, and thinly sliced
- 2 oz. bittersweet and/or milk chocolate, coarsely chopped
- ½ cup coarsely chopped walnuts, hazelnuts (filberts), or pecans
- 1 recipe Pear Chips (optional)
- Whipped cream (optional)

1. Preheat oven to 350° F. Grease and flour a 9-inch spring-form pan; set aside.

>> on 216

FEAST JOURNAL



Document your own memories of family feasts with this truly unique **Recipe Journal** manufactured especially for the readers of *Better Homes and Gardens®* magazine by Molly West Handbound Books. The journal features a textile cover in hues of crimson and topaz highlighted by sage and turquoise. The durable fabrics are stain-resistant to extend their life, beauty, and utility. Inside are 40 lined pages for recording favorite recipes. Pages are made from recycled material and are acid-free—making the entire collection of archival quality. The ring-bound journal measures 7¼×9¼×1¾ overall. Five dividers (Appetizers, Soups & Salads, Entrées, Side Dishes, and Breads & Desserts) help categorize recipes. A great gift idea! One journal costs $69.95; additional journals are $60.00 each. Prices include shipping, handling, and tax. *Order early; quantities are strictly limited.*

TO ORDER with your Visa, MasterCard, American Express, or Discover card, call 800/881-4066. Or, visit the Web at www.bhgcatalog.com to order.

Jell-O 10-minute Thanksgiving Fruit Whip.

se your guests should be rewarded for eating your Aunt Dolores's turnip casserole.

Because it's a cornucopia of fruit, juice and Jell-O.



STIR 1 1/2 cups boiling water into 2 packages (3 oz. size) Orange Jell-O gelatin in large bowl until completely dissolved. **ADD** enough ice cubes to 1 cup cold orange or cranberry juice to make 2 cups. Add to gelatin, stirring until partially melted. **BLEND** mixture in blender on medium speed for 30 seconds. Spoon 1 can (11 or 15 oz. size) DOLE® Mandarin Oranges, drained, into 10 dessert glasses or a large glass serving bowl. Slowly pour blended gelatin mixture on top of fruit. **REFRIGERATE** 45 minutes or until set. The mixture sets with a frothy layer on top and a clear layer on bottom. Makes 10 servings. Can be made up to 1 day ahead.

Because it's magic.™



©2002 Dole Foods, Inc. ©2002 KF Holdings

2. In a medium bowl, stir together the flour, cinnamon, baking soda, nutmeg, baking powder, salt, and cloves; set aside.
3. In a large mixing bowl combine butter, sugar, and molasses; beat with an electric mixer on medium speed until combined. Add the eggs, one at a time, beating just until combined after each addition. Beat in the dry ingredients alternately with the applesauce, starting and ending with dry ingredients. Stir in orange peel.
4. Spoon the batter into the prepared pan. Arrange pear slices on top of the batter in one layer. Sprinkle with chopped chocolate and nuts. Bake about 1 hour or until the top springs back when gently touched and a toothpick inserted in the center comes out clean. Cool in pan on a wire rack for 10 minutes.
5. Remove sides of pan. Serve warm with Pear Chips and whipped cream. Makes 10 servings.

PEAR CHIPS: Using a mandoline, very thinly slice a small Bosc pear. Place pear slices on a large baking sheet lined with parchment paper. Bake in a 300° F oven for 20 to 25 minutes until golden brown and crisp, turning once.

EACH SLICE OF CAKE: 359 cal., 15 g total fat (6 g sat. fat), 62 mg chol., 480 mg sodium, 55 g carbo., 3 g dietary fiber, 5 g protein. Daily Values: 7% vit. A, 2% vit. C, 6% calcium, 13% iron.

Butterscotch Meringue Pie

This is nearly identical to the butterscotch meringue pie that Jim Fobel's Grandma Wahlstrom made in the 1920s. It has been a favorite in his family ever since.

PREP: 50 MINUTES **BAKE:** 15 MINUTES **CHILL:** 3 HOURS

- 1 recipe Flaky Pecan Pastry
- 3 egg whites
- ¼ tsp. cream of tartar
- ¼ cup granulated sugar
- 1 cup packed brown sugar
- ¼ cup cornstarch
- ¼ tsp. salt
- 1 12-oz. can (1½ cups) evaporated whole milk
- 3 egg yolks
- 1 cup milk
- 3 Tbsp. butter, sliced
- 1 tsp. vanilla extract

1. Prepare and bake the Flaky Pecan Pastry; cool pastry on a wire rack.
2. Preheat the oven to 350° F. For meringue, in a large mixing bowl combine the egg whites and cream of tartar; whisk to blend. In a small bowl combine granulated sugar and ¼ cup of the brown sugar; set aside. With an electric mixer, beat egg whites at medium speed until peaks form (tips curl). Gradually add the sugar mixture, 2 tablespoons at a time, beating at high speed until stiff peaks form (tips stand straight). Let stand at room temperature while making filling.
3. For filling, in a medium saucepan combine the remaining ¾ cup brown sugar, the cornstarch, and salt. Whisk in about ½ cup of the evaporated milk and then the egg yolks. Whisk in remaining evaporated milk and the 1 cup milk.
4. Cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Remove from heat and stir in butter and vanilla until blended. Pour into baked pastry shell. Spoon meringue over top, spreading evenly and sealing to pie shell. Bake 15 minutes. Cool on a rack away from drafts for 1 hour. Chill 3 to 6 hours before serving; cover for longer storage. Serve cold. Makes 8 servings.

FLAKY PECAN PASTRY: In a large bowl combine 1⅓ cups flour and ¼ teaspoon salt. Add ¼ cup shortening and ¼ cup butter; cut in quickly with a pastry blender until particles are pea-size (not too fine). Stir in ⅓ cup finely chopped pecans. Combine 2 tablespoons ice-cold water with 2 teaspoons vinegar and sprinkle over flour mixture. Stir with a fork just to blend. Sprinkle with 2 tablespoons additional ice-cold water and stir quickly, just to blend. Gather into a ball. Wrap and chill for about one hour.



Butterscotch Meringue Pie

Preheat the oven to 425° F. On a lightly floured surface, roll pastry to a circle 12 inches in diameter. Loosely fit into a 9-inch pie plate. Trim edges even with the edge of the pie plate, cutting a scalloped or zigzag edge, if desired. Line with double thickness of foil. Bake 12 minutes. Carefully remove foil. Return shell to oven and bake 8 to 10 minutes more or until golden brown. Cool on a wire rack.

EACH SERVING: 507 cal., 26 g total fat (12 g sat. fat), 125 mg chol., 354 mg sodium, 60 g carbo., 1 g fiber, 9 g protein. Daily Values: 14% vit. A, 3% vit. C, 21% calcium, 12% iron.

d Housekeeping
Promises



Turkey Insurance.

Make sure your turkey turns out perfectly moist and tender.

reynoldskitchens.com or call our
y Hotline at 1-800-745-4000.

Reynolds It's the way you do it



SPARKLING WINES

The fine bubbly bite of a great sparkling wine makes any event more lively and special, plus these wines are a wonderful companion for food.

"Sparkling wines have ability to bridge the flavors and tastes we love at the holidays," says wine maker Jamie Davies (read more about her in "Keeping the Feast" on *page 191*).

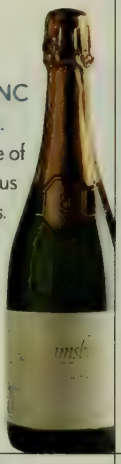
And there's a sparkler for every taste—whether you like your wines drier, sweeter, lightly flavored, or bold and intense.

BY RICHARD SWEARINGER
PHOTOGRAPHS JOYCE OUDKERK POOL

SCHRAMSBERG BLANC DE BLANCS 1998 $29.

From California, this is one of Jamie Davies most delicious and easily appreciated wines. Serve this dry, lemony, refreshing sparkler before dinner and with lighter grilled food, as well as Vegetable-Topped Mussels (see *page 204*).

www.schramsberg.com



LAURENT-PERRIER BRUT L-P $29

Wines this good light up the room when you pop the cork. From France, this sparkler hits the ideal balance between exuberant bubbles and bright flavors, such as citrus fruit and strawberry. Serve it with Artisanal Bread Stuffing (see *page 210*).

800/433-8484



ROEDERER ESTATE ANDERSON VALLEY BRUT $22

This exemplary American sparkling wine has fewer nose-tickling bubbles than the others shown here and a flavor intensity to stand up to such hearty foods as a grilled Thanksgiving turkey, roast goose, or spicy side dish.

www.mmdusa.net



CHANDON RICHE EXTRA DRY $17

It's pink! The tiniest bit sweet, this slightly floral-scented, light-flavored wine received the most enthusiastic reception of all the sparklers we sampled. Try it with the Cranberry-Stuffed Pork Loin (see *page 202*).

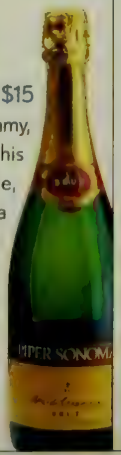
www.chandon.com



PIPER SONOMA BRUT $15

An almost nutty flavor, creamy, and quite bubbly, this California wine is versatile, accommodating itself to a wide variety of foods—everything from a brunch of bagels and cream cheese to the Roast Turkey with Sweet Onion Jam (see *page 212*).

800/358-6002



WOLF BLASS BRUT $10

A wonderful example of why we love Australian wines. Appealing peach and apple flavors waltz across your tongue with the lightest of bubbles, making this wine one that's enjoyable with everything from pre-dinner smoked almonds to pumpkin pie.

800/725-3993 ext. 4735.




Campbell's
Select...scrumptious.
Experience the Clam Chowder that's simply delicious from Campbell's® Select. So good it beat Progresso 2 to 1 in a National Taste Test. When you start with real clam broth and add lots of clams that are more tender than Progresso's, you get a Campbell's® Select that's truly scrumptious.
Experience the simple pleasure of a great-tasting soup.
Campbell's
Select
New England Clam Chowder
Made with Real Clam Broth

some like it hot.



Post grape-nuts® hot. crunch away the cold.

1. add milk 2. mi



CHOCOLATE CAKE TO THE MAX

We tested and retested chocolate cake recipes to come up with the moistest, richest, chocolatiest cake ever. Then, we tested chocolate frosting recipes and combined the best of each. After we calmed down, we fine-tuned the recipe some more. Here's the result: Chocolate Cake with Chocolate-Sour Cream Frosting. If chocolate cravings are part of your family's genetic blueprint, you'll want to end your holiday feast with this incredible cake. After all, chocolate is thicker than water.

Chocolate Cake with Chocolate-Sour Cream Frosting

PREP: 30 MINUTES **BAKE:** 35 MINUTES **COOL:** 1 HOUR

- ¾ cup butter, softened
- 3 eggs
- 2 cups all-purpose flour
- ¾ cup unsweetened cocoa powder

1 tsp. baking soda
¾ tsp. baking powder
½ tsp. salt
2 cups sugar
2 tsp. vanilla
1½ cups milk
1 recipe Chocolate-Sour Cream Frosting
White and dark chocolate shavings (optional)

1. Allow butter and eggs to stand at room temperature for 30 minutes. Meanwhile, lightly grease bottoms of three 8x1½-inch round cake pans. Line bottoms of pans with waxed paper. Grease and lightly flour bottoms and sides of pans. Or, grease one 13x9x2-inch baking pan. Set pan(s) aside.
2. Preheat oven to 350°F. In a mixing bowl stir together the flour, cocoa powder, baking soda, baking powder, and salt; set aside.
3. In a mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Gradually add sugar, about ¼ cup at a time, beating on medium speed until well combined (3 to 4 minutes). Scrape sides of bowl; continue beating on medium speed for 2 minutes. Add eggs, one at a time, beating after each addition (about 1 minute total). Beat in vanilla.
4. Add flour mixture and milk alternately to beaten mixture, beating on low speed just until combined after each addition. Beat on medium to high speed for 20 seconds more. Spread batter evenly into the prepared pan(s).
5. Bake for 35 to 40 minutes, or until a wooden toothpick inserted in the center comes out clean. Cool cake layers in pans for 10 minutes. Remove from pans. Peel off waxed paper. Cool thoroughly on wire rack. Or, place 13x9x2-inch cake in pan on a wire rack; cool thoroughly. Frost with Chocolate-Sour Cream Frosting. Top with chocolate shavings. Cover and store frosted cake in the refrigerator. Makes 12 to 16 servings.

CHOCOLATE-SOUR CREAM FROSTING: In a large saucepan melt one 12-ounce package (2 cups) semisweet chocolate pieces and ½ cup butter over low heat, stirring frequently. Cool for 5 minutes. Stir in one 8-ounce carton dairy sour cream. Gradually add 4½ cups sifted powdered sugar, beating until smooth. This frosts tops and sides of two to three 8- or 9-inch cake layers. (Halve the recipe to frost a 13x9x2-inch cake.) Makes about 4½ cups.

EACH SERVING: 760 cal., 35 g total fat (20 g sat. fat), 118 mg chol., 475 mg sodium, 99 g carbo., 5 g fiber, 7 g protein. Daily Values: 21% vit. A, 0% vit. C, 14% calcium, 0% iron.

Jimmy Dean

HOLIDAY RECIPES NEVER SOUNDED SO GOOD



★ SAUSAGE CHEESE BALLS ★

2 packages uncooked JIMMY DEAN FRESH SAUSAGE
16 ounces sharp cheddar cheese (or 4 cups shredded)
1 1/2 cups all-purpose baking/biscuit mix
1/2 cup finely chopped celery
1/2 cup finely chopped onion
1/2 teaspoon garlic powder



Preheat oven to 375°. Shred cheese and mix all ingredients. Form into 1" balls. Bake 15 minutes on ungreased baking sheet until golden brown. Makes about 6 dozen. Sausage Cheese Balls can be frozen uncooked. *For a firmer texture,* add an extra 3 cups of baking/biscuit mix and an extra 2 cups of shredded cheese to the ingredients listed above.



Signature Recipe

WINTER SQUASH

This past summer's heat wave accelerated the growing season for squash, resulting in an abundance of winter squash showing up in the market and ensuring that they'll be sticking around a bit longer into the winter season. Pretty as it is, squash looks great piled up as a long-term centerpiece—the hard, thick shells act as "storage containers" for sweet flesh, lasting 30 to 180 days. But cook 'em up to take full advantage of this seasonal bounty—and don't forget to save the seeds for roasting. Here are some of the more popular varieties.

Red Kuri Squash The red-orange skin of this squash houses a finely textured flesh reminiscent of sweet potatoes. Red Kuri is delicious baked or steamed; its flesh is also a great

BY STEPHEN EXEL
PHOTOGRAPHS JOYCE OUDKERK POOL



Acorn Squash



Green Buttercup Squash



Red Kuri Squash



Butternut Squash



$$\sqrt{\frac{\text{bolognese}}{\text{dinner party}^{\text{for 4}}}} = \text{baked-on}^{[\text{mess}]}$$

Kitchen mess equation #7:

409® problems call for a powerful FORMULA





ADVERTISEMENT

connect@home™

check out these sites for the latest information

FOUR SEASONS SUNROOMS
Outdoor Living...Indoors
www.fourseasonssunrooms.com

Heritage Lace
www.heritagelace.com

HGTV
HOME & GARDEN TELEVISION
www.hgtv.com

www.homedepot.com

Skillet Sensations
www.leancuisine.com

OSH
www.osh.com

STATE FARM INSURANCE
www.statefarm.com

Uncle Ben's NATURAL SELECT
www.unclebens.com

Uncle Ben's RICE BOWL
www.unclebens.com

Check out bhg.com
www.bhg.com/familylife

and visit our sponsor parentstages.com
www.parentstages.com

candidate for puréeing into a soup. Just scrape the cooked flesh into a blender, and add seasonings and a liquid such as chicken broth, water, or cream. Hit the button marked "blend."

Acorn squash shows up in gold, green, and white. This wide-ribbed varietal has a tender, fine-textured flesh with a nutty, peppery taste. Serve this small, versatile squash quartered and baked, mashed, or puréed. Or, create an edible bowl by halving it crosswise and baking, then filling it with cooked rice or stuffing.

Green buttercup squash is a good squash for stress relief: a knife should be lightly pounded into its thick skin to aid slicing. The rewards for this effort are great, though. Its deep-yellow flesh eats like a sweet potato and holds up well through long cooking, so consider it for braising, roasting, and stewing.

Turban squash has color variations from bright orange to green or white. Its oversized cap can be sliced off, hollowed, and used for serving soup. The seed cavity is small, which leaves room for plenty of sweet, hazelnut-flavored flesh to bake into tarts, pies, and breads.

To cook winter squash, follow these guidelines:

- Always scrape out the seed cavity before cooking.
- Pierce the skin with a knife.
- Whenever possible, cook squash, quartered or halved, in its skin. This makes it easier to peel or scrape the flesh out of the shell.
- Steaming, baking, or braising are the most effective ways to get the biggest flavor out of squash; avoid boiling.

RESH FRUIT GIFT BOX



Fresh from the groves of Indian River, Florida, and available by special arrangement with Gracewood Groves, this *exclusive* **Citrus and Tea Time Gift Box** contains about 15 pounds (five or six of each fruit) of sweet navel oranges, tangelos, and juicy ruby-red grapefruit. We also include a stainless-steel grapefruit knife, four grapefruit spoons, a box of apricot tea, an 8-ounce jar of orange-blossom honey, a linen tea towel, and kitchen-tested recipes. Your special *Better Homes and Gardens*® price is $31.48, plus $6.95 for shipping and handling. The regular price of the package is $62.95, plus $6.95 for shipping and handling.

New this year! A slightly smaller gift containing four of each fruit plus the stainless-steel grapefruit knife, four grapefruit spoons, apricot tea, orange-blossom honey, tea towel, and kitchen-tested recipes (about 10 pounds total weight). Your special *Better Homes and Gardens*® price is $28.98, plus $6.95 for shipping and handling. The regular price of the package is $57.95, plus $6.95 for shipping and handling.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/767-2358. Specify M15FLTK for the 15 lb. gift box or M10FLTK for the 10 lb.gift box. Or visit our Internet site at www.bhgcatalog.com.

Statement of Ownership, Management, and Circulation (Required by 39 U.S.C. 3685). 1. Title of Publication: *Better Homes and Gardens*®. 2. Publication No.: 481-930. 3. Date of Filing: October 1, 2002. 4. Frequency of Issue: Monthly. 5. No. of Issues Published Annually: 12. 6. Annual Subscription Price: $22.00. 7. Complete Mailing Address of Known Office of Publication: 1716 Locust Street, Des Moines, Polk County, IA 50309-3023. 8. Complete Mailing Address of the Headquarters of General Business Offices of the Publisher: 1716 Locust Street, Des Moines, Polk County, IA 50309-3023. 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Daniel M. Lagani, Meredith Corporation, 125 Park Avenue, New York, NY 10017-5529; Editor in Chief: Karol DeWulf Nickell, Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023; Managing Editor: Lamont Olson, Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. 10. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. The Names and Addresses of Stockholders Owning or Holding 1 Percent or More of the Total Amount of Stock: Bank of New York (The), 925 Patterson Plank Rd., Secaucus, NJ 07094; Barclays Global Investors N.A./Investors Bank and Trust, 980 - 9th Street., Sacramento, CA 95814; Boston Safe Deposit and Trust Company, 525 William Penn Place, Pittsburgh, PA 15259; Charles Schwab & Co., Inc., Issuer Services, c/o ADP Proxy Services, 51 Mercedes Way, Edgewood, NY 11717; Citibank, N.A., 3800 Citibank Center B3-15, Tampa, FL 33610; Deutsche Bank Trust Company Americas, 648 Grassmere Park Road, Nashville, TN 37211; Donaldson, Lufkin and Jenrette Securities Corporation, 1 Pershing Plaza, Jersey City, NJ 07399; Investors Bank & Trust Company, 200 Clarendon St., 9th Fl., Corporate Actions Unit/TOP57, Boston, MA 02116; JPMorgan Chase Bank/1A, One Chase Manhattan Plaza 4-B, New York, NY 10081; JPMorgan Chase Bank, Proxy/Class Actions/Bankruptcy, 14201 Dallas Pkwy., Dallas, TX 75254; Merrill Lynch, Pierce Fenner & Smith Safekeeping, 4 Corporate Place, 2nd Floor, Piscataway, NJ 08854; Morgan Stanley & Co. Incorporated, One Pierrepont Plaza, 7th Floor, Brooklyn, NY 11201; Northern Trust Company (The), 801 S. Canal C-In, Chicago, IL 60607; Salomon Smith Barney Inc., 333 W. 34th Street, New York, NY 10001; State Street Bank and Trust Company, 1776 Heritage Dr., Global Corporate Action Unit JAB 5NW, No. Quincy, MA 02171; Wells Fargo Bank Minnesota, N.A., 733 Marquette Avenue, N9306-051, Minneapolis, MN 55479. Through some of the nominees listed above, the E.T. Meredith and Bohen families and family foundations own, directly or beneficially, approximately 25% of the issued and outstanding stock of the corporation. Each nominee listed above holds stock for one or more stockholders. 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: None. Item 12 of PS Form 3526 not applicable. 13. Publication Title: *Better Homes and Gardens*®. 14. Issue Date for Circulation Data: October '02. 15. Extent and Nature of Circulation: A. Total No. of Copies (Net Press Run): Average No. Copies Each Issue During Preceding 12 Months, 8,232,864; Actual No. Copies of Single Issue Published Nearest to Filing Date, 8,149,000. B. Paid and/or Requested Circulation: (1) Paid/Requested Outside-County Mail Subscriptions Stated on Form 3541. (Include Advertisers' Proof Copies/Exchange Copies): Average No. Copies Each Issue During Preceding 12 Months, 7,227,229; Actual No. Copies of Single Issue Published Nearest to Filing Date, 7,221,813. (2) Paid In-County Subscriptions Stated on Form 3541. (Include Advertisers' Proof Copies/Exchange Copies): Average No. Copies Each Issue During Preceding 12 Months, 0; Actual No. Copies of Single Issue Published Nearest to Filing Date, 0. (3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution. Average No. Copies Each Issue During Preceding 12 Months, 377,046; Actual No. Copies of Single Issue Published Nearest to Filing Date, 384,187. (4) Other Classes Mailed Through the USPS. Average No. Copies Each Issue During Preceding 12 Months, 0; Actual No. Copies of Single Issue Published Nearest to Filing Date, 0. C. Total Paid and/or Requested Circulation [Sum of 15b. (1), (2), (3), and (4)]. Average No. Copies Each Issue During Preceding 12 Months, 7,604,275; Actual No. Copies of Single Issue Published Nearest to Filing Date, 7,606,000. D. Free Distribution by Mail (Samples, Complimentary, and Other Free): (1) Outside-County as Stated on Form 3541: Average No. Copies Each Issue During Preceding 12 Months, 147,416; Actual No. Copies of Single Issue Published Nearest to Filing Date, 96,087. (2) In-County as Stated on Form 3541: Average No. Copies Each Issue During Preceding 12 Months, 0; Actual No. Copies of Single Issue Published Nearest to Filing Date, 0. (3) Other Classes Mailed Through the USPS: Average No. Copies Each Issue During Preceding 12 Months, 0; Actual No. Copies of Single Issue Published Nearest to Filing Date, 0. E. Free Distribution Outside the Mail (Carriers or Other Means): Average Number Copies Each Issue During Preceding 12 Months, 11,423; Actual No. Copies of Single Issue Published Nearest to Filing Date, 6,913. F. Total Free Distribution (Sum of 15d. and 15e.): Average No. Copies Each Issue During Preceding 12 Months, 158,839. Actual No. Copies of Single Issue Published Nearest to Filing Date, 103,000. G. Total Distribution (Sum of 15c. and 15f.): Average No. Copies Each Issue During Preceding 12 Months, 7,763,114; Actual No. Copies of Single Issue Published Nearest to Filing Date, 7,709,000. H. Copies Not Distributed: Average No. Copies Each Issue During Preceding 12 Months, 469,750; Actual No. Copies of Single Issue Published Nearest to Filing Date, 440,000. I. Total (Sum of 15g. and 15h.). Average No. Copies Each Issue During Preceding 12 Months, 8,232,864; Actual No. Copies of Single Issue Published Nearest to Filing Date, 8,149,000. J. Percent Paid and/or Requested Circulation (15c. divided by 15g. times 100): Average No. Copies Each Issue During Preceding 12 Months, 98.0%; Actual No. Copies of Single Issue Published Nearest to Filing Date, 98.7%. 16. This Statement of Ownership will be printed in the November 2002 issue of this publication. 17. Signature and Title of Editor, Publisher, Business Manager, or Owner: (Signed) Karol DeWulf Nickell, Editor in Chief. Date: August 6, 2002. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including multiple damages and civil penalties).



GUIDE TO A PERFECT ROAST TURKEY

PAY ATTENTION TO THE LITTLE DETAILS FOR A DINNER WORTHY OF THE SEASON.

HOW MUCH TO BUY

To make sure you have enough turkey, buy 1 to 1½ pounds of bird per person; for every pound of bird you buy, expect slightly under a half a pound of usable meat after cooking and carving.

As to whether to buy fresh or frozen, the decision comes down to how long you want half a shelf in your fridge occupied. The quality is about the same, but fresh turkeys take up space only for a day or two, while frozen turkeys must spend up to a week thawing.

For a fresh turkey, check the sell-by date. The unopened turkey will taste best and be safe to use for 1 or 2 days after the date on the wrapper. (This year, Thanksgiving falls on November 28.) If you're buying frozen, look for one that is clean, undamaged, and free of ice crystals.

THAWING

For a whole frozen turkey, leave the bird in its wrapping; place on a tray or platter in the refrigerator for 2 to 5 days. Plan on 24 hours for every 5 pounds; don't count the day you'll be cooking. For instance, a 15-pound bird should start thawing Sunday night to be ready for Thanksgiving. Thawed birds will keep 2 days in the refrigerator.

The bird is ready for roasting if the giblets can be removed easily and there are no ice crystals in the body cavities. If the center is still frozen, the bird will cook unevenly.

BY RICHARD SWEARINGER
PHOTOGRAPHS BY COLLEEN DUFFLEY
FOOD STYLIST BROOKE LEONARD





Once you taste Smucker's® Sugar Free™ Preserves, you'll wonder how it can be sugar free. But it is. Combining Smucker's great-tasting goodness with NutraSweet* brand sweetener, Smucker's Sugar Free Preserves are sure to make you smile.

To locate a store near you that carries Smucker's Sugar Free products, call 1-888-550-9555 or visit us online at www.smucker.com

With a name like SMUCKER'S *It has to be good.®*

01 The J.M. Smucker Company ®Registered trademarks of The J.M. Smucker Company *NutraSweet and the NutraSweet symbol are registered trademarks of the NutraSweet Company



If your turkey is not completely thawed on the day you plan to roast it, place the bird in a clean sink full of cold water and change the water every 30 minutes. This method works like magic, so don't try thawing at room temperature, in the microwave, or in warm water; these methods can cause bacteria to grow to dangerous levels.

After thawing, remove giblets and neck from the interior. If you wish, rinse the bird. In either case, pat dry with paper towels.

STUFFING

The next three steps—stuffing, trussing, and roasting—are the real keys to success, so leave plenty of time to proceed carefully. Measure out the amount of stuffing that will go into the bird, allowing ¾ cup per pound of bird. (That's 11 cups for a 15-pound bird.) Spoon some stuffing loosely into neck cavity. Pull the neck skin over stuffing; fasten to turkey's back with a short skewer.

The drumsticks are usually held in place by a band of skin, or a plastic or metal clamp; unbind legs and loosely spoon stuffing into the body cavity; don't pack it in or the stuffing may not be fully cooked and safe to eat by the time the turkey is done. Spoon any remaining stuffing into a baking dish or casserole; cover and chill until you're ready to bake it (which will be about an hour before the turkey is done).

Tuck the drumsticks under the band of skin that crosses the tail, or reset into leg clamp. If there isn't a band or if you've removed the clamp, tie drumsticks to tail using kitchen string. Twist wing tips under the back—this gives the turkey a nice stable base to rest on.

If you don't have an accurate meat thermometer, consider cooking the stuffing in a covered casserole alongside the turkey, rather than inside the bird. Prepare the stuffing just before you put the bird in the oven.

ROAST AND SERVE

Place your oven rack in its lowest position; preheat oven to 325° F. Place turkey, breast side up, on a rack in a shallow pan (the sides of the pan shouldn't be deeper than 2 inches or the turkey won't brown properly). To help browning, brush with cooking oil. Push a meat thermometer into the center of an inside thigh muscle without touching bone. Cover turkey loosely with foil, pressing it over the drumsticks and neck. Roast, using our timing chart (*left*) as a guide. Since most turkeys are self-basting, it is not necessary to baste, but it will add flavor.

When the bird has been in the oven for two-thirds of the time shown on the chart, cut string between drumsticks. Remove foil the last 30 to 45 minutes. A meat thermometer inserted deep into the thigh should register 180° F and the stuffing should be at least 165° F. Ignore what you've heard about pop-up thermometers being inaccurate; they're accurate to within 2 degrees.

When the turkey is done, the drumsticks should move very easily in their sockets and their thickest parts should feel soft when pressed. In addition, juices from the thigh should run clear when pierced deeply with a long-tined fork. Remove from the oven and cover loosely with foil. Let stand 20 minutes. Release legs from leg clamp, if present. To avoid burns or splatters, do not remove clamp until bird has cooled slightly. Remove stuffing before carving.

The turkey can remain at room temperature for 2 hours after it comes out of the oven, then refrigerate. Cooked turkey and stuffing may be refrigerated separately up to 2 days.

STUFFED WHOLE-TURKEY ROASTING GUIDE

READY-TO-COOK TURKEY WEIGHT	OVEN TEMPERATURE	ROASTING TIME
8 to 12 lb.	325° F	3 to 3¾ hours
12 to 14 lb.	325° F	3¼ to 4½ hours
14 to 18 lb.	325° F	4 to 5 hours
18 to 20 lb.	325° F	4½ to 5¼ hours
20 to 24 lb.	325° F	4¾ to 5¾ hours

FOR UNSTUFFED TURKEYS OF THE SAME WEIGHT, REDUCE THE TOTAL COOKING TIME BY 15 TO 45 MINUTES. THE TURKEY IS DONE WHEN THE THIGH TEMPERATURE REACHES 180° F AND THE STUFFING IS 165° F

TURKEY QUESTIONS?

For more turkey roasting information, a holiday planner, and recipes, visit www.bhg.com/turkeytips. Or call the USDA Meat and Poultry Hot Line: 800/535-4555 (in Washington, D.C., 202/720-3333). On Thanksgiving Day, USDA food safety experts will answer questions from 8 a.m. to 2 p.m. EST. Additional help via phone: Butterball Turkey-Talk Line: 800/288-8372; Reynolds Turkey Tips Line: 800/745-4000.

Careful.
ur guests may never leave.



Great party food is a no-brainer with Lit'l Smokies, whether you simmer them in BBQ sauce, wrap them in crescent rolls, or skewer them with a little sweet-n-sour dip. So quick to fix, no wonder they're America's favorite cocktail links. Hit our website for all these easy party ideas—and about a zillion more.

hillshirefarm.com



shire

avorite Sausage

PICK A PEPPERCORN

Reach for a pepper mill or mortar and pestle, and start releasing the pungent aromatics locked inside the colorful dried berries of the pepper plant. You'll find most of these varieties at the grocery store or a gourmet shop. Store them tightly sealed and grind only as much as you'll use. Here's a handy hue-by-hue guide—those different colors aren't just for good looks.

BY STEPHEN EXEL
PHOTOGRAPHS: JOYCE OUDKERK POOL
FOOD STYLIST POUKE



GREEN PEPPERCORNS are picked when the berries are young and still green. They have a fresh, herbal, delicate taste. Sprinkle them on any potato dish, or stir them into cream-based soups and sauces.



GREEN PEPPERCORNS IN BRINE preserves the peppercorn's delicate flavor. Used mostly for cooking, not flavoring, the brined variety earned its culinary gold stars in a classic dish, steak au poivre.



PINK PEPPERCORNS aren't peppercorns at all; they are dried berries from a shrub native to Reunion Island in the Indian Ocean. Their sweet, candied taste adds elegance to tropical fruits, poached pears, and chocolate.



The **RAINBOW BLEND** is sometimes considered purely decorative, but in truth it offers a nicely balanced range of flavor from sweet to spicy and has a heat level that sticks with you but doesn't burn.



BLACK TELLICHERRY PEPPERCORNS have the most heat. Hearty and rich in flavor, they are harvested when the pepper berry is just ripening. Use this stimulating pepper to flavor meats, mole, and red wine sauces.



WHITE PEPPERCORNS are dried, fully ripened berries that have had their black hulls removed. Their clean, spicy flavor, reminiscent of roasted nuts, is a good choice for salads and creamy cheeses.

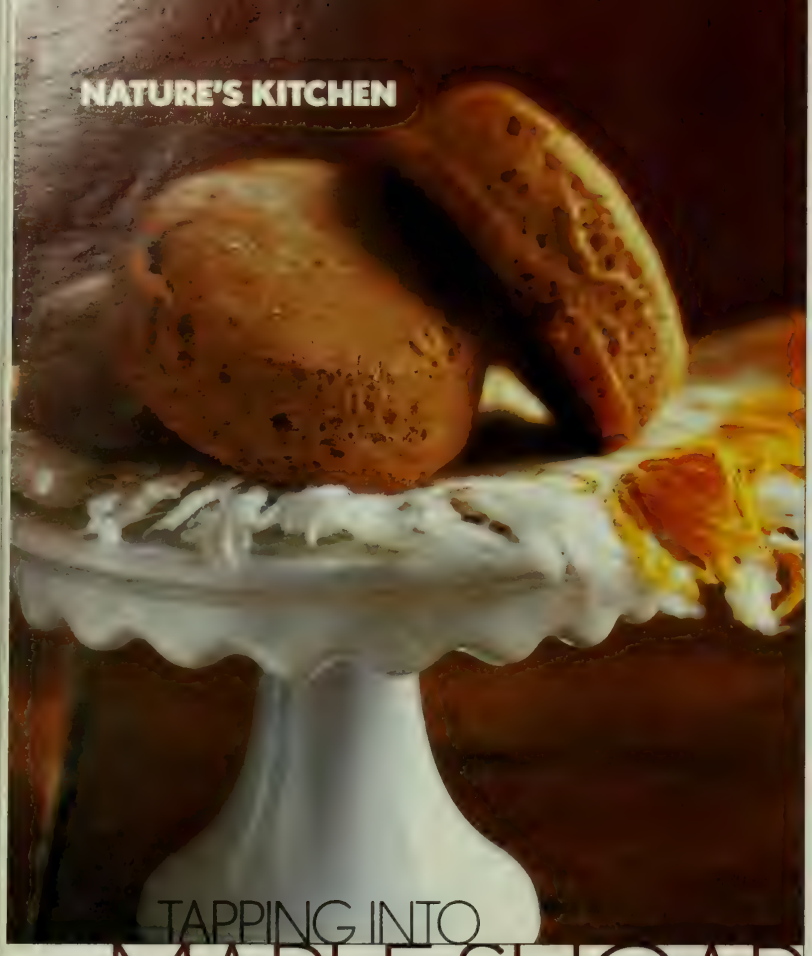


Starting every morning with Equal® makes your breakfast favorites even more delicious. But breakfast is just the beginning. Rich coffee. Unbelievable apple pie. Refreshing lemonade. Everyday, millions of people use Equal as a better way to the tastes they love.

great Equal® recipes, visit www.equal.com

EQUAL SWEETENER

Great Taste, 0 Calories.



TAPPING INTO MAPLE SUGAR

These sweetly flavored little cakes know their place: high on a pedestal. Just slather a generous pat of butter onto one of these spicy muffins while it's still warm, and call it dessert. Or skip the butter, grab a good cup of cappuccino, and start dunking.

This cross between a biscuit and a muffin can be homemade in half an hour. The amazing flavor comes from maple sugar, made from natural maple syrup. It may take a little effort to track down the maple sugar, but it's worth it. Look for the brownish granulated sugar in specialty food stores. Or you can order it from The Baker's Catalogue at 800/827-6836 or www.bakerscatalogue.com.

Once you buy a bag of maple sugar, you'll want to start playing with it. Here are a couple of suggestions:

- Substitute half the amount of granulated sugar in your favorite shortbread recipe with an equivalent amount of maple sugar.
- Sprinkle a heaping spoonful onto French toast and you won't need any syrup.

BY JEANNE AMBROSE
PHOTOGRAPH (TOP) CHARLES SCHILLER FOOD STYLIST WILLIAM SMITH
PHOTOGRAPH (RIGHT) JOYCE OUDKERK POOL FOOD STYLIST POUKE

Maple Sugar Muffins

PREP: 15 MINUTES **BAKE:** 12 MINUTES

- 1 8-oz. carton dairy sour cream
- 1 egg, beaten
- 1 cup granulated maple sugar or ¾ cup granulated sugar plus ¼ tsp. maple flavoring
- ½ tsp. ground allspice
- 2¼ cups all-purpose flour
- ¾ tsp. baking soda
- ⅛ tsp. salt

1. Preheat oven to 375° F. Grease a very large baking sheet; set aside.
2. In a large bowl combine sour cream, egg, maple sugar, and allspice. In a medium bowl stir together flour, baking soda, and salt. Add the flour mixture all at once to the sour cream mixture. Stir just until combined.
3. Turn dough out onto a well-floured surface. Knead 10 to 12 strokes. Pat or lightly roll dough to a ½-inch thickness. Cut dough with a floured 2½-inch round cutter. Place muffins on prepared baking sheet.
4. Bake for 12 to 15 minutes or until bottoms of muffins are brown. Transfer to a wire rack to cool slightly. Serve warm. Makes 14 muffins.

EACH MUFFIN: 148 cal., 4 g total fat (2 g sat. fat), 22 mg chol., 102 mg sodium, 25 g carbo., 1 g dietary fiber, 3 g protein. Daily Values: 0% vit. A, 0% vit. C, 2% calcium, 5% iron.


Maple Sugar

crayons all over the floor

rs all over the fridge

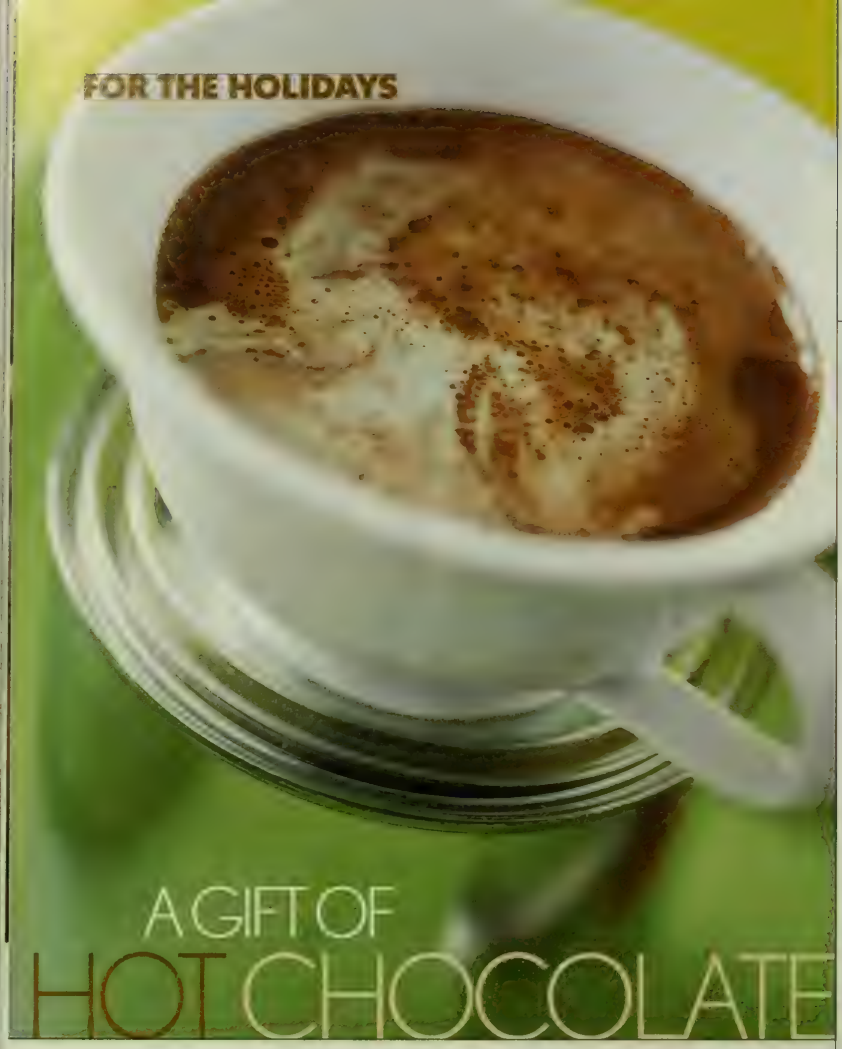


fingerpaints all over



lean

cleans your whole house and everything that's in it.



A GIFT OF HOT CHOCOLATE

Finish off a cup of this outrageously chocolaty hot chocolate and you'll want to stretch out on the couch with a sigh. Or maybe you'd rather go back for another steamy cup. Either way, you'll want to keep a pretty good stash of this handy for yourself or your very, very good friends.

A sprinkling of cinnamon added to the mix of chocolate chunks plus cocoa powder intensifies the flavor big-time. Include a little toasted anise seed for its subtle licorice hint, and you'll stir up a combo like none you've ever tasted. This was intended as a homemade holiday gift, but chances are you'll want it all for yourself. Or maybe you'll succumb to the spirit of the season and share it with someone special.

If you do decide to make a gift of it, package it prettily, perhaps in a shiny silver tin wrapped in an oversized ribbon. Be sure to include the instructions for preparing the hot chocolate. Or, if you forget, maybe the recipients of your gift will invite you over to show them how it's made. Nice trick.

BY JEANNE AMBROSE
PHOTOGRAPH COLLEEN DUFFLEY
FOOD STYLIST BROOKE LEONARD

All-Is-Calm Hot Chocolate Mix

PREP: 20 MINUTES

- 8 oz. semisweet or bittersweet chocolate chunks or pieces
- ⅔ cup sugar
- ½ cup unsweetened cocoa powder
- ½ tsp. anise seed, toasted* and crushed
- ½ tsp. ground cinnamon

1. For mix, in a large bowl combine chocolate chunks or pieces, sugar, cocoa powder, anise seed, and cinnamon. Spoon into a container, jar, or self-sealing plastic bag. Cover or seal. Include the following recipe directions:

ALL-IS-CALM HOT CHOCOLATE: To make 4 servings of hot chocolate, in a medium saucepan combine ⅔ cup cocoa mix and ¼ cup water. Stir over medium heat until chocolate is melted and mixture is smooth. Whisk in 4 cups milk, half-and-half, or light cream (you'll get a richer result using half-and-half or light cream) heat through, whisking occasionally. Pour into mugs. Mix makes 12 servings.

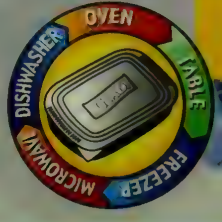
***NOTE:** To toast anise seed, place anise in a shallow baking pan. Bake in a 350° F oven for 5 minutes or until toasted and aromatic.

EACH SERVING WITH 2% MILK: 272 cal., 11 g total fat (6 g sat. fat), 18 mg chol., 122 mg sodium, 30 g carbo., 3 g fiber, 9 g pro. Daily Values: 0% vit. A, 4% vit. C 34% calcium, 4% iron.

THE ULTIMATE K.U.V.



Kitchen Utility Vehicle. Glad® OvenWare is equally at home in the oven, the freezer, the microwave and the dishwasher, making it the only pan you need. And that makes life in the fast lane a whole lot easier.





DON'T GET MAD. GET GLAD®


Pure Enthusiasm.
Cascadian Farm
ORGANIC
Honey Nut O's
Since 1972
Cascadian Farm
ORGANIC
Honey Nut O's
Organic whole grain oat cereal touched with golden honey and almonds
Taste you can believe in.



PIE FOR A PARTY

A bit sturdier than typical pies, this oversized baking-sheet version can be eaten out of hand. Slice yourself a slab and sneak out of the kitchen without even dirtying a plate. An apple version of this pie has been around for decades, but this sweet and puckery apricot-cherry rendition will knock your socks off.

Making the fruity filling and the pastry is a snap. But rolling out the large, rectangular pastry and transferring it to the pan requires a little concentration.

A lightly floured pastry cloth is the ideal surface for rolling out the dough, but a countertop dusted with flour works too. Start by using your hands to pat the dough into a flat rectangle. Then let the rolling begin.

Flour the rolling pin, place it in the center of the dough, and roll from the center to the edge. Add just enough flour to the rolling surface to keep the dough from sticking.

To transfer the dough to the pan, use the rolling pin method as directed in the recipe (*right*). Or try this: Sprinkle flour on top of the dough, brush off excess flour, then gently fold the dough in half; then fold in half again. Carefully place the dough into the pan and unfold. Patch any cracks with pastry scraps before adding the filling.

BY JEANNE AMBROSE
PHOTOGRAPHS: RICHARD JUNG
FOOD STYLIST DORA JONASSEN

Apricot-Cherry Slab Pie

PREP: 30 MINUTES **BAKE:** 40 MINUTES

- 3¼ cups all-purpose flour
- 1 tsp. salt
- 1 cup shortening
- 1 egg yolk
- Milk
- ½ cup sugar
- 3 Tbsp. cornstarch
- 3 15¼-oz. cans apricot halves, drained and cut into quarters
- 1 16-oz. can pitted tart red cherries, drained
- 1 recipe Vanilla Glaze

1. For pastry, in a large mixing bowl stir together the flour and salt. Using a pastry blender, cut in shortening until mixture resembles coarse crumbs. Lightly beat egg yolk in a glass measuring cup. Add enough milk to egg yolk to make ¾ cup total liquid; mix well. Stir egg yolk mixture into flour mixture; mix well. Set aside one-third of the dough.
2. On a lightly floured surface, roll remaining two-thirds of dough into an 18x12-inch rectangle. To transfer pastry, carefully wrap it around the rolling pin; unroll into a 15x10x1-inch baking pan (pastry will hang over edges of pan). Preheat oven to 375° F.
3. In a large bowl combine sugar and cornstarch. Stir in apricots and cherries. Spoon into the prepared crust.
4. Roll the remaining dough into a 16x11-inch rectangle; place over fruit. Bring bottom pastry up and over top pastry. Seal edges with the tines of a fork. Prick top pastry over entire surface with the tines of a fork.
5. Bake about 40 minutes or until golden brown. Cool in pan on a wire rack. Serve warm or cool. Drizzle with Vanilla Glaze. Cut into 2x3-inch bars. Makes 25 bars.

VANILLA GLAZE: In a small bowl combine 1¼ cups sifted powdered sugar, ½ teaspoon vanilla, and enough milk (5 to 6 teaspoons) to make of drizzling consistency.

EACH BAR: 230 cal., 8 g total fat (2 g sat. fat), 9 mg chol., 104 mg sodium, 37 g carbo., 1 g dietary fiber, 2 g protein. Daily Values: 16% vit. A, 3% vit. C, 2% calcium, 8% iron.



Christmas with Mickey

Original Lenox sculpture in ivory fine china and gold

Mickey's making Christmas merrier t ever, especially for collectors. Because this Disney favorite is appearing as Sa Claus in the ivory china and gold of Le

Christmas with Mickey porta Mickey Mouse extending an exquisi wrapped gift box…right to you. Crea from original Disney art, the sc ture will be crafted of Lenox® iv fine china, with 24 karat gold trim Mickey's Santa suit.

Christmas with Mickey is priced just $29.90, a remarkable value for imported sculpture with both the Le and Disney names. To acquire this sculpture—for yourself or as an unfor table gift—mail your order today

© D



THE JEWELED Christmas Tree SALT & PEPPER SET

Lavishly trimmed with gold-accented dec tions, this lovely pair of Christmas trees will elegance and sparkle to any holiday table. each miniature tree is a charming collect shaker, handcrafted of ivory china and set 12 dazzling Lenox crystals.

This salt and pepper set is certain to encl the most discriminating collector. Every ornament has its own distinctive shape unique design in pure 24 karat gold. swirling garlands and elaborate tree-toppers gilded entirely by hand.

Premier issue—just $29.90

The Jeweled Christmas Tree Salt and Pepper Set inaugurates a collection of holiday décor adorned with Lenox crystals. Priced at just $29.90 for the pair, these fine imported shakers bear the Lenox® hallmark in 24 karat gold. Order yours today.



Skilled Lenox arti apply each gleam 24 karat accent individu

Visit us at: www.LenoxCollections.com ® LENOX

Order Form • Mail by November 30, 2002

Christmas with Mickey

Please enter my order for *Christmas with Mickey* by Lenox, to be crafted of ivory fine china and 24 karat gold.

I need send no money now. I will be billed for my sculpture in two monthly installments of $14.95* each. *My satisfaction is guaranteed.*

Signature _____ Telephone(____) _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State _____ Zip _____

*Plus $4.98 for shipping, handling, and insurance. Your sales tax will be added. 2638096

Mail to: Lenox Collections • P.O. Box 3020 • Langhorne, PA 19047-9120

© Disney

Order Form • Mail by November 30, 2002

The Jeweled Christmas Tree Salt & Pepper

I wish to order ____ (qty.) *The Jeweled Christmas Tree Salt and Pepper Set(s)*, ivory fine china and 24 karat gold and set with Lenox crystals.

I need send no money now. I will be billed for each set in two monthly p of $14.95* each. *My satisfaction is guaranteed.*

Signature _____ Tel.(____) _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State ____ Zip ____

*Plus $4.98 per set for shipping, handling, and insurance. Your sales tax will be added. 2

Mail to: Lenox Collections • P.O. Box 3020 • Langhorne, PA 190

LENOX

Gifts That Celebrate Life.

A Christmas Stocking All My Own



Visit us at: www.LenoxCollections.com

Christmas morning. And the carefully hung stocking with your name on it is filled with presents! Now this treasured holiday tradition appears in a most enchanting way—in the classic style of Lenox.

Ivory fine china and pure 24 karat gold

A Christmas Stocking All My Own is a fully sculptured collector ornament ideal for a holiday tree or mantelpiece. Crafted of creamy ivory fine china, the ornament is meticulously hand painted, accented with 24 karat gold, and personalized with your name—or the name of someone special to you—in 24 karat gold lettering.

A Christmas Stocking All My Own also makes a great Christmas gift. This Lenox® collector ornament is just $24.90, and your personalization is included at no extra cost. Each ornament will be accompanied by a Certificate of Authenticity and a gold tassel cord for hanging.

To order this imported fine china ornament for yourself or as a cherished gift, complete and mail the attached form. Your satisfaction is guaranteed.

© LENOX, Inc. 2002

Order Form • Mail by November 30, 2002

I wish to order ____(qty) *A Christmas Stocking All My Own* ornament(s), customized as indicated below. I need send no money now. I will be billed for each ornament in two monthly installments of $12.45* each.

Personalization Instructions: Please print name(s) clearly, one character per block (up to 12 characters, including spaces and punctuation):

First Ornament

Second Ornament

(To order more than two, attach separate sheet.)

Indicate your choice of lettering (check only one):

Block: Madison_____ 2638294 or Script: ~Madison_____ 2638286

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State _____ Zip _____

Tel. (____)_____ E-mail _____

* Plus $4.95 per ornament for shipping, handling and insurance. Your sales tax will be added.

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, PA 19047-9120

You'll love what it does for your coffee

The rich, creamy taste you want, without the fat.

A good cup of coffee deserves a great tasting creamer. LAND O LAKES® Fat Free Half & Half brings delicious, real dairy goodness to every single cup. You'll love the taste and you'll never miss the fat.



Where simple goodness begins.™

THE CLEVER COOK

A BOOST OF CHOCOLATE

No one will ever know your brownies are made from a packaged mix if you add three or four tablespoons of unsweetened cocoa powder to the dry ingredients. The addition of cocoa provides a richer chocolate flavor and cuts down on the sugary-sweet taste sometimes found in packaged mixes.

ELISABETH RAINE, JAMESPORT, N.Y.

EGGNOG ADDS FLAVOR

When making breakfast pancakes or waffles, substitute eggnog for the milk called for in your recipe. You can also give eggnog a try in place of milk in your favorite bread pudding recipe. It gives you an option for using up any leftover holiday nog and adds a wonderful holiday flavor to foods.

KATHY BERKEY, WHITEHOUSE, OHIO

BE A CLEVER COOK

We are looking for original ideas and pay $25 for each published tip. Send to: Clever Cook, *BH&G* Foods Department, 1716 Locust St., Des Moines, IA 50309-3023.

SPREAD THE WORD ON FROSTING

A cookie-decorating party goes a little smoother if you use small, inexpensive cheese spreaders, instead of table knives, to spread frosting on the baked cookies. Also, the short handles give children more control when applying the frosting.

KATHY MCCARRON, SACRAMENTO, CALIF.

PRE-PARTY PLANNING

The night before I have a buffet dinner party, I determine which serving dishes I will use for each food. Then I arrange the empty serving dishes on the table. Inside each dish I place a note identifying the food that belongs there.

HELEN WALTER, WILMINGTON, N.C.

WIN MONEY

ENTER YOUR RECIPE TO WIN MONEY AND PRIZES IN OUR PRIZE TESTED RECIPES® CONTEST (SEE PAGE 245)

Your original recipe could be worth up to $400. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

MONTHLY PRIZES: Two $400 winners, Two $200 winners, Ten $50 honor rolls

JUNE 2003 CATEGORIES: MAIN DISHES FROM THE GRILL: It's time to move the cooking outdoors and onto the grill. Create main-dish masterpieces that family and friends will rave about. It doesn't matter whether you cook over charcoal or gas, or whether you cook on an open or covered grill. We're interested in your favorite recipes for meat, poultry, fish, and game. Do you have a distinctive herb rub, marinade, or brush-on sauce that you think is outstanding? Or maybe it's a special burger that's become your signature recipe.

SUMMER COOLERS: Tell us what you serve when it's steamy outside. We're looking for drinks with and without alcohol. Get creative and whip up a blender full of juicy fresh fruit. Or shake up a drink with a dash of fruit-flavored liqueur, flavored rums, and flavored vodkas. How about a creamy iced coffee, ice cream, or chocolate drink? What secret ingredients do you add to piña coladas, frozen margaritas, fruit martinis, or daiquiris?

THIS MONTH'S WINNERS (PAGES 245-246)

$400 WINNERS: Annie Crawford, Flagstaff, Ariz.; Diane Halferty, Corpus Christi, Texas. **$200 WINNERS:** Mary Jarson, Battle Ground, Wash.; Betty Williams, Canyon Lake, Calif. **$50 HONOR ROLL WINNERS:** Laurie V. Balcom, Lynden, Wash.; Devi Chandrasekaran, Houston, Texas; Allison Coia, Aston, Pa.; Devon Delaney, Princeton, N.J.; Angela Gould, Phenix City, Ala.; Irma Green, Luling, La.; Mary Ann Lee, Seaford, N.Y.; Paula Marchesi, Lenhartsville, Pa.; April Parmelee, Anaheim, Calif.; Julie Wesson, Wilton, Wis.

CONTEST RULES

NO PURCHASE NECESSARY. 1 THE CONTEST IS OPEN TO LEGAL U S RESIDENTS, EXCEPT MEREDITH CORPORATION EMPLOYEES, ITS AFFILIATES, SUBSIDIARIES, AND THEIR IMMEDIATE FAMILIES 2 WITH EACH ENTRY, CLEARLY PRINT OR TYPE YOUR NAME, ADDRESS, PHONE NUMBER, AND RECIPE MARKED "MAIN DISHES FROM THE GRILL" OR "SUMMER COOLERS" SPECIFY BRANDS AND RECIPE ORIGIN 3 SEND RECIPES BY POSTAL MAIL TO 0306 FOOD DEPARTMENT, *BETTER HOMES AND GARDENS*® MAGAZINE, DES MOINES, IA 50309-3023 OR, SEND E-MAIL ENTRIES TO PTR@MDPCOM 4 ENTRIES MUST BE POSTMARKED BY NOVEMBER 20, 2002, AND RECEIVED BY NOVEMBER 27, 2002 E-MAIL ENTRIES MUST BE POSTED BY 11 59 P M , EST, NOVEMBER 20, 2002 5 MONTHLY WINNERS WILL BE SELECTED ABOUT 60 DAYS LATER, THEN NOTIFIED BY MAIL WINNERS MUST SIGN AFFIDAVIT, RELEASE, AND COPYRIGHT ASSIGNMENT 6 ENTRIES MUST BE YOUR ORIGINAL RECIPES NO PREVIOUSLY PUBLISHED RECIPES THEY WILL BE JUDGED ON CREATIVITY, TASTE, AND PRACTICALITY BY *BH&G*® EDITORS DECISIONS OF JUDGES ARE FINAL 7 ENTRIES WILL NOT BE RETURNED ALL COPYRIGHT RIGHTS OF WINNING RECIPES BELONG TO MEREDITH CORPORATION WE RESERVE THE RIGHT TO ADJUST WINNING RECIPES 8 ENTRY CONSTITUTES PERMISSION TO USE WINNER'S NAME AND HOMETOWN FOR EDITORIAL AND PROMOTIONAL PURPOSES, EXCEPT WHERE PROHIBITED BY LAW SEND A SELF-ADDRESSED STAMPED ENVELOPE TO ABOVE ADDRESS TO RECEIVE WINNERS' LIST, AVAILABLE SIX MONTHS AFTER ENTRY DEADLINE 9 MEREDITH CORPORATION ASSUMES NO RESPONSIBILITIES FOR ENTRIES THEY ARE UNABLE TO PROCESS DUE TO PHONE, NETWORK, ELECTRONIC, OR COMPUTER HARDWARE OR SOFTWARE FAILURES, OR TECHNICAL FAILURES OF ANY KIND SUBJECT TO ALL U S FEDERAL, STATE, AND LOCAL LAWS AND REGULATIONS. VOID WHERE PROHIBITED TAXES ON PRIZES ARE THE RESPONSIBILITY OF THE WINNERS.



TASTE OF OOEY GOOEY CINNAMON ROLLS

prep time: minimal
cooking time: see prep time
serves 1

INGREDIENTS

1/2 cup of water or milk
One packet of Quaker® Cinnamon Roll Oatmeal

PREPARATION

Empty packet into bowl.
Add boiling water or milk.
Stir. Eat. Pinch yourself to
make sure you're not dreaming.



Oatmeal so good, you'll wonder where we got the recipe.


We asked these butchers what th
thought of our new meat sauce.
They beat us up.
we cooked
1/2 lb
of meat
our team added it to our new meat sauce
Quality Guaran
NEW RAGU
Rich
Mea
Meat Sau
Classic Italian

PRIZE TESTED RECIPES® $400 WINNER



ORANGE-GINGER DUCK

DIANE HALFERTY, CORPUS CRISTI, TEXAS, IN THE ENTREES FOR ENTERTAINING CATEGORY, NOVEMBER 2002

- 6 6- to 8-oz. duck breast halves*
- 1 Tbsp. finely shredded orange peel
- 1 cup orange juice
- 1 cup dry white wine
- 6 Tbsp. honey
- 4 Tbsp. grated fresh ginger
- 1 Tbsp. olive oil
- ¼ cup chicken broth
- 1 Tbsp. soy sauce
- 3 cups hot cooked rice

Trim excess fat from duck (do not remove skin); score skin. Place duck in a self-sealing plastic bag set in bowl. For marinade, combine peel, orange juice, ½ cup of the wine, 4 tablespoons of the honey, and 3 tablespoons of the ginger. Pour over duck in bag; seal. Refrigerate 4 to 24 hours; turn bag occasionally. Remove duck from marinade; transfer marinade (about 1¾ cups) to a large saucepan. Add remaining wine. Bring to boiling; reduce heat. Boil gently, uncovered, 20 to 25 minutes or until reduced to 1¼ cups (watch carefully as mixture may foam over). Preheat oven to 425° F. In a 12-inch skillet heat oil over medium-high heat; add duck. Cook about 10 minutes or until browned, turning once (watch for spattering). Transfer duck, skin side up, to a 13x9x2-inch baking pan. Roast for 15 minutes or until an instant-read thermometer registers 170° F, covering loosely with foil if duck begins to spatter. Meanwhile, for glaze, add remaining

CLIP AND SAVE RECIPES IN YOUR BETTER HOMES AND GARDENS® NEW COOK BOOK

PRIZE TESTED RECIPES® $400 WINNER



CREAMY PUMPKIN STRUDELS

ANNIE CRAWFORD, FLAGSTAFF, ARIZ., IN THE PUMPKIN DESSERTS CATEGORY, NOVEMBER 2002

- 1 15-oz. can pumpkin
- ½ cup packed brown sugar
- ½ tsp. ground cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 12 sheets frozen phyllo dough (18x14-inch rectangles), thawed
- ⅔ cup butter, melted
- 1 cup granulated sugar
- 4 tsp. ground cinnamon
- 1 cup chopped pecans
- 1 8-oz. pkg. cream cheese, cut into 12 slices
- Whipped cream (optional)

Preheat oven to 400° F. For filling, in a small bowl combine pumpkin, brown sugar, ½ teaspoon cinnamon, ginger, nutmeg, and ½ teaspoon salt. Set aside. Place 2 sheets of phyllo on top of one another; brush top sheet with some of the butter. (Keep remaining phyllo dough covered with plastic wrap to prevent it from becoming dry and brittle.) In a small bowl combine granulated sugar and 4 teaspoons cinnamon. Sprinkle a generous 2 tablespoons of cinnamon-sugar mixture over the brushed phyllo. Sprinkle with about 2 tablespoons of the pecans. Cut the 2 layered sheets of phyllo lengthwise to create two long strips. Place a slice of cream cheese about 2 inches from end of dough strip. Spoon a well-rounded tablespoon of pumpkin mixture on top of the cream cheese. To shape, fold bottom edge

PRIZE TESTED RECIPES® $200 WINNER



HARVEST PUMPKIN TRIFLE

BETTY WILLIAMS, CANYON LAKE, CALIF., IN THE PUMPKIN DESSERTS CATEGORY, NOVEMBER 2002

- 1 10¾-oz. frozen pound cake, cut into ½-inch cubes
- 2 to 4 Tbsp. cream sherry or orange juice
- 1 16-oz. can whole cranberry sauce
- ⅓ cup orange marmalade
- 1 15-oz. can pumpkin
- 1 4-serving-size pkg. instant vanilla pudding mix
- 1 cup milk
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 cup whipping cream
- 2 Tbsp. sugar
- ½ tsp. vanilla
- ½ cup chopped walnuts, toasted

Divide cake cubes evenly among eight 10- to 12-ounce, 4-inch-tall glasses. Or, layer all cake cubes in a 2½-quart clear serving bowl or soufflé dish. Sprinkle cake with sherry or orange juice. In a small bowl stir together the cranberry sauce and orange marmalade. Spoon mixture over cake cubes. In a large bowl stir together pumpkin, pudding mix, milk, cinnamon, and ginger until well combined. Spoon the mixture over cranberry layer. In a chilled mixing bowl combine cream, sugar, and vanilla. Beat with chilled beaters of an electric mixer on medium speed until soft peaks form. Gently spread over pumpkin layer. Cover; chill 2 to 5 hours. Sprinkle with walnuts before serving. Makes 8 servings.

CLIP AND SAVE RECIPES IN YOUR **BETTER HOMES AND GARDENS®** NEW COOK BOOK

PRIZE TESTED RECIPES® $200 WINNER



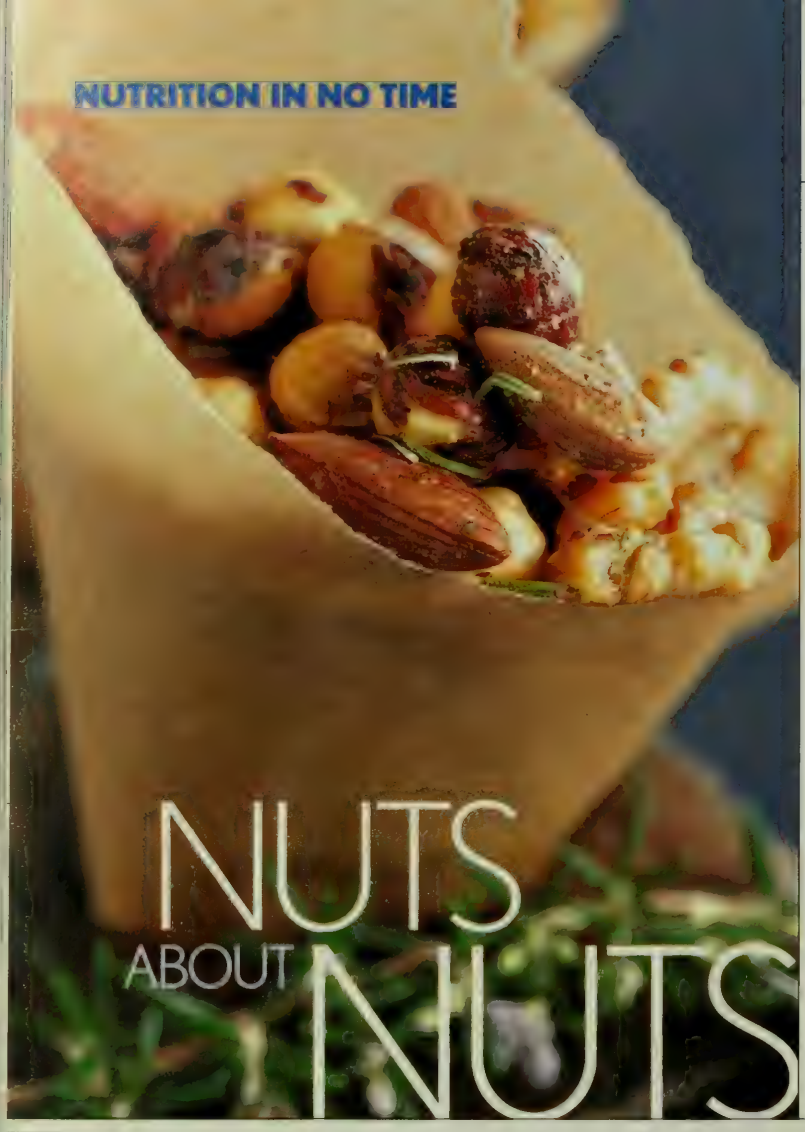
APRICOT-CHICKEN ROLL-UPS

MARY JARSON, BATTLE GROUND, WASH., IN THE ENTREES FOR ENTERTAINING CATEGORY, NOVEMBER 2002

- 1 6- or 7-oz. pkg. dried apricots, snipped (about 1⅓ cups)
- ½ cup dried cranberries
- 3 Tbsp. honey
- 1½ tsp. ground ginger
- ⅔ cup fine dry bread crumbs
- 2 Tbsp. snipped fresh parsley
- 1 Tbsp. all-purpose flour
- 1 Tbsp. finely shredded Parmesan cheese
- 1 tsp. paprika
- ½ tsp. sugar
- ½ tsp. salt
- ½ tsp. dried oregano, crushed
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- 2 Tbsp. shortening
- 2 eggs
- 6 medium skinless, boneless chicken breast halves (about 2 lb.)

Preheat oven to 350° F. Coat a 3-quart rectangular baking dish with nonstick cooking spray; set aside. Stir together apricots, cranberries, honey, and ginger; set aside. Stir together bread crumbs, parsley, flour, cheese, paprika, sugar, salt, oregano, garlic powder, onion powder, and ¼ teaspoon pepper. Cut in shortening until mixture resembles fine crumbs. Transfer to a shallow dish. Place eggs in another shallow dish; beat lightly with a fork. With a meat mallet lightly pound each chicken breast between two pieces of plastic wrap into a rectangle slightly less than ¼ inch thick. Remove wrap. Spoon a scant ¼ cup


WHEN RANCH TASTES
THE WAY IT'S
SUPPOSED TO,
IT SHOWS.
Hidden Valley
Hidden Valley
THE ORIGINAL
Ranch
WE MADE IT FIRST.
WE MADE IT RIGHT.



NUTS ABOUT NUTS

Toasted Nuts with Rosemary

START TO FINISH: 20 MINUTES

Nonstick cooking spray
- 1 egg white
- 2 tsp. snipped fresh rosemary or 1 tsp. dried rosemary, crushed
- ½ tsp. coarsely ground black pepper
- ½ tsp. salt
- 3 cups walnut pieces, hazelnuts, and/or whole almonds

1. Preheat oven to 350° F. Line a 13x9x2-inch pan with foil; lightly coat pan with cooking spray and set aside. In a medium bowl lightly beat the egg white with a fork until frothy. Add the rosemary, pepper, and salt, beating with the fork until combined. Add the nuts and toss to coat.
2. Spread nut mixture in an even layer in the prepared pan. Bake for 15 to 20 minutes or until golden brown, stirring once.
3. Remove foil with nuts from pan and set aside to cool. Break up any large pieces. Store in an airtight container in freezer up to 1 month. Makes about 3 cups.

EACH TABLESPOON: 50 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 25 mg sodium, 1 g carbo., 1 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, and 2% iron.

Munching on a handful of nuts not only gets you through a snack attack, but provides a batch of health benefits. Nuts—from almonds to pistachios—may protect your brain as well as your heart.

New studies suggest that chomping on cashews and other nuts on a regular basis reduces the chances of dying of heart disease and may also reduce your risk of developing Alzheimer's disease. In a heart-related study, researchers at Brigham and Women's Hospital in Boston recently reported that eating a handful of nuts two or more times a week may drop a person's risk of sudden cardiac death by 47 percent. Compared to individuals who rarely or never ate nuts, those who consumed nuts two or more times a week also lowered their risk of dying from heart disease as much as 30 percent.

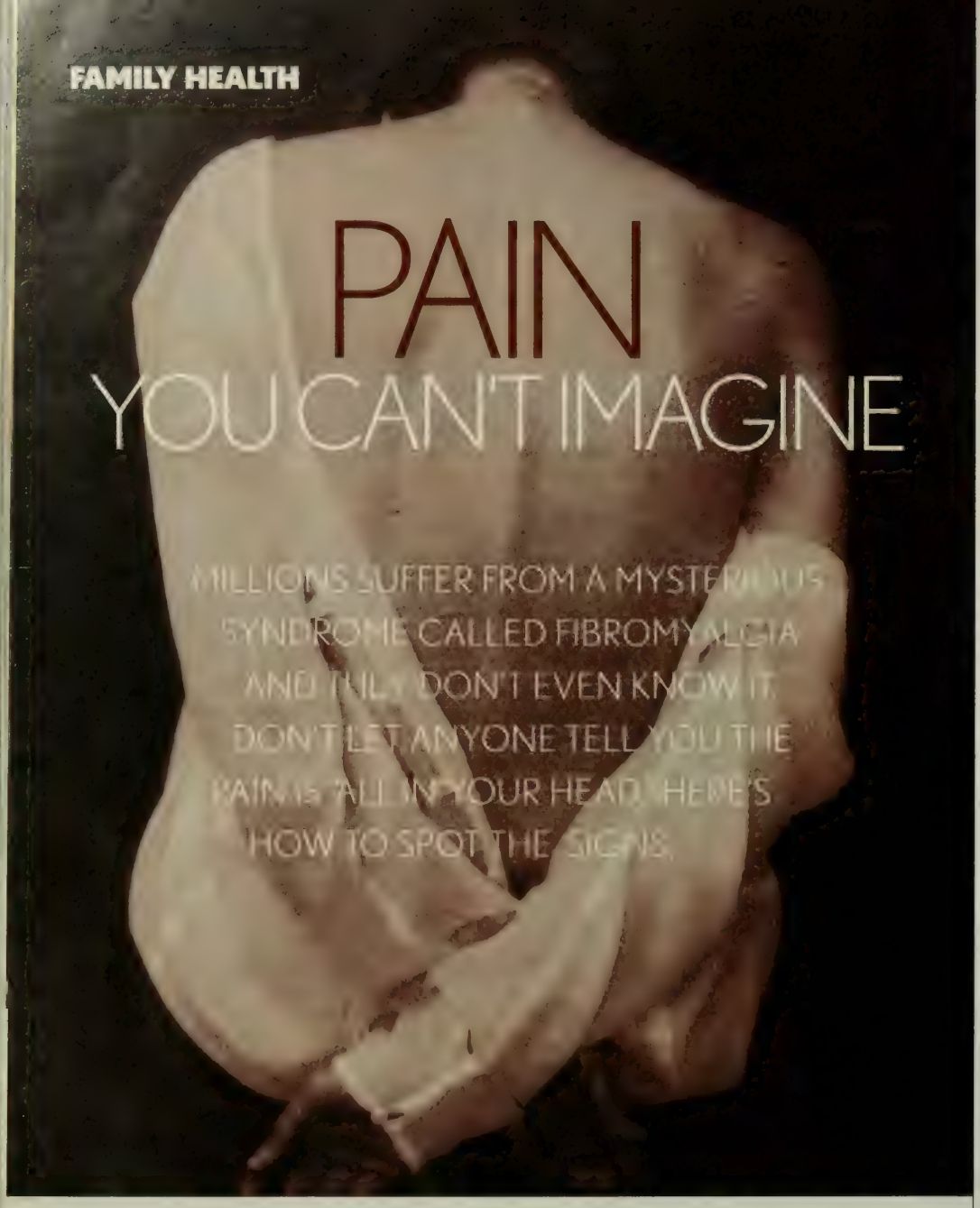
The Boston researchers looked at more than 21,000 male physicians between the ages of 40 and 84. Researchers theorize that alpha-linolenic acid, a component of nuts, may protect the heart by preventing a rhythm disturbance called ventricular fibrillation that causes sudden death. Walnuts are particularly high in alpha-linolenic acid.

This heart protection from nuts has also been found in women. The Nurses' Health Study showed that women who ate at least 5 ounces of nuts per week had a 35 percent lower risk of heart disease than women who rarely ate nuts.

>> on 250

BY JOHN SCHIESZER
PHOTOGRAPHS COLLEEN DUFFLEY
FOOD STYLIST BROOKE LEONARD


life
Cinnamon
is full of surprises.™
The great taste of Cinnamon Life® can
lead to some pretty surprising choices.



PAIN YOU CAN'T IMAGINE

MILLIONS SUFFER FROM A MYSTERIOUS SYNDROME CALLED FIBROMYALGIA AND TRULY DON'T EVEN KNOW IT. DON'T LET ANYONE TELL YOU THE PAIN IS "ALL IN YOUR HEAD." HERE'S HOW TO SPOT THE SIGNS.

When Linda Kehl, of Kenosha, Wisconsin, told her family doctor about the muscle pain in her chest, he said it was due to the weight of her breasts and recommended a breast-reduction operation. But even after surgery, Linda continued to experience pain in her chest muscles as well as other parts of her body. She returned to her physician, and he claimed the pain was "all in my head," Linda says. "He said I should see a psychiatrist." Yet Linda knew the problem was in her body, not her mind. So she switched physicians. The next doctor simply prescribed muscle relaxants and pain pills. Unwilling to give up, she sought out a rheumatologist, who finally put a name on what was wrong with her: Fibromyalgia Syndrome (FS).

BY **JANINE S. POULIOT**

HERE'S 2 BUCKS TO PROVE THERMACARE WORKS 33% BETTER THAN ADVIL.



NOW YOU CAN GET 33% BETTER MUSCLE PAIN RELIEF WITH THERMACARE® than you ever got with Advil.® Because the air-activated HeatWraps are more effective at relieving muscle pain than ibuprofen, Advil's active ingredient. You get 8 hours of heat for deep-down relief, right where it hurts. Shoulders, neck, back, even arms. Feel the difference or your money back. For more about our guarantee, call 1.866.HEATWORKS.





www.thermacare.com

ThermaCare

FIND IT IN THE PAIN RELIEVER AISLE.



HOW DO YOU KNOW IT'S FS?

To determine whether symptoms are a manifestation of Fibromyalgia Syndrome or simply a collection of unrelated ailments, doctors use something called the Tender Points Evaluation, explains Dr. John Klippel. "It's central to the diagnosis," he says. During the evaluation, pressure is applied to 18 specific spots on the body. If the patient feels extreme pain disproportionate to the intensity of pressure in 11 of these locations, that's a pretty clear sign of FS. And because other spots are touched as well, there is no way to "fake" a positive response—proving that FS is not an imaginary illness.

Linda's experience is by no means unique among the nearly 4 million Americans who suffer from this very real disease, according to doctors at the American College of Rheumatology. It's often a long route to a diagnosis because it's hard to test whether a patient has Fibromyalgia Syndrome, says Dr. John Klippel, medical director of the Arthritis Foundation and a leading FS expert. "The diagnosis depends, to a great extent, on a description of the history of the illness provided by the patient," he says.

The syndrome is a complex amalgamation of symptoms that are linked by the presence of pain. It attacks the soft fibrous connective tissues in the body, such as muscles, ligaments, and tendons. The confusion arises because FS symptoms resemble those of several other conditions, such as arthritis, and are often overlooked. And until recently FS was not recognized as a distinct ailment.

No one really knows what causes FS, but major triggers can be physical or emotional trauma or a significant illness. Less consequential events, such as the flu or an infection, can also be catalysts. Sometimes FS can develop for no apparent reason.

Symptoms cover a wide spectrum, including:

- Pain, soreness, or a burning sensation throughout the body.
- Sleep disturbances, such as waking up exhausted, having trouble falling asleep, or difficulty staying asleep.
- Migraine or tension headaches.
- Gastrointestinal problems: bloating, abdominal pain, alternating constipation and diarrhea, or frequent urination.
- Difficulty concentrating or short-term memory loss.
- Depression and anxiety.

While there is no cure, FS can be managed to allow sufferers to lead a more normal life. Antidepressants, such as Prozac or Zoloft, are often prescribed, not because of their mood-elevating effects, but mostly because they induce the deep Stage Four sleep that is so critical to FS sufferers, who are often sleep-deprived because of their discomfort. Nonsteroidal anti-inflammatory drugs, such as ibuprofen, often provide some relief. Beyond pharmaceuticals, lifestyle changes can make a huge difference. Regular gentle exercise that stretches and strengthens the muscles and improves cardiovascular fitness helps ward off symptoms. Relaxation techniques, message, biofeedback, and other holistic measures also offer relief.

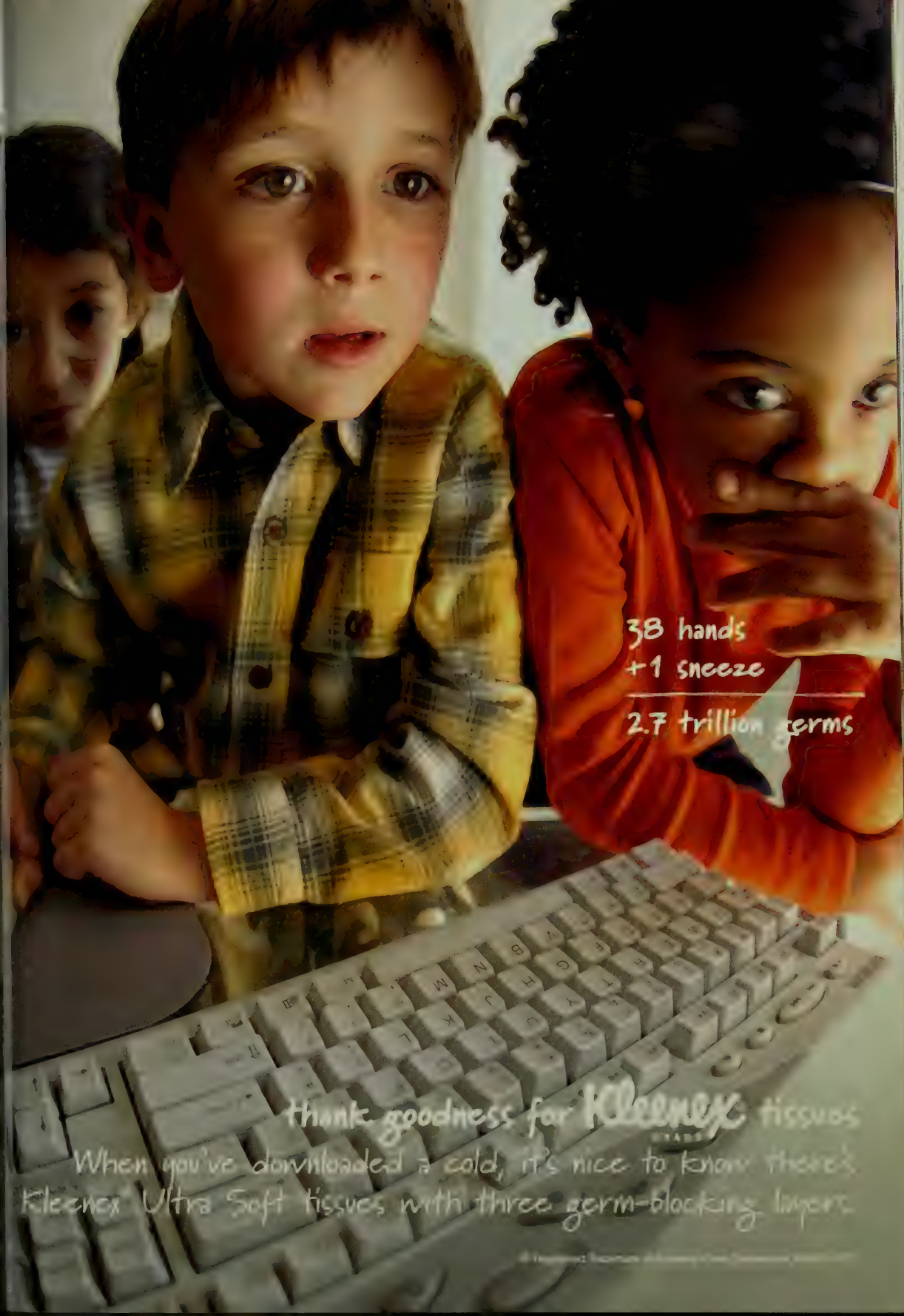
The Arthritis Foundation suggests several steps for coping with FS:

- Find the right doctor—one who will listen and work with you.
- Assemble your own crack health-care team, including physical therapists and psychologists who understand your problem.
- Take responsibility for yourself. Don't just do what the doctors say. Learn about FS and take the initiative to change unhealthy habits.
- Seek support. Join others for friendship and exchange of information.
- Reduce stress. Avoid situations that raise your level of tension.

With careful management, sufferers can resume much of their regular routine and go on to live productive lives.

—Janine S. Pouliot, a freelance writer in Atlanta, Georgia, contributes to magazines such as Parenting, Parade, Ladies' Home Journal *and* Woman's Day.

PHOTOGRAPH ©PHOTONICA/ROBIN M. WHITE ILLUSTRATION ALANNA CAVANAGH


38 hands
+1 sneeze
2.7 trillion germs
thank goodness for Kleenex tissues
When you've downloaded a cold, it's nice to know there's
Kleenex Ultra Soft tissues with three germ-blocking layers.

QUESTION:

What's the best way to keep my kitchen sponge bacteria-free?

ANSWER:

There are so many bugs living in the average dirty sponge, it's enough to make you sick, literally. Staph, e. coli, and salmonella are just a few of the germs that can infect sponges—and you. To kill those microbes, regularly clean the sponge in a solution of 1 teaspoon chlorine bleach and 1 quart of hot water. Or, toss it in the dishwasher whenever you run it. Buy a new sponge every few weeks—or any time the old one starts to smell.



PERIL AT THE PUMP

STEER CLEAR OF THIS SHOCKING HAZARD

You've seen the signs at your local gas mart warning of fire hazards: "Turn engine off," "No smoking," and "Don't use cell phones near pumps." But a bigger danger may come from just getting back in your car to grab your wallet or tend to the kids.

"When you get in the car, you create friction—usually between your clothes and the car seat—that generates static electricity. If you get out of the car and immediately touch the gas nozzle, a static spark could ignite fuel vapors and cause a fire," says Robert Renkes, vice president and general counsel for the Petroleum Equipment Institute (PEI), a Tulsa, Oklahoma, based organization whose Stop Static program promotes awareness of this surprising hazard.

Since 1999, PEI has recorded roughly 125 cases—some resulting in serious injury—of static-sparked gas-pump fires and is working with gas stations to post warning signs. But the best ways to prevent these types of fires are simple:

- When you get out to pump gas, don't get back in the car.
- If you must get back in, ground yourself after you get out but before you touch the nozzle. Touching your car door, or any metal object as long as it's away from the gas nozzle, will safely discharge any static build-up.
- Pay attention to what you are doing, and play it safe during the fueling process. Turn off cell phones and other electronic devices that could cause a static spark, such as pagers and portable CD players. —Stephen C. George

>> on 263

Let this holiday season start with butter.

And end with lots of crumbs.



Nothing else brings the family together like the warm smell of freshly baked holiday favorites made with Challenge Butter. Since 1911, we've been creating 100% natural butter using only the purest cream fresh from our own farms. It's a taste your family can celebrate.



White Chocolate Raspberry Slices

PREP AND COOK TIME: About 45 minutes, plus about 1 hour to cool

MAKES: 27 cookies

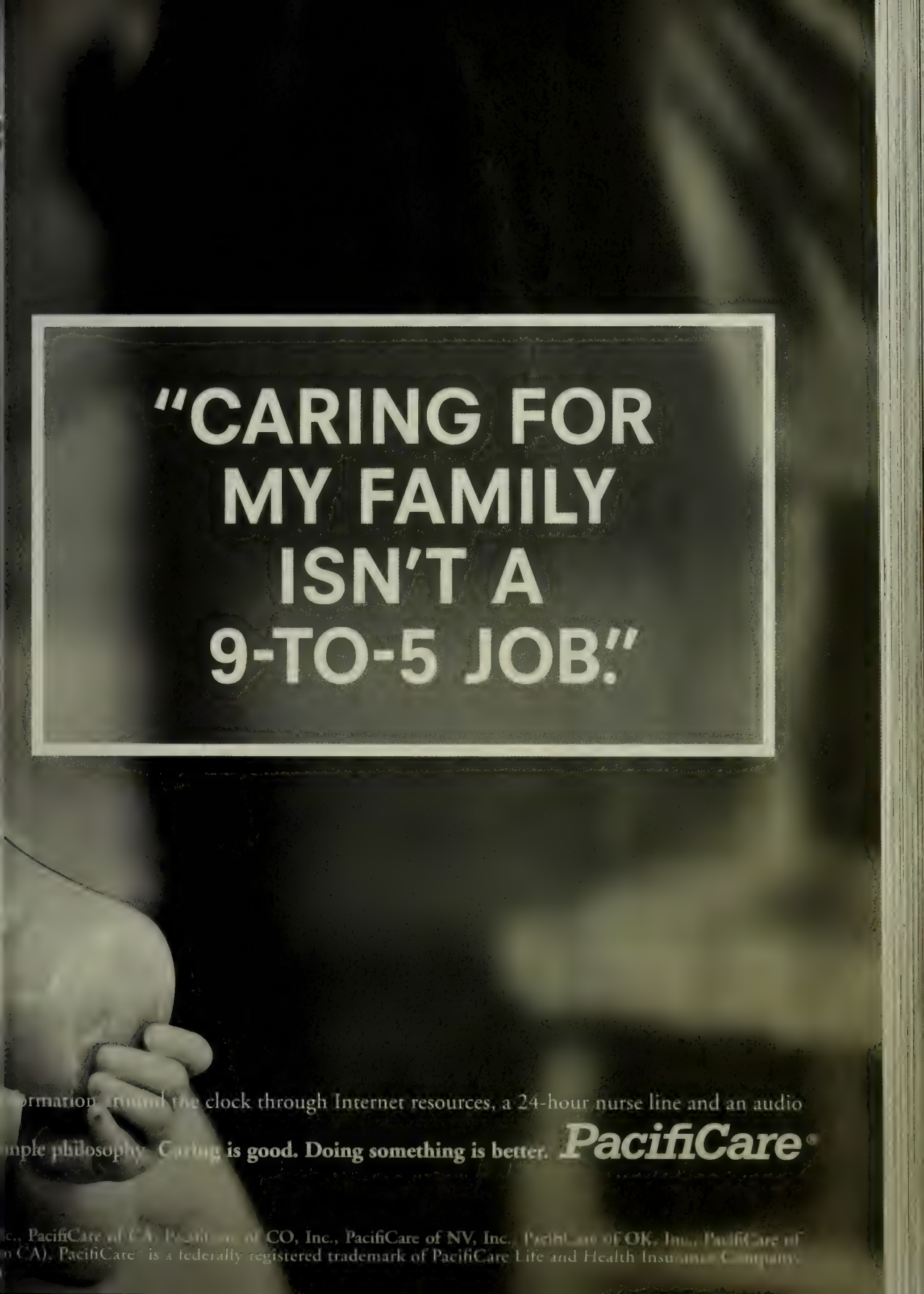
About 1/2 cup (1/4 lb.) Challenge Butter at room temperature
1/4 cup sugar
1 teaspoon vanilla
about 1 1/4 cups all-purpose flour
1/4 cup raspberry jam
2 ounces white chocolate, chopped

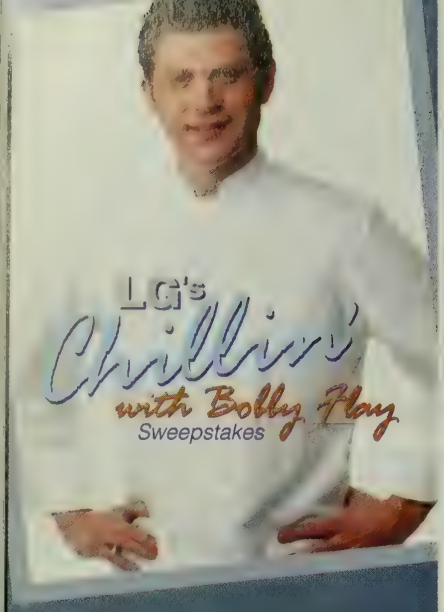
1. In a large bowl, with a mixer on medium speed, beat 1/2 cup butter, sugar, and vanilla until smooth. Stir in 1 1/4 cups flour, then beat until dough comes together.
2. Divide dough into thirds. On a floured surface, with the palms of your hands, roll each portion into a 9-inch-long rope about 1-inch thick. Place ropes 3 inches apart on a buttered 12 by 15-inch baking sheet. Press your finger into dough to make 1/2-inch-wide indentations at 1-inch intervals along each rope. Spoon 1/4 teaspoon jam into each indentation.
3. Bake ropes in a 350° regular or convection oven until edges are lightly browned, 12 to 15 minutes. Let cool on baking sheet.
4. Place white chocolate in a plastic sandwich bag, pushing to one corner; secure bag just above chocolate with a twist-tie or knot. Immerse corner of bag in a cup of hot water until chocolate is melted. Dry bag, then, with scissors, cut off the tip of the corner. Squeeze bag to drizzle white chocolate decoratively across ropes. Chill until chocolate is firm to touch, about 1 hour, then cut each rope diagonally into 12 slices.



www.challengedairy.com


theory. Because we believe words are not enough. We have to prove we care about people. It's pa
PacifiCare products and services are offered by one or more of the following PacifiCare family of companies:
Ok, Inc., PacifiCare of WA, Inc., PacifiCare Dental of CA, Inc., PacifiCare Behavioral Health of CA, Inc., and


"CARING FOR MY FAMILY ISN'T A 9-TO-5 JOB."
rmation around the clock through Internet resources, a 24-hour nurse line and an audio
mple philosophy. Caring is good. Doing something is better. PacifiCare®
c., PacifiCare of CA, PacifiCare of CO, Inc., PacifiCare of NV, Inc., PacifiCare of OK, Inc., PacifiCare of
n CA). PacifiCare® is a federally registered trademark of PacifiCare Life and Health Insurance Company.



Win a hot weekend with a cool chef!

We're giving away a first-class trip for two to New York City, including dinner with Bobby at his award-winning restaurant Mesa Grill!

Plus other great prizes including LG appliances!

Just log on to LGappliances.com to enter!

LG

Home Appliances

NO PURCHASE NECESSARY. A PURCHASE WILL NOT



USER-FRIENDLY LAVATORY FAUCETS

Rows of curvy spouts, showy handles, and gleaming metal finishes have a way of mesmerizing faucet shoppers. But the next time you buy a lavatory faucet, don't be blinded by the light reflecting off the shiny brass. Focus instead on how easy a faucet will be to use. Here are some points to remember as you shop.

- **Handle design.** Single-handle faucets tend to be the easiest to use because you need to move only one piece. They also provide the correct water temperature more quickly than two-handle faucets. A lever or ring style is the most convenient single-handle type because you can turn it without gripping—a feature you'll especially appreciate if your fingers are stiff or if you have arthritis. Some knobs, on the other hand, are quite small and require a stronger hold. If you're looking for a two-handle model, choose one with lever handles (*above*) for the easiest control.
- **Spout design.** Washing your face or hands is more comfortable with a medium-height spout, which is one that comes up about 3 inches from the base. Choose this type of faucet over one with a low spout (which comes straight out from the base and doesn't leave as much clearance) or a high, bar-style spout (which causes water to splash around). You'll also find the spout easier to use if it extends further over the lavatory bowl. Look for a faucet with a spout that reaches about 5 inches out from the base; many lower-end models' spouts extend out only 3 inches.
- **Pullout sprayer.** Washing the sink or filling buckets is more convenient if your faucet has a pullout sprayer. Several manufacturers offer sprayer hoses on lavatory faucets; look for one that extends 25 inches.
- **Cleanability.** Faucets with the most sophisticated designs may also have small crevices that are difficult to clean. Purchase a faucet with a smooth surface, and stay away from models with lots of style lines that will collect dirt and grime. Also, choose a faucet that is sloped so that water runs off it easily, instead of collecting and forming water spots. Models that are white or light in color don't show water spots as much, either. If you opt for a brass or chrome faucet, consider one with an abrasion-resistant finish that does not corrode or tarnish.
- **Safety.** A few manufacturers offer lavatory faucets with temperature-control mechanisms. This feature prevents scalds—a benefit especially important for small children and elderly people.

BY SHAWN GILLIAM
PHOTOGRAPH: GROHE AMERICA

Some refrigerators organize your food. This one can organize your life.



Introducing the new LG Internet Refrigerator. Manage your calendar, download new recipes, watch the evening news, and even buy groceries - right from a touch-screen panel in the door. This is just one of the extraordinary products in LG's full line of refrigerators with features like LG's patented door cooling systems and a fingerprint-proof LG Titanium™ finish. To learn more about LG home appliances, call 1.866.473.5554 or visit www.LGappliances.com.

LG

Refrigerators • Washer/Dryer Combos • Microwave Ovens • Air Conditioners

Home Appliances



CARDAMOM'S MAGIC TOUCH

Inside any fresh green cardamom pod you'll find a magic carpet ride to flavor. Mellow, with hints of mint and eucalyptus, their seeds have traveled the Spice Route to give their heady aromatics to the far-flung cuisines of North Africa, India, Germany, Russia, Italy, and Scandinavia.

Remove the seeds from the pod and use a mortar and pestle to gently crush them, preparing only as much as you'll need for the dish at hand. Then let their exotic scent subtly diffuse into your cooking. Use a light touch—a pinch is all you need to cast cardamom's potent spell.

BY BEV BENNET
PHOTOGRAPHS: COLLEEN DUFFLEY
FOOD STYLIST: BROOKE LEONARD

AROMATIC FRUITS

Sauté sliced apples, peaches, or pears in butter with ¾ to 1 teaspoon finely crushed cardamom seeds and a sprinkling of coarsely ground pepper. Drizzle with maple syrup.

SCENTED RICE

Add ¼ teaspoon cardamom seeds, crushed, to ½ cup uncooked rice; cook according to package directions.

MEAT RUB

Combine 1 teaspoon paprika; ½ teaspoon cardamom seeds, crushed; ½ teaspoon salt; and ¼ teaspoon ground red pepper. Makes enough rub for 1 pound of meat or poultry.









Here at our farm, my family's been making pure sausage for over six generations, and I still make it ıme way for you.

We never put anything in that you wouldn't put ırself. So you can still have the delicious, honest- odness pure pork sausage that you remember when you were a kid. It's the kind that I serve my ɣ, it's the kind you want to serve yours.



You can enjoy it each morning for breakfast, or you can try being a little more adventurous with a fabu- lous sausage recipe for lunch or dinner.

Just be sure you use the real thing—pure pork sausage from the Jones family farm.

1889 JONES

Ingredients: Pork, Water, Salt, Spices, Dextrose, Sugar.

Jones. Pure sausage since 1889.

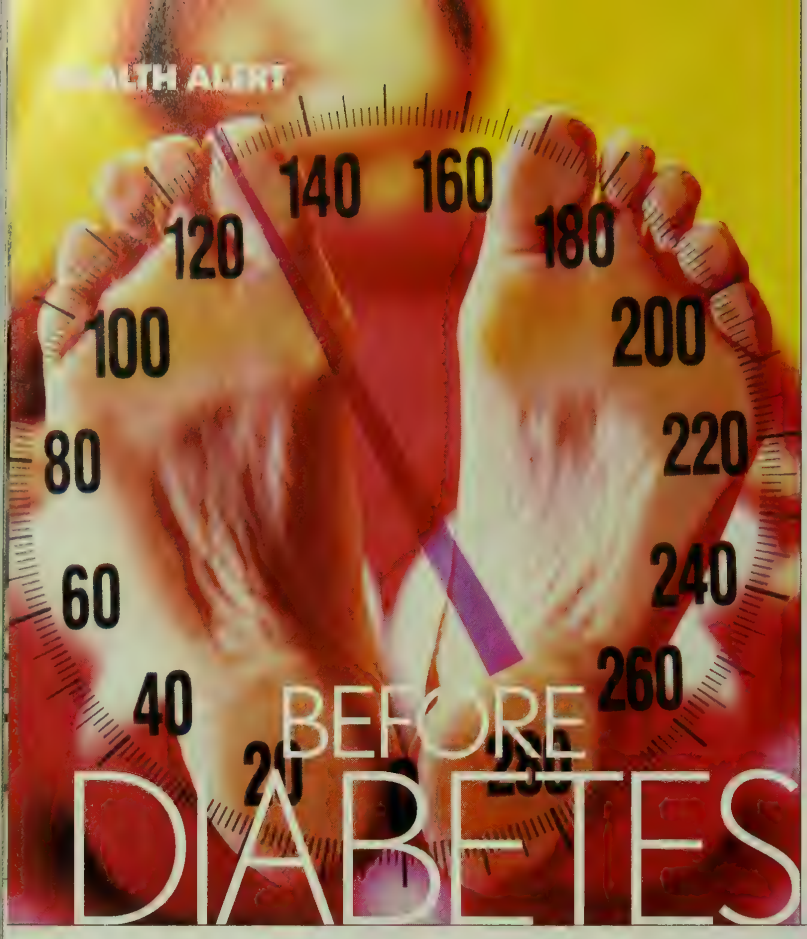
Philip Jones's Scrumptious Stuffing

You're going to love this stuffing. It makes enough for a 14– 16 lb bird

Saute sausage, onion, and celery in a large skillet. Break up the sausage with a fork as it cooks. When it's done, add the stuffing mix and enough of the liquid to give you a consistency you like. Fold in raisins or cranberries. Blend the stuff- ing thoroughly and stuff your bird loosely. Be ready for compliments at dinner.

- 1 package Jones All-Natural Roll Sausage (no other will do)
- 1 package (16 oz) stuffing mix
- 2 cups liquid (chicken broth, apple juice or hot water)
- 2 medium onions, chopped, 1/2 cup white raisins or dried cranberries
- 2 stalks celery, diced or chopped

Visit us at www.jonesdairyfarm.com for more recipes from the farm.



ARE YOU AT RISK?

See your doctor about getting a prediabetes screening if you're an adult who is overweight and if you have one or more of the following risk factors:

- Family history of diabetes
- Low HDL cholesterol (the good kind) and high levels of triglycerides
- High blood pressure
- History of gestational diabetes
- Member of a minority group

PREDIABETES ISN'T A DISEASE—IT'S A WARNING THAT COULD KEEP YOU FROM GETTING THE REAL THING.

Diabetes is practically an epidemic. Recent studies by the Centers for Disease Control and Prevention say that the number of people with type-2 diabetes—the most common form of the disease, and one that's fueled by poor eating and fitness habits—leaped by 40 percent during the past decade. That's thanks in no small part to the American lifestyle that tends toward eating too much and exercising too little. But while 17 million Americans have diabetes, nearly twice that number may have a condition that's just as insidious: prediabetes.

Diabetes and prediabetes are measured by the levels of glucose (also known as blood sugar) in your bloodstream. If your fasting glucose level—as determined by a blood test—is 109 mg/dl or less, it's considered normal. If it's 126 mg/dl or higher, you have full-blown diabetes. If your blood-sugar levels fall between 110 and 125 mg/dl, you may have prediabetes. High blood-sugar levels can increase risk of heart disease, stroke, high blood pressure, and a host of other problems. The good news: Having prediabetes doesn't mean you'll get diabetes. In fact, knowing whether you're at risk for prediabetes (see list, *above*) may help you avoid full-blown diabetes entirely.

"People should be taking prediabetes seriously. Prevention of diabetes is possible," says Dr. Christopher Saudek, past president of the American Diabetes Association and professor of medicine at Johns Hopkins University. If you have prediabetes risk factors, you can improve your health by losing weight (even 10 to 15 pounds can make a difference) and exercising daily. These and other lifestyle changes can return blood sugar to normal levels and reduce your risk of ever getting diabetes and the serious health complications that accompany the disease.

BY **ELAINE COOPER, R.N.**



Today's Purple Pill is NEXIUM

from the makers of Prilosec® (omeprazole)

Relieve the heartburn Heal the damage

For many, it's possible with NEXIUM.

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

Control heartburn for 24 hours.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.

Talk with your doctor or health care professional to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

For a FREE Trial Offer
call 1-888-PURPLEPILL
purplepill.com

important Product Information about NEXIUM
the following page and discuss it with your doctor.

Nexium®
(esomeprazole magnesium)

Please read this summary carefully, and then ask your doctor about NEXIUM and PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

Nexium® *(esomeprazole magnesium)*

20-MG, 40-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats, the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects. Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system:

Body as a Whole: abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors. ***Cardiovascular:*** flushing, hypertension, tachycardia. ***Endocrine:*** goiter. ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting. ***Hearing:*** earache, tinnitus. ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia. ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased. ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease. ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica. ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect. ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis. ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis. ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria. ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion. ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert-**ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

Prilosec® *(omeprazole)*

20-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND USAGE** *Erosive Esophagitis:* PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the healing of erosive esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** **Omeprazole** PRILOSEC Delayed-Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PRECAUTIONS** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information for Patients:** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushed, and should be swallowed whole. For patients who have difficulty swallowing capsules, the contents of a PRILOSEC Delayed-Release Capsule may be added to applesauce. One tablespoon of applesauce should be added to an empty bowl and the capsule should be opened. All of the granules in the capsule should be carefully emptied on the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately with a glass of cool water to ensure complete swallowing of the pellets. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellets/applesauce mixture should not be stored for future use. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, warfarin, and other drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol has been observed, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (eg, cyclosporine, diazepam, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion; therefore, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for one year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one male rat treated for two years. For this strain of rat no similar tumor has been noted historically. A finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* test, an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 1,250 mg/kg/day and a human dose gave a borderline result, as did an in vivo bone marrow chromosome aberration test. A second mouse micronucleus test at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose) was not teratogenic or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology studies conducted in pregnant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to 69.1 mg/kg/day (approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential of omeprazole. In rats, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers:** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** No overall differences in safety and efficacy were observed between elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical trial population of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentage of patients reporting adverse experiences considered by investigators as possibly, probably or definitely related to the drug:

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine
Headache	6.9 (2.4)	6.3	7.7 (
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (
Vomiting	1.5 (0.4)	4.7	1.5 (
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in interclinical trials blind and open-label, clinical trials in which 2,631 patients and subjects received omeprazole and 120 patients took a placebo. A relationship was not assessed. The percentages are given omeprazole then placebo, respectively. *Body as a Whole:* Asthenia 2.5% and 3.3%, Abdominal Pain 5.2% and 3.3%, Asthenia 1.3% and 0.8%. *Digestive System* Constipation 1.5 and 0.8, Diarrhea 3.7 and 2.7, Dyspepsia 2.7 and 5.8, Nausea 4.0 and 6.7, Vomiting 3.2 and 10.0. Acid regurgitation 1.9 and 3.3. *Nervous System/Psychiatric* Headache 7.9 and 2.5. Additional adverse experiences occurring in < 1% of patients or subjects in domestic and/or international trials, or in which the drug was marketed, are shown below within each body system. In many instances, the relationship to PRILOSEC was uncertain. *As a Whole:* Allergic reactions, including, rarely, anaphylaxis (see also *Skin* below), fever, pain, fatigue, malaise, abdominal swelling. *Cardiovascular* Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral edema. *Digestive System:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidiasis, mucosal atrophy, dry mouth. During treatment with omeprazole, gastric fundic gland polyps have been noted rarely. These polyps are benign, and may be reversible when treatment is discontinued. Gastroduodenal carcinoids have been reported in patients with ZE syndrome during treatment with PRILOSEC. This finding is believed to be a manifestation of the underlying condition, which is known to be associated with such tumors. *Hepatic:* Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkaline phosphatase and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepatocellular disease, mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional:* hyponatremia, hypoglycemia, weight gain. *Musculoskeletal* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic disturbances including depression, aggression, hallucinations, confusion, insomnia, nervousness, anxiety, somnolence, anxiety, dream abnormalities, vertigo, paresthesia, hemifacial dysesthesia. *Respiratory* Epistaxis, pharyngitis, cough. *Skin:* Rash and, rarely, cases of severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrome, and erythema multiforme (some severe), purpura and/or petechiae (some with rechallenge), skin inflammation, urticaria, angioedema, pruritus, alopecia, dry skin, hyperhidrosis. *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some with positive rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, glycosuria, testicular pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocytopenia, neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. **OVERDOSAGE** Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2400 mg (120 times the usual recommended dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, vomiting, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience. (See ADVERSE REACTIONS.) Symptoms were transient, and no serious clinical outcome has been reported when PRILOSEC was taken alone. No specific information is available on the treatment of overdosage with omeprazole. Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the event of overdosage, treatment should be symptomatic and supportive.

All trademarks are the property of the AstraZeneca group.
©AstraZeneca 2002

205646 1/02

AstraZeneca

NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with them.

If you and your doctor are rethinking ıormone replacement therapy, you should also think about possible bone loss.

ısk your doctor about a bone density test.

e density test only takes a few minutes. It's ss, too. And you don't even have to undress. mber, if you have a family history of osteoporosis, build, are Caucasian or Asian, or are a smoker, isk for osteoporosis increases. What if your r does discover that your bones are thinning? ıay prescribe FOSAMAX.

SAMAX is a nonhormonal tablet.

MAX is a nonhormonal tablet for postmenopausal n who have osteoporosis or are at risk for it.

FOSAMAX is proven to help reverse bone loss.

MAX has been clinically proven to help reverse oss and strengthen bone. You can take FOSAMAX a week. Just pick the day of the week that's convenient. And FOSAMAX Once Weekly is the number-one prescribed osteoporosis drug treatment.*

Important information about FOSAMAX

You should not use FOSAMAX if you have certain disorders of the esophagus (the tube connecting the mouth with the stomach), are unable to stand or sit upright for 30 minutes, have severe kidney disease, low blood calcium, or are allergic to FOSAMAX. Use with caution if you have stomach or digestive problems. Stop taking FOSAMAX and tell your doctor if you develop new or worsening heartburn, difficult or painful swallowing, or chest pain because these may be signs of serious upper digestive problems which can include irritation, inflammation, or ulceration of the esophagus. (See Patient Product Information for more details.) Digestive side effects in studies were generally mild and included stomach pain, indigestion/heartburn, or nausea.

Ask your doctor about a bone density test and if a nonhormonal treatment is right for you.

ONCE WEEKLY

FOSAMAX®

(alendronate sodium tablets)

OSAMAX Once Weekly. Proven to help reverse bone loss.

Please read the Brief Summary of Patient Product Information on the following page and discuss it with your doctor.

*Source: IMS HEALTH, National Prescription Audit *Plus*™ (NPA *Plus*™) and National Disease and Therapeutic Index™ Total prescriptions, July 2001 – June 2002

FOSAMAX®
(alendronate sodium tablets)

FOSAMAX is available as a tablet taken **once daily** or as a tablet taken **once weekly**. It is important that you know which tablet your doctor has prescribed and that you take FOSAMAX as directed by your doctor.

Please read this information before you start taking FOSAMAX®. Also, read the information each time you renew your prescription, just in case anything has changed. Remember, this information does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

FOSAMAX is a tablet to be taken **once daily** or as a tablet to be taken **once weekly**.

- If your doctor has prescribed FOSAMAX as a tablet to be taken **once daily**, take FOSAMAX once a day, every day. If you miss a dose, do not take it later in the day. Continue your usual schedule of one tablet once a day the next morning.
- If your doctor has prescribed FOSAMAX as a tablet to be taken **once weekly**, choose the day of the week that best fits your schedule. Every week, take one tablet on your chosen day. If you miss a dose, take only one FOSAMAX **Once Weekly** tablet on the morning after you remember. *Do not take two tablets on the same day.* Return to taking one tablet once a week, as originally scheduled on your chosen day.

Whether your doctor has prescribed FOSAMAX to be taken **once weekly** or **once daily**, these are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, and before taking your first food, beverage, or other medication, swallow your FOSAMAX tablet with a full glass (6-8 oz) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
   Do not chew or suck on a tablet of FOSAMAX.
2. **After swallowing your FOSAMAX tablet do not lie down - stay fully upright (sitting, standing, or walking) for at least 30 minutes and do not lie down until after your first food of the day.** This will help the FOSAMAX tablet reach your stomach quickly and help reduce the potential for irritation of your esophagus (the tube that connects your mouth with your stomach).
3. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
4. **Do not take FOSAMAX at bedtime or before getting up for the day.**
5. **If you have difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis or help you from getting osteoporosis only if you continue to take it.

What is FOSAMAX?

FOSAMAX Once Daily and Once Weekly can be used to:

- **Treat or prevent osteoporosis (thinning of bone) in women after menopause, and reduce their chance of having a hip or spinal fracture**
- **Increase bone mass in men with osteoporosis**

FOSAMAX Once Daily is also for the treatment of osteoporosis in both men and women receiving corticosteroid medications (for example, prednisone).

You will find more information about osteoporosis at the end of this summary.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause or with use of corticosteroid medications
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or nursing
  If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally severe and/or with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes or before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea, black and/or bloody stools, stomach or other peptic ulcers (some severe), and gas.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash (occasionally made worse by sunlight) or eye pain have occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause and may also occur in men. Osteoporosis often occurs in women several years after the menopause, which happens when the ovaries stop producing the female hormone estrogen or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker.

Osteoporosis can also occur in men due to several causes, including aging and/or a low level of the male hormone testosterone. It may also be caused by certain medications called corticosteroids in both men and women. In all instances of osteoporosis, bone is removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy.

At the start osteoporosis usually has no symptoms but can result in fractures (broken bones). Fractures rarely cause pain. Fractures of the bones of the spine may be painful, but over time they cause height loss. Eventually the spine becomes curved and the back becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

Osteoporosis in men and women caused by corticosteroids

Corticosteroids can cause bone to be removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy. It is important to take your corticosteroid medication as recommended by your doctor.

How can osteoporosis be treated or prevented?

- **Medication.**
  FOSAMAX acts specifically on your bones. FOSAMAX is not a hormone and does not have the benefits or risks of estrogen (hormone replacement therapy in postmenopausal women) elsewhere in your body.
- **Lifestyle changes.**
  In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise can be safe to prevent injuries including fractures. You should consult your doctor before you begin an exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

MERCK & CO., INC.
Whitehouse Station, NJ 08889, USA (411/102)

2020780R(1)(411-102)C

*Registered trademark of MERCK & CO., Inc.

© 2001 MERCK & CO., Inc. All rights reserved



SPOT THE "SNEAKY" FAT

A serious health hazard could be lurking in your cupboard or refrigerator right now, and you would never know it by checking the label. It's called trans fatty acids, or trans fat, and it's in numerous food items, including margarine, salad dressing, and microwave popcorn.

Most Americans consume trans fat in the form of partially hydrogenated vegetable oil, an additive that gives food products a longer shelf life. But it won't extend your life.

"Trans fat in the amounts of just four percent of total daily fat calories leads to a thirty percent increase in coronary heart disease," says Jeffrey Aron, M.D., assistant clinical professor at the University of California, San Francisco, School of Medicine. Trans fat increases LDL levels (bad cholesterol) and decreases HDL (the good stuff), which can lead to heart disease. Problem is, you won't find trans fat levels listed on food labels, although the Food and Drug Administration is looking at the possibility of changing label requirements.

Meanwhile, to minimize your intake of this sneaky fat, avoid food products high in hydrogenated fats and oils. Try food products—spreads or shortening, especially—specifically labeled as low in trans fat. Or use olive and canola oil, which provide a far lower health risk, says Dr. Aron. —Andy Demsky

We have your best interests at heart.

DISCOVER A HEART HEALTHY CEREAL THAT'S BOTH SMART AND DELICIOUS.

Kashi introduces Heart to Heart™ a tasty oat cereal that's revolutionary, featuring an advanced combination of special ingredients that will help you maintain a strong, healthy heart.



- *Soluble fiber from whole oats and oat bran lowers cholesterol.*
- *Grape seed and Green Tea extracts*
- *Antioxidants: Vitamin E&C and Beta Carotene & Lycopene*
- *B vitamins*



And healthy has never been this delicious. Our crunchy, honey-toasted O's and hearts are everything your little heart desires. For your free, Heart Healthy Meal Planner, visit us at www.kashi.com.

Heart to Heart™
Your heart will love every bite.

Kashi Company



SETTING THE Kids' TABLE

CHILDREN ARE OFTEN BANISHED TO THEIR OWN PINT-SIZED TABLE FOR THE THANKSGIVING FEAST. THESE TIPS AND PROJECTS TAKE THE KIDS' TABLE FROM UNWANTED TERRITORY TO COOL HOT SPOT.

BY **BECKY MOLLENKAMP** PHOTOGRAPHS BY **KING AU** PROJECTS BY **PEGGY JOHNSTON**

New Bounty Designer's Touch.

At last, modern doesn't mean just white.



9 elegant new designs at home in the most contemporary kitchens. Superior strength and absorbency complimentary.*



*wet strength & absorbency vs leading 2-ply towels

The Quilted Quicker Picker-Upper.
See all the new designs at QuickerPickerUpper.com

©2002 P&G ©AGC Inc ©Hallmark Licensing Inc.

>> from 264

It's a tradition nearly as old as Thanksgiving itself—the dreaded Kids' Table. Children are asked (or forced) to eat their feast at a separate table from the adults. Whether a few feet from the Big Table or isolated in another room, the tiny table is not a child's favored spot—but it can be with a little creativity.

Kids may not appreciate fancy or sophisticated, but they probably don't prefer paper cups and plates either. Let them feel more like grown-ups by giving their table a pulled-together look. Bring the setting to life with natural fibers and colors, using such items as cloth napkins, straw glass holders, and twine napkin holders.

Most important, entertain the children. The ideas here will keep the kids busy and happy. And the adults will be thrilled to see the children stay in their seats for the entire meal.

>> on 269





SPIN CYCLE

Think of the whole table (even the place settings) as an interactive center for kids. Tie a napkin with thin rope. Add a small, quiet toy, such as a top, for amusement.

PLAY STATION

Cover the child's table with pretty, inexpensive crafts paper. Turn the kids loose on it with markers, crayons, and colored pencils that double as a centerpiece when placed in stacked baskets. Thanksgiving cookie cutters and stencils increase the fun, as do a bright set of pick-up sticks.

Trash Crash # 47

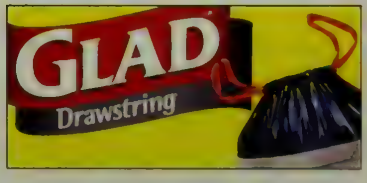
THE SPLIT PEA SOUP





Next time, use Glad® Drawstring trash bags. They're the only bags with 3-ply strength to help protect against messy breaks.

Don't get mad. Get Glad® kitchen and black trash bags.



DON'T GET MAD. GET GLAD.®

©2002, The Glad Products Co.

©2002 Orange Glo Inter

UNTIL KIDS FIGURE OUT THE DIFFERENCE BETWEEN A SLEEVE AND A NAPKIN.



OxiClean® attacks organic stains and odors in laundry (and carpets, for that matter) and lifts them out like magic. And it's color safe, so it won't damage fabrics the way chlorine bleach will. Which is more than can be said for your children.

Millions believe for a reason.™

>> from 266

CHAIR-BACK CORNUCOPIA

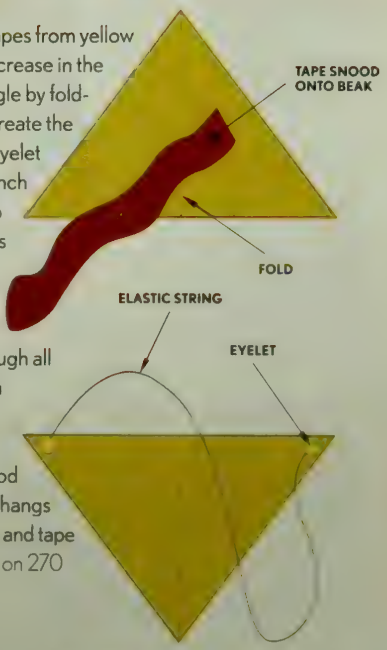
Twist a straw place mat into a horn shape, and secure the overlapping piece with a safety pin. Thread a metal wire through the bottom third of the cone and bend to form a curve. Knot one end of a twine rope inside the bottom of the horn; wrap around the horn. Leaving some slack at the top for a hanger, knot the other end of the twine inside the top edge of the horn. Fill the horn with tissue paper, coloring books, and other activities for kids. Finish with a personalized leaf name tag.





TURKEY BEAK

Cut two triangle shapes from yellow cardboard. Make a crease in the center of each triangle by folding in half. This will create the beak shape. Make eyelet holes with a hole punch or scissors in the top left and right corners of both triangles. Connect the pieces by tying one piece of elastic string through all eyelets. Use enough string to fit around child's head. From red paper, cut a snood (an appendage that hangs over a turkey's beak) and tape it to the beak. >> on 270



>> from 269



HISTORY FUN

After dinner, the kids are full of energy. Instead of watching television, they can learn family history by playing a game similar to a scavenger hunt. The kids scout for things on a list prepared by adults. Instead of hunting for items, kids seek answers to such questions as "Who is the oldest person here today?" or "What year did Grandma and Grandpa get married?"

>> on 272

GIVING THANKS: STRAIGHT FROM KIDS' MOUTHS

Children from around the country told us what they are thankful for this year, and everyone can learn a lesson in priorities from these kids. They appreciate the people in their lives—and they're not reluctant to say so.



"That I'm bigger and older and that I passed to second grade."

—Eduardo Rodriguez (left top), Grade 2, Saltonstall School, Salem, Mass



"My little sister because I play with her. She makes me laugh so much."

—Shant Zakarian, Grade 2, Mark Keppel Elementary School, Glendale, Calif.

"My first grade teacher, Miss Carter."

—Hannah Schultz (left middle), Grade 2, Saltonstall School, Salem, Mass.

"My dad because he works hard and can fix things."

—Heather Davis, Grade 2, Zack Motley Elementary School, Mesquite, Texas



"My drum set. My dad's in a band and he's teaching me to play."

—Kyle Reardon (left bottom), Grade 4, Saltonstall School, Salem, Mass

"That I can speak 2½ languages—Armenian, Persian, and half English."

—Vaheh Mardirosian, Grade 6, Mark Keppel Elementary School, Glendale, Calif.

IT'S EASY TO MAKE KELLOGG'S RICE KRISPIES DRUMSTICK TREATS.

3 tablespoons margarine or butter
1 package (10 oz. about 40) marshmallows or 4 cups miniature marshmallows
6 cups Kellogg's Rice Krispies cereal
Peanut butter

1. In a large microwave-safe bowl, melt margarine and marshmallows on HIGH for 2 minutes, stirring after 1 minute. Stir mixture until smooth.
2. Add Kellogg's Rice Krispies cereal, stirring until well coated. While slightly cooled, shape cereal mixture into drumstick shape using buttered hands. Place on waxed paper or a surface coated with cooking spray. Allow to cool.
3. Spread peanut butter over top of each drumstick, dip in Kellogg's Cocoa Krispies cereal

DON'T BE SQUARE.

Kellogg's RICE KRISPIES

SEE THE BOX OR GO TO RICEKRISPIES.COM FOR MORE RECIPES.

>> from 270



SIMPLE SETTING

Thanksgiving dinner may be a fancy occasion, but it's probably best to set the kids' table in a slightly less formal manner. Also, there are a few modifications, such as removing the wine glass. This chart shows you how.

1. Dinner fork
2. Napkin
3. Plate
4. Knife (remove for very small children)
5. Spoon
6. Dessert fork
7. Dessert spoon
8. Water glass
9. Milk or juice glass

ETIQUETTE IS ELEMENTARY

Most children know that elbows do not belong on tables and that chewing should be done only when the mouth is closed. Without a well-informed parent, however, they may not know that napkins should reside in the lap or that food should always be passed to the right. That's where Judith Ré can help.

For 15 years, she has been teaching manners classes for children at Ritz-Carlton hotels. She has also written a book, *Social Savvy*, on the subject for teens. Sadly, etiquette seems to be falling out of favor, she says. Many parents don't understand or appreciate the importance of good manners.

"Etiquette is more than forks and knives," Ré says. "It's about respect, responsibility, sensitivity, and compromise, plus the know-how it teaches them."

Sometimes parents who do want their children to learn manners have a hard time leading by example because they never learned themselves. Ré suggests that these adults read up on etiquette and then begin modeling the behavior at every meal, even breakfast.

Children catch on quickly, but parents shouldn't wait until the night before a big event to start working on etiquette. It takes a month or two of instruction for most kids to become well-versed in these skills, which will then guide behavior for a lifetime.

Ré suggests teaching manners when the kids are a captive audience, such as in the car or while reading a bedtime book. And remember to keep things fun, or children will view manners as an unwanted chore, not as a skill that can help them throughout life. Finally, remember the importance of two simple little words.

"The most beautiful words to teach a child, besides mommy and daddy, are thank you," Ré says.

RESOURCES >> 275

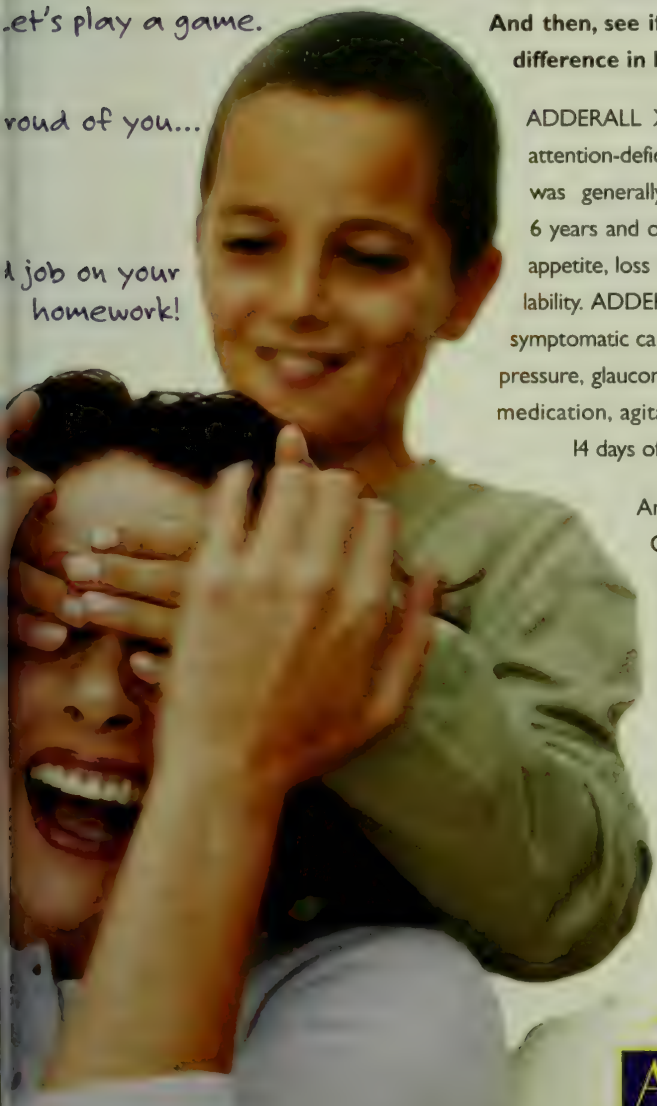
MORE ABOUT TABLE ETIQUETTE
www.bhg.com/manners

hanks to ADDERALL XR™

David's Mom is learning *a whole new language.*"

Patient-friendly treatment for ADHD

If your child has ADHD, ask your doctor if a change to patient-friendly, once-daily ADDERALL XR could be right for him or her. And then, see if effective, all-day symptom control makes a difference in both your lives.



ADDERALL XR is for patients with a confirmed diagnosis of attention-deficit hyperactivity disorder (ADHD). ADDERALL XR was generally well tolerated in clinical studies of children 6 years and older. The most common side effects are decreased appetite, loss of sleep (insomnia), abdominal pain, and emotional lability. ADDERALL XR should not be prescribed for patients with symptomatic cardiovascular disease, moderate to severe high blood pressure, glaucoma, hyperthyroidism, known allergy to this type of medication, agitated states, or history of drug abuse or within 14 days of administration of a MAO inhibitor.

Amphetamines have a high potential for abuse. Caution is advised in patients with a history of high blood pressure or mental illness. Report any new psychological symptoms to your physician. There is a potential for worsening of motor and phonic tics and Tourette's syndrome.

Visit us at
ADDERALLXR.com
or call 1-888-774-3000
for more information.

ee brief summary of prescribing information
ent page.
e information, consult your physician.
ALL® is registered in the United States
nd Trademark Office.

ONE DOSE DAILY
ADDERALL XR™ CII

5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg CAPSULES
(Mixed Salts of a Single-Entity Amphetamine Product)
Dextroamphetamine Sulfate Dextroamphetamine Saccharate
Amphetamine Aspartate Monohydrate Amphetamine Sulfate

Patient-friendly ADHD treatment

US Inc.
support company
088

©2002 Shire US Inc., Florence, Kentucky 41042

June 2002 AXJA324

Shire

ONE DOSE DAILY

ADDERALL XR® CII

5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg CAPSULES
(Mixed Salts of a Single-Entity Amphetamine Product)
Dextroamphetamine Sulfate Dextroamphetamine Saccharate
Amphetamine Aspartate Monohydrate Amphetamine Sulfate

BRIEF SUMMARY: Consult the full prescribing information for complete product information

ADDERALL XR™ CAPSULES **CII Rx Only**

AMPHETAMINES HAVE A HIGH POTENTIAL FOR ABUSE. ADMINISTRATION OF AMPHETAMINES FOR PROLONGED PERIODS OF TIME MAY LEAD TO DRUG DEPENDENCE. PARTICULAR ATTENTION SHOULD BE PAID TO THE POSSIBILITY OF SUBJECTS OBTAINING AMPHETAMINES FOR NON-THERAPEUTIC USE OR DISTRIBUTION TO OTHERS AND THE DRUGS SHOULD BE PRESCRIBED OR DISPENSED SPARINGLY.

INDICATIONS

ADDERALL XR™ is indicated for the treatment of Attention Deficit Hyperactivity Disorder (ADHD).
The efficacy of ADDERALL XR™ in the treatment of ADHD was established on the basis of two controlled trials of children aged 6 to 12 who met DSM-IV criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL®, the immediate-release formulation of this substance.

CONTRAINDICATIONS

Advanced arteriosclerosis, symptomatic cardiovascular disease, moderate to severe hypertension, hyperthyroidism, known hypersensitivity or idiosyncrasy to the sympathomimetic amines, glaucoma. Agitated states. Patients with a history of drug abuse
During or within 14 days following the administration of monoamine oxidase inhibitors (hypertensive crises may result)

WARNINGS

Psychosis: Clinical experience suggests that, in psychotic patients, administration of amphetamine may exacerbate symptoms of behavior disturbance and thought disorder.
Long-Term Suppression of Growth: Data are inadequate to determine whether chronic use of stimulants in children, including amphetamine, may be causally associated with suppression of growth. Therefore, growth should be monitored during treatment, and patients who are not growing or gaining weight as expected should have their treatment interrupted.

PRECAUTIONS

General: The least amount of amphetamine feasible should be prescribed or dispensed at one time in order to minimize the possibility of overdosage
Hypertension and other Cardiovascular Conditions: Caution is to be exercised in prescribing amphetamines for patients with even mild hypertension (see CONTRAINDICATIONS). Blood pressure and pulse should be monitored at appropriate intervals in patients taking ADDERALL XR™, especially patients with hypertension.
Tics: Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications.
Information for Patients: Amphetamines may impair the ability of the patient to engage in potentially hazardous activities such as operating machinery or vehicles; the patient should therefore be cautioned accordingly
Drug Interactions: *Acidifying agents*—Gastrointestinal acidifying agents (guanethidine, reserpine, glutamic acid HCl, ascorbic acid, etc.) lower absorption of amphetamines.
Urinary acidifying agents—These agents (ammonium chloride, sodium acid phosphate, etc.) increase the concentration of the ionized species of the amphetamine molecule, thereby increasing urinary excretion. Both groups of agents lower blood levels and efficacy of amphetamines.
Adrenergic blockers—Adrenergic blockers are inhibited by amphetamines.
Alkalinizing agents—Gastrointestinal alkalinizing agents (sodium bicarbonate, etc.) increase absorption of amphetamines. Co-administration of ADDERALL XR™ and gastrointestinal alkalinizing agents, such as antacids, should be avoided. Urinary alkalinizing agents (acetazolamide, some thiazides) increase the concentration of the non-ionized species of the amphetamine molecule, thereby decreasing urinary excretion. Both groups of agents increase blood levels and therefore potentiate the actions of amphetamines.
Antidepressants, tricyclic—Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics cause striking and sustained increases in the concentration of d-amphetamine in the brain; cardiovascular effects can be potentiated
MAO inhibitors—MAOI antidepressants, as well as a metabolite of furazolidone, slow amphetamine metabolism. This slowing potentiates amphetamines, increasing their effect on the release of norepinephrine and other monoamines from adrenergic nerve endings; this can cause headaches and other signs of hypertensive crisis. A variety of toxic neurological effects and malignant hyperpyrexia can occur, sometimes with fatal results.
Antihistamines—Amphetamines may counteract the sedative effect of antihistamines.
Antihypertensives—Amphetamines may antagonize the hypotensive effects of antihypertensives
Chlorpromazine—Chlorpromazine blocks dopamine and norepinephrine receptors, thus inhibiting the central stimulant effects of amphetamines, and can be used to treat amphetamine poisoning.
Ethosuximide—Amphetamines may delay intestinal absorption of ethosuximide.
Haloperidol—Haloperidol blocks dopamine receptors, thus inhibiting the central stimulant effects of amphetamines.
Lithium carbonate—The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate
Meperidine—Amphetamines potentiate the analgesic effect of meperidine
Methenamine therapy—Urinary excretion of amphetamines is increased, and efficacy is reduced, by acidifying agents used in methenamine therapy
Norepinephrine—Amphetamines enhance the adrenergic effect of norepinephrine.
Phenobarbital—Amphetamines may delay intestinal absorption of phenobarbital; co-administration of phenobarbital may produce a synergistic anticonvulsant action
Phenytoin—Amphetamines may delay intestinal absorption of phenytoin, co-administration of phenytoin may produce a synergistic anticonvulsant action.
Propoxyphene—In cases of propoxyphene overdosage, amphetamine CNS stimulation is potentiated and fatal convulsions can occur
Veratrum alkaloids—Amphetamines inhibit the hypotensive effect of veratrum alkaloids
Drug/Laboratory Test Interactions: Amphetamines can cause a significant elevation in plasma corticosteroid levels. This increase is greatest in the evening
Amphetamines may interfere with urinary steroid determinations.
Carcinogenesis/Mutagenesis and Impairment of Fertility: No evidence of carcinogenicity was found in studies in which d,l-amphetamine (enantiomer ratio of 1:1) was administered to mice and rats in the diet for 2 years at doses of up to 30 mg/kg/day in male mice, 19 mg/kg/day in female mice, and 5 mg/kg/day in male and female rats. These doses are approximately 2.4, 1.5, and 0.8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), was not clastogenic in the mouse bone marrow micronucleus test *in vivo* and was negative when tested in the *E. coli* component of the Ames test *in vitro*. d,l-Amphetamine (1:1 enantiomer ratio) has been reported to produce a positive response in the mouse bone marrow micronucleus test, an equivocal response in the Ames test, and negative responses in the *in vitro* sister chromatid exchange and chromosomal aberration assays
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), did not adversely affect fertility or early embryonic development in the rat at doses of up to 20 mg/kg/day (approximately 5 times the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis)
Pregnancy: Pregnancy Category C. Amphetamine, in the enantiomer ratio present in ADDERALL® (d- to l- ratio of 3:1), had no apparent effects on embryofetal morphological development or survival when orally administered to pregnant rats and rabbits throughout the period of organogenesis at doses of up to 6 and 16 mg/kg/day, respectively. These doses are approximately 1.5 and 8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Fetal malformations and death have been reported in mice following parenteral administration of d-amphetamine doses of 50 mg/kg/day (approximately 6 times the maximum recommended human dose of 30 mg/day on a mg/m² basis) or greater to pregnant animals. Administration of these doses was also associated with severe maternal toxicity.
A number of studies in rodents indicate that prenatal or early postnatal exposure to amphetamine (d- or d,l-), at doses similar to those used clinically, can result in long-term neurochemical and behavioral alterations. Reported behavioral effects include learning and memory deficits, altered locomotor activity, and changes in sexual function.
There are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony deformity (tracheo-esophageal fistula, and anal atresia (vater association)) in a baby born to a woman who took dextroamphetamine sulfate with lovastatin during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects: Infants born to mothers dependent on amphetamines have an increased r premature delivery and low birth weight. Also, these infants may experience symptoms of withdraw demonstrated by dysphoria, including agitation, and significant lassitude
Usage in Nursing Mothers: Amphetamines are excreted in human milk. Mothers taking amphetamines s be advised to refrain from nursing.
Pediatric Use: ADDERALL XR™ is indicated for use in children 6 years of age and older
Use in Children Under Six Years of Age: Effects of ADDERALL XR™ in 3-5 year olds have not been stu Long-term effects of amphetamines in children have not been well established. Amphetamines ar recommended for use in children under 3 years of age
Geriatric Use: ADDERALL XR™ has not been studied in the geriatric population

ADVERSE EVENTS

The premarketing development program for ADDERALL XR™ included exposures in a total of 685 partici in clinical trials (615 patients, 70 healthy adult subjects). These participants received ADDERALL XR™ a doses up to 30 mg. The 615 patients (ages 6 to 12) were evaluated in two controlled clinical studies open-label clinical study, and one single-dose clinical pharmacology study (N=20). Safety data on all pa are included in the discussion that follows. Adverse reactions were assessed by collecting adverse e results of physical examinations, vital signs, weights, laboratory analyses, and ECGs.
Adverse events during exposure were obtained primarily by general inquiry and recorded by c investigators using terminology of their own choosing. Consequently, it is not possible to provide a mean estimate of the proportion of individuals experiencing adverse events without first grouping similar ty events into a smaller number of standardized event categories. In the tables and listings that follow, COS terminology has been used to classify reported adverse events
The stated frequencies of adverse events represent the proportion of individuals who experienced, a once, a treatment-emergent adverse event of the type listed.
Adverse events associated with discontinuation of treatment: In two placebo-controlled studies of 5 weeks duration, 2.4% (10/425) of ADDERALL XR™ treated patients discontinued due to adverse e (including 3 patients with loss of appetite, one of whom also reported insomnia) compared to 2.7% (2 receiving placebo. The most frequent adverse events associated with discontinuation of ADDERALL X controlled and uncontrolled, multiple-dose clinical trials (N=595) are presented below. Over half of patients were exposed to ADDERALL XR™ for 12 months or more.

Adverse event	% of patients discontinuing (N=595)
Anorexia (loss of appetite)	2.9
Insomnia	1.5
Weight loss	1.2
Emotional lability	1.0
Depression	0.7

Adverse events occurring in a controlled trial: Adverse events reported in a 3-week clinical trial of pe patients treated with ADDERALL XR™ or placebo are presented in the table below
The prescriber should be aware that these figures cannot be used to predict the incidence of adverse e in the course of usual medical practice where patient characteristics and other factors differ from those prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained other clinical investigations involving different treatments, uses, and investigators. The cited figures, ho do provide the prescribing physician with some basis for estimating the relative contribution of dru non-drug factors to the adverse event incidence rate in the population studied

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR™ with H Incidence Than on Placebo in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR™ (N=374)	Placebo (N=21
General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive System	Loss of Appetite	22%	2%
	Diarrhea	2%	1%
	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Nervous System	Dizziness	2%	0%
	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

The following adverse reactions have been associated with amphetamine use.
Cardiovascular: Palpitations, tachycardia, elevation of blood pressure. There have been isolated repo cardiomyopathy associated with chronic amphetamine use
Central Nervous System: Psychotic episodes at recommended doses, overstimulation, restlessness, diz insomnia, euphoria, dyskinesia, dysphoria, tremor, headache, exacerbation of motor and phonic tic Tourette's syndrome
Gastrointestinal: Dryness of the mouth, unpleasant taste, diarrhea, constipation, other gastroint disturbances. Anorexia and weight loss may occur as undesirable effects.
Allergic: Urticaria.
Endocrine: Impotence, changes in libido.

DRUG ABUSE AND DEPENDENCE

ADDERALL XR™ is a Schedule II controlled substance
Amphetamines have been extensively abused. Tolerance, extreme psychological dependence, and social disability have occurred. There are reports of patients who have increased the dosage to many that recommended. Abrupt cessation following prolonged high dosage administration results in e fatigue and mental depression; changes are also noted on the sleep EEG. Manifestations of c intoxication with amphetamines may include severe dermatoses, marked insomnia, irritability, hyperz and personality changes. The most severe manifestation of chronic intoxication is psychosis, often cl indistinguishable from schizophrenia

OVERDOSAGE

Individual patient response to amphetamines varies widely. Toxic symptoms may occur idiosyncratic low doses
Symptoms: Manifestations of acute overdosage with amphetamines include restlessness, h hyperreflexia, rapid respiration, confusion, assaultiveness, hallucinations, panic states, hyperpyre rhabdomyolysis. Fatigue and depression usually follow the central nervous system stimulation. Cardiov effects include arrhythmias, hypertension or hypotension and circulatory collapse. Gastrointestinal sym include nausea, vomiting, diarrhea, and abdominal cramps. Fatal poisoning is usually preceded by convu and coma.
Treatment: Consult with a Certified Poison Control Center for up-to-date guidance and advice. Manage acute amphetamine intoxication is largely symptomatic and includes gastric lavage, administration of ac charcoal, administration of a cathartic and sedation. Experience with hemodialysis or peritoneal dia inadequate to permit recommendation in this regard. Acidification of the urine increases amphe excretion, but is believed to increase risk of acute renal failure if myoglobinuria is present. If acute hypertension complicates amphetamine overdosage, administration of intravenous phentolamine ha suggested. However, a gradual drop in blood pressure will usually result when sufficient sedation ha achieved. Chlorpromazine antagonizes the central stimulant effects of amphetamines and can be used amphetamine intoxication
The prolonged release of mixed amphetamine salts from ADDERALL XR™ should be considered when t patients with overdose
Dispense in a tight, light-resistant container as defined in the USP
Store at 25° C (77° F). Excursions permitted to 15-30° C (59-86° F) [see USP Controlled Room Tempe

Manufactured by DSM Pharmaceuticals Inc., Greenville, North Carolina 27834. Distributed and mark Shire US Inc., Florence, KY 41042

For more information call 1-800-536-7878 or visit www.adderallxr.com

ADDERALL® is registered in the US Patent and Trademark Office

403957 (rev 0

Shi

OURCES

SOME OF THE PRODUCTS SHOWN EDITORIALLY IN *BETTER HOMES AND GARDENS®* MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION, CONTACT THE MANUFACTURERS LISTED BELOW.

NOVEMBER

Page 25: teal felt, 100% wool, 57 (Peacock); **crafting felt** (Gray)—Aetna Felt Corp., 800/526-445; www.aetnafelt.com. **Bennington headboard**—Pottery Barn; 800/922-5507; Web site www.potterybarn.com. **Checkerboard pillow**—Midori Ribbon, for a retailer call 800/659-3049; www.midoriribbon.com. **Wamsutta hem-stitched percale sheets** (Aqua)—Garnet Hill, for more information call 800/622-6216; www.garnethill.com.

Page 26: shoes, "Navajo" (Brown)—Cydney Mandel; 310/399-4009. **Tea cozy ribbon**—Midori Ribbon, for a retailer call 800/659-3049; www.midoriribbon.com. **Teal felt,** 57 (Peacock)—Aetna Felt Corp., 800/526-4451; www.aetnafelt.com. **Gold felt,** 2105 (Honey Mustard); **gray felt,** for rug only (Industrial Gray)—National Nonwovens, 800/333-3469; www.nationalnonwovens.com. **Cups, saucer, and bowl,** "Coeur"—Philippe Deshoulieres; for store location call 800/993-2580.

Page 28: gray and pink crafting felt—Aetna Felt Corp., 800/526-4451; www.aetnafelt.com. **Gold felt,** 2105 (Honey Mustard)—National Nonwovens, 800/333-3469; www.nationalnonwovens.com. **Hangers,** 558445—The Container Store, for a catalog call 800/733-3532; www.thecontainerstore.com.

Page 30: gray and pink crafting felt—Aetna Felt Corp., 800/526-4451; www.aetnafelt.com. **Gold felt,** 2105 (Honey Mustard)—National Nonwovens, 800/333-3469; www.nationalnonwovens.com. **Footstool,** "Pallbo"—IKEA Home Furnishings, 800/434-4532; www.ikea.com.

COLOR: PLANTING A GARDEN PALETTE

Pages 34-40: canna lilies, ornamental grasses, yarrow, dahlias, hydrangeas, variegated lamium—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog. **Phormiums, criniphola**—Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478-9691; 541/746-3922; catalog $2. **Barberry**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Castor bean, delphinium**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 800/274-7333. **Anthriscus**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3.

BETTER LIVING: JOURNEY TO PEACEFUL LIVING

Pages 46-47: stove, oven, dishwasher, refrigerator—Amana Appliances; 800/843-0304; www.amana.com. **Trash compactor**—Whirlpool Corp., 800/253-1301; www.whirlpool.com.

RENOVATION: BACK TO COOL

Page 52: landscaping—Marmol Radziner + Associates, 310/264-1814. **Outdoor table and chairs**—Marmol Radziner + Associates, 2902 Nebraska Ave., Santa Monica, CA 90404, 310/264-1814.

Page 54: credenza; R.M. Schindler sling chair; custom cabinetry—Marmol Radziner + Associates (address above). **Bowl on credenza**—Nambé, 800/443-0339; www.nambe.com. **Painting above credenza,** untitled, by Christope Classen—Twentieth, 8057 Beverly Blvd., Los Angeles, CA 90048; 323/904-1200. **White wool sofa,** "Atollo"; **brown felt runner**—Modern Living, 1775 Beverly Blvd., Los Angeles, CA 90048, 310/657-8775. **Eames oval coffee table; Eames wire base table**—Herman Miller for the Home; 800/646-4400; www.hermanmiller.com.

Page 56: dining table—Marmol Radziner + Associates (address above). **Hanging light,** "Cupola," 1117—Fontana Arte USA, 8807 Beverly Blvd., Los Angeles, CA 90048; 310/247-9933. **Eames desk chair**—Herman Miller for the Home (address above). **Refrigerator,** 561—Sub-Zero Freezer Co., Inc., 800/222-7820; www.subzero.com.

Page 58: Eames desk chairs—Herman Miller for the Home (address above). **Custom bookcases**—Marmol Radziner + Associates (address above).

UNIVERSAL DESIGN: COOK'S COMFORT

Pages 84-85: cork flooring—Natural Cork, 1710 N. Leg Ct., Augusta, GA 30909; 800/404-7675; www.naturalcork.com. **Granite countertop,** "Giallo Napolean"—Renaissance Marble & Tile; 615/276-4260. **Ovens**—Jenn-Air; 800/536-6247; www.jennair.com. **Refrigerator**—Sub-Zero Freezer Co., Inc.; 800/222-7820; www.subzero.com. **Cooktop**—Dacor; 800/772-7778; www.dacor.com. **Sink**—Kohler Co.; 800/456-4537; www.kohler.com. **Cabinets,** custom—Custom Wood Products, Inc., 415 E. Bertrand St., Saint Marys, KS 66536; 785/437-6533. **Cabinet hardware**—Greenstreet, 2133 NW. York, Portland, OR 97201; 503/228-4157. **Windows and door**—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com.

Page 86: microwave, GE Profile—GE Appliances; 800/626-2000; www.geappliances.com. **Cabinet hardware**—Bauerware, 3886-17th St., San Francisco, CA 94114; 415/864-3886; www.bauerware.com. **Cups and tray**—Paul Eshelman, 238 N. Main St., P.O. Box 455, Elizabeth, IL 61028; 815/858-2327; www.eshelmanpottery.net.

WEEKEND DECORATING: OFF THE RUNWAY

Page 90: trim, 9307-31 (pink rosebuds), 5291-1 (blue tape), 9316 (yellow daisy rope), 9308-1 (blue, yellow, pink roses), 9340-1 (pink rope)—MOKUBA, 55 West 39th St., New York, NY 10018; 212/869-0900. **Prints on wall**—Target Stores; 800/800-8800; www.target.com. **Curtain rod,** 435912; **finials,** 302.012; **rings,** 4355.012—Kirsch Window Fashions; 800/817-6344; www.kirsch.com.

Page 92: plaid fabric, 2000132, Lee Jofa, "Cherie Plaid" (Tutti Fruitti); **plain fabric,** 2002157, Lee Jofa, "Palais"—through Kravet Fabrics (to the trade); for a retail store call 800/645-9068; www.kravet.com. **Wooden curtain rods,** 4346.086; **acorn finial,** 4307.146—Kirsch Window Fashions; 800/817-6344; www.kirsch.com. **Desk**—Ethan Allen, Inc.; for a store call 800/228-9229; www.ethanallen.com.

Page 94: eyelet fabric, Laura Ashley, "Buttonwood" (101 white)—through Kravet Fabrics (to the trade); for a retail store call 800/645-9068; www.kravet.com.

Page 96: seersucker fabric—Fishman's Fabrics, www.fishmansfabrics.com. **Buttons**—JHB International, Inc.; www.buttons.com or through your local fabric store. **Bookcases**—Mastercraft; for a retail store call 800/327-0890.

DECORATING: TURN UP THE VOLUME

Page 102: wallpaper, Rainforest collection, 577845, "Haiti" (Sage); #577810, "Gulfstream" (Sage)—Waverly, 800/423-5881; www.waverly.com.

Page 104: wallpaper, P288/04, "Pattai" (Geranium); P293/04, "Tasi" (Claret)—Osborne & Little; 212/751-3333; www.osborneandlittle.com. **Rug,** 35037, "Red Rock Rug"—Crate & Barrel; for more information call 800/323-5461; www.crateandbarrel.com.

Page 106: wallpaper with large floral, 69387-203, "Karikal Porcelain"—Brunschwig & Fils (to the trade); 212/838-7878, www.brunschwig.com. **Wallpaper border,** 575682, "Colors of Provence"—Waverly, 800/423-5881; www.waverly.com. **Vintage wallpaper,** bottom panel, H53 (Blue); top and bottom panels, D216—Secondhand Rose, 138 Duane St., New York, NY 10013, 212/393-9003.

DECORATING SHOP™

Pages 118-119: 12 Days of Christmas Sampler Kit; 12 Days of Christmas Ornaments Kit—Banar Designs, 423 S. Main St., Fallbrook, CA 92028.

KID'S SPACE: SWEET DREAMS

Page 122: rug—Capel, Inc.; for more information call 800/334-3711; www.capelrugs.com. **Bedding in crib**—Pottery Barn; 800/922-5507, www.potterybarn.com. **Shutters**—Ohline, 1930 W 139th St., Gardena, CA 90249; 800/585-3197.

Page 124: curtain pole, finial, rings, and bracket—Kirsch Window Fashions; 800/817-6344; www.kirsch.com. **Roller shades, white eyelet**—Smith + Noble; for a catalog call 800/765-7776. **Shutters**—Ohline (address above). **Fabric for bedding and organizer,** chenille—Daisy Kingdom, 800/288-6004. **Sleigh bed,** 57-1300, Old World Connoisseur—Habersham; 800/422-3774; www.habershamdesigns.com. **Bedding**—Garnet Hill; for more information call 800/622-6216, www.garnethill.com.

Page 126: all items—antiques, discontinued, or personal belonging.

Page 128: basket liner on shelf, 14-3847712—Pottery Barn; 800/922-5507; Web site: www.potterybarn.com. **Rug**—Capel, Inc.; for more information call 800/334-3711.

BEFORE AND AFTER: CLASSIC COMES HOME

Page 129: windows—Marvin Windows; 800/268-7644; or check the Web site at www.marvin.com. **Rug**—Seagrass Redi Art Carpets & Rugs, 1620 Post Rd., Westport, CT 06880, 203/256-0414.

Page 130: windows—Marvin Windows (address above). **Rug**—Seagrass Redi Art Carpets & Rugs (address above). **Leather chair**—Cassina; 800/770-3568. **Countertop**—New England Stone, 35 Higgins Dr., Milford, CT 06460; 203/876-8606.

Page 132: windows—Marvin Windows; 800/268-7644; www.marvin.com. **Sink**—Franke, Kitchen Systems Div.; 800/626-5771; www.frankeksd.com. **Floor,** custom designed by architect—Jack Franzen, J.P. Franzen Assoc. Architects, P.C., 95 Harbor Rd., Southport, CT 06890; 203/259-0529. **Cabinetry and design**—Steve Larrabee, 203/259-0529. **Stove**—Dacor, 800/772-7778, www.dacor.com. **Granite backsplash**—New England Stone, Inc., 35 Higgins Dr., Milford, CT 06460; 203/876-8606.

FINISHING TOUCHES: ADDING AN ACCENT

Page 146: pillow fabric on bolster, "Papua" (Gold/Ochre)—Calico Corners; for a catalog call 800/213-6366; www.calicocorners.com. **Floral fabric,** 648424 (385546, Red)—Waverly; 800/423-5881; www.waverly.com. **Trims,** The Guinevere Collection—Lee's Decorative Showcase; 800/347-5337.

Page 148: fabric with bees, "Bee Dazzler," 648424 (Cabernet); **plaid fabric,** 648468 (388657); **floral fabric,** 648424 (385546, Red)—Waverly, 800/423-5881; www.waverly.com. **Pillow fabric on bolster,** "Papua" (Gold/Ochre)—Calico Corners; for a catalog call 800/213-6366, www.calicocorners.com. **Trims,** The Guinevere Collection—Lee's Decorative Showcase; 800/347-5337. **Fabric on flanged pillow,** "Tahiti" (Rosebriar); **plaid fabric on round pillow,** "Puccini" (Iridescence)—Calico Corners; for a catalog call 800/213-6366; www.calicocorners.com.

GRACE IN A SMALL SPACE

Page 163: all furnishings—antiques, discontinued, or a personal belonging.

Pages 164-165: hand-painted hatboxes and cachepot—Molly Nalone; 617/734-4075. **All other items**—antiques, discontinued, or a personal belonging.

Pages 166-167: dining room chairs—Patina (to the trade), 800/635-4365.

Page 168: fabrics and wallpaper—Brunschwig & Fils (to the trade); 212/838-7878, Web site: www.brunschwig.com.

SIMPLICITY MADE BOLD

Pages 171-176: Black-eyed Susan, salvia, fern, hosta, iris—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog.

NEW LIFE FOR AN OLD SOUL

Pages 178-179: sheepskins on ottomans; large green vase—IKEA Home Furnishings, 800/434-4532; www.ikea.com. **Zebra stripe pillows**—Neiman Marcus; 800/825-8000, Web site www.neimanmarcus.com. **Coffee table,** "Antonio Citterio"—B&B Italia, USA, Inc., 800/872-1697, Web site: www.bebitalia.it.

Pages 180-181: vintage sink—Omega Salvage, 2407 San Pablo Ave., Berkeley, CA 94702-2010; 510/843-7368. **Vintage stove**—San Jose Stoveworks, 410 N. Tenth St., San Jose, CA 95112-3327; 408/293-3106.

Pages 182-183: all items—antiques, discontinued, or a personal belonging.

Pages 184-185: dining room chairs—Design Within Reach; for a catalog call 800/944-2233; or go to the Web site at www.dwr.com.

Pages 186-187: lamp and shade—Target Stores; 800/800-8800; www.target.com. **Bed linen,** "Frette Designs"—Bed Bath & Beyond; 800/462-3966, www.bedbathandbeyond.com.

Page 188: lucite chairs, "Phillipe Starck"—Design Within Reach; for a catalog call 800/944-2233, Web site: www.dwr.com.

>> on 276

KEEPING THE FEAST
Page 191: dinner plate, "Limoges"—Takashimaya New York, Inc., 693 Fifth Ave., New York, NY 10022, 800/753-2038
Page 195: ***Prairie Home Cooking*** **and** ***Prairie Home Breads*****—**available through bookstores or www.amazon.com
Page 197: pedestal compote, "Faience"—Treillage, 418 E. 75th St., New York, NY 10021, 212/535-2288
Page 199: ***Jim Fobel's Old-Fashioned Baking Book*****—**local bookstores or www.amazon.com
Jim Fobel's Big Flavors**—**out of print; limited availability through www.amazon.com
Pages 191-200: all other items—antiques, discontinued, or personal belonging

READER SHOPPING
Page 119: Quilt Star Stencil—Designer Stencils, 3634 Silverside Rd., Wilmington, DE 19810 **Classic Tulip Quilt Kit—**Designer's Limited, 1169 Waukewan Rd., Meredith, NH 03253
Page 202: Instant-Read Thermometer—Robinson Knife Co., 2615 Walden Ave., Buffalo, NY 14225
Page 204: Soup Plates—Harold's Kitchen, 140 Lehigh Ave., Lakewood, NJ 08701
Page 212: Mandoline Slicer—Metro Marketing, P.O. Box 47170, Gardena, CA 90247 **Springform Pan Set—**Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974
Page 215: Recipe Journal—Molly West Handbound Books, 1255A Park Ave., Emeryville, CA 94608
Page 225: Fresh Fruit Gift Boxes—Gracewood Groves, 9075-17th Pl., Vero Beach, FL 32961

ARCHITECTS AND DESIGNERS

BETTER LIVING: JOURNEY TO PEACEFUL LIVING
Pages 44-47: architects—Matt Norton and Richard Choate, 504/522-1439

RENOVATION: BACK TO COOL
Pages 52-58: architect/designer—Leonardo E. Marmol and Ronald M. Radziner, 2902 Nebraska Ave., Santa Monica, CA 90404, 310/264-1814

UNIVERSAL DESIGN: COOK'S COMFORT
Pages 84-86: architect—Terrie C. Larsen, Residential Design & Drafting, 2019 Friley Rd., Ames, IA 50014, 515/769-2255 **Contractor—**Mark Larson, Mark Larson Construction, 1747 Y Ave., Ames, IA 50014, 515/769-2255

LANDSCAPING: PAVING THE WAY
Pages 98-100: designer—Jerry Nelson, Nelson Design; 970/352-4209

BEFORE AND AFTER: CLASSIC COMES HOME
Pages 129-134: architect/designer—J.P. Franzen Associates Architects, P.C., 95 Harbor Rd., Southport, CT 06890; 203/259-0529 **Builder/contractor—**Michael D. Kaesman, P.O. Box 637, West Redding, CT 06896; 203/938-3061. **Kitchen cabinets and design—**Steve Larrabee; 203/268-6802. **Interior designer—**Janet Ackerly, Southport Design, P.O. Box 64, Southport, CT 06480, 203/259-7000

GARDEN STYLE: SOFTENING THE EDGES
Pages 136-143: designer—Kim Kelce, Kelce and Pedley Garden Design; 314/962-4840 or 314/961-7453

GRACE IN A SMALL SPACE
Pages 163-168: designers—Karin Weller Interior Design, Inc., 617/491-8067; Martha Frigoletto; 781/237-9742

SIMPLICITY MADE BOLD
Pages 171-176: landscape designer—Dan Murray; 202/332-0720 **Folk artist—**Ted Ludwiczak, 14 Riverside Ave., Haverstraw, NY 10927, 845/429-8705

NEW LIFE FOR AN OLD SOUL
Pages 179-188: architect—Craig Steely, 8 Beaver St., San Francisco, CA 94114; 415/864-7013.

PLEASE NOTE:
We inadvertantly listed an incorrect source for the story ***below*** **in the Resource guide of the October 2002 issue. This is the correct information:**

DIVING IN HEART FIRST
Pages 176-177: red pillow—Great Jones Home, 1921 Second Ave. So., Seattle, WA 98101; 206/448-9405.



America's #1 Choice for linds, Wallpaper & More!

• Wall Art • Lighting • Curtains • Home Decor • Shutters • Paint • And More!

25%-85% Lower Than Most Store Prices!

PLUS Take An Extra 10%* OFF

CODE: BED1

*Ask for details

Lowest Price & 100% Satisfaction Guarantee*

rder, and if you ever find the identical item for ss money, and if we can verify it, we'll refund you the price difference! And, we're so confident 'll be happy with your purchase that we offer an 100% money-back guarantee.

y Only First Quality Name Brands

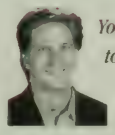
Duette, Waverly, Village, Wallies Levolor, American, Kirsch, Graber, Louverdrape, Thomas Kinkade, Carey Lind, and more!

the internet at www.decoratetoday.com

view over 300,000 blinds, shades, wallpaper and borders and other home decorating products. e over 650 personal shoppers online to answer estions and help you place your order. Instantly ur entire collection by product, style, material, olor, size, price range and keyword.

ur Local Decorating Store or Home Center

e something you like in your local decorating ite down all the product information (brand yle, color, etc.) then call for your Lifetime eed Lowest Price.



You'll never find a reason to buy from anyone else! We guarantee it!

Steve Katzman, President

CALL OR VISIT US ON-LINE FOR A FREE

- Blind Catalog
- Wallpaper Catalog
- Area Rug Catalog

Shop On-line 24 Hours a Day!

Michigan Shoppers!

Visit our Sterling Heights or Plymouth Factory Showroom Outlets. Call 1-800-442-3919 for directions.

FREE UPS DELIVERY*

300,000 More at Decoratetoday.com!

Search our extensive collection by design element such as kittens, tulips, etc. If you can dream it, we can find it... instantly!

American Blind and Wallpaper Factory

decoratetoday.com

1-800-689-4485

Decorating so easy, it's fun!

FAX: 1-800-391-2293

909 N. Sheldon Rd, Plymouth, MI 48170

All major credit cards, money orders & checks accepted

The Shopper's Mart

ease and pleasure of shopping by with comfort and convenience from ne.



r! Order your FREE l Fall Catalog ($10 ber 30, 2002*. Over tions and home fur- e place! Call 1-800- k for offer F6809. s are limited.

TS, LTD.

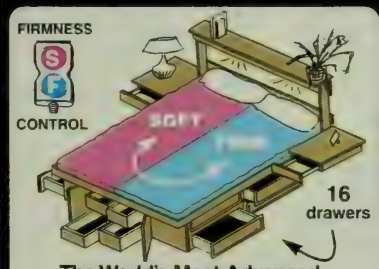
ventory of old & l, silver and col- an 165,000 pat- n printout, with PLACE (1-800- LACEMENTS. 5029, Dept. GB. 27420





Be a Medical Transcriptionist. No previous experience needed. Train at home to type medical reports from audio-cassettes dictated by doctors. Get free facts and book brochure! Call 1-800-475-0100. Dept. BHGA52. or write At-Home Professions, 2001 Lowe Street. Dept. BHGA52. Ft. Collins, Colorado 80525.

ULTIMATE BED™



The World's Most Advanced Underbed Storage System & Adjustable Air Mattress . . . Period!

FREE CAT. 672

www.ultimatebed.com

800-782-4825



Custom Table Pads

88 years of experience

factory direct prices

lifetime guarantee

PIONEER TABLE PAD CO.

www.pioneertablepads.com

call toll free for a sample brochure

1-800-541-0271 x 60

ORDER DIRECT

WALLPAPER

THE LOWEST PRICES GUARANTEED!*



PLUS

— Expert advice and assistance. —

— Convenient returns at over 2,000 stores nationwide. —

CALL TODAY

and take an additional

$25.00 OFF

a $125.00 purchase.

OFFER EXPIRES NOVEMBER 30

1-800-257-5714



SHERWIN WILLIAMS®

AMERICAN EXPRESS VISA MasterCard DISCOVER

*Competitor's price must be verifiable. Cannot be combined with any other offers. Retail Sales Only. Offer expires 11-30-02 © 2002 The Sherwin-Williams Company

DO YOU NEED BLINDS OR WALLPAPER?

UP TO 85% OFF + 10%

WOOD BLINDS

DUETTE® SHADES

HUNTER DOUGLAS • GRABER • LEVOLOR
BALI • DELMAR ALL MAJOR BRANDS
HUMONGOUS DISCOUNTS!!! WE DO IT ALL!!!
• Free Designer Sample Kit • Free UPS Shipping

STAR BLIND & WALLPAPER CO.
1-800-782-7800
90 DAYS NO PAYMENT
Visit our web page: www.starblinds.com
Established 1932

NEW LOW PRICES!

Custom Table Pads

LIFETIME GUARANTEE!

FREE Product Info Kit: 1-800-444-0778



GUARDIAN CUSTOM PRODUCTS
Est. 1923

ALL MAJOR CREDIT CARDS ACCEPTED

www.guardian-tablepad.com

AMERICAN BLIND AND WALLPAPER FACTORY

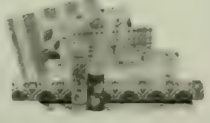


1-800-735-5300. Save 25% to 85% off 1st Quality Brand Blinds and Wallpaper! FAST FREE UPS shipping! Call/visit decoratetoday.com for the Guaranteed Lowest Prices on blinds, wallpaper, borders, curtains, drapery, toppers, custom framed art, area rugs, lighting and more. We carry every blind or wallpaper that you've seen at your decorating store or home center. 100% guaranteed.



CHARLES P. ROGERS BEDS, EST. 1855. Original 19th and 20th century beds in wood, brass and iron are handmade in our own workshops much as they were over a century ago. Our natural linen and cotton bedding is from Europe and America's oldest mills. All products are of the highest quality and are now available direct to the public from our factory showroom. Catalog and sale price list $1.00. Web site: charlesprogers.com.

SHERWIN-WILLIAMS



Want the convenience of ordering wallpaper from your home? Call our help line today. Our expert wallpaper consultants will provide advice on measuring, hanging, number of rolls to order and more. We have hundreds of brands, expert advice, and a convenient return policy. And it's all backed by our LOW PRICE GUARANTEE. Call 1-800-4-SHERWIN (1-800-474-3794).

COLDWATER CREEK



Discover our signature collection of women's apparel and accessories, unique gifts, and soft accents for the home . . . everything for the woman with a keen sense of her own style.

Your kind of clothes. Online. All the time.
www.coldwatercreek.com

Better Homes and Gardens MARKETPLACE

For *classified* advertising rates & info: 800/424/3090, fax: 312/464/0512

ANIMAL LOVERS

ELIMINATE PET ODORS and stains with unique line of products. For all pets. Satisfaction guaranteed. **www.lifesgreat.com** 800-369-9903.

HELP YOUR PET Live the Healthiest, Happiest, & Longest Life Possible. For FREE Info Visit: www.petopp.com/info

AREA RUGS

www.CapeCodBraidedRug.com Wool, flat braided rugs handcrafted on Cape Cod. Custom colors/sizes available. Sold direct only. **888-784-4581.**

ART

Shop www.ArtOnCanvas.com for affordable canvas art reproductions. Various sizes, beautifully framed. Monet, vanGogh, hundreds more. **www.artoncanvas.com**

BEDDING/MATTRESSES

SPECIALTY BEDDING EXPERTS. Memory foam, airbeds, electric beds. Low price guarantee. www.bsleep.com **800-810-4370.** Nationwide Shipping

BLINDS/WINDOW TREATMENTS

WWW.BLINDSONSALE.COM SAVE$$$ Graber, Nanik, Timberline Basswood, Fauxwood, Crystal Pleat, Verticals, Plantation Shutters. Free Catalog & Samples **1-800-919-4301.**

WWW.JUSTBLINDS.COM Buy Blinds Online and Save! Wood, Fauxwood, Cellular, Verticals, Shutters. Free Samples. Satisfaction Guaranteed.

www.Allblindsforless.com The lowest prices on the planet! Woods, faux woods, cellular, verticals. **FREE shipping.**

BRASS/IRON BEDS

BRASS AND IRON BED SALE!!! Buy factory direct and save 50% Free color catalog. 216-229-4900 **www.brassbedshoppe.com**

CARPET/FLOORING

CARPET, VINYL, HARDWOOD FLOORING. True Wholesale Prices. **1-800-922-5582.** Carpet Express "America's Floor Store" Dalton GA.

ACCESS CARPETS, Hardwood, Laminate, Vinyl. Lowest Prices, Name Brands, Free Samples. Ship Anywhere. www.accesscarpets.com **1-800-848-7747 ext 18.**

BUY WHOLESALE CARPET, Vinyl, Vinyl Tile, Hardwood Flooring. Save 30% to 60% Cash/Charge Beaver Carpets, Dalton, GA 1-800-633-5238.

DIAL 1-800-C-A-R-P-E-T-S. Will absolutely beat any price. **90 DAYS NO PAY!** Major brands, area rugs. www.800carpets.net

1-800-789-9784 ALL MAJOR BRANDS 5% over cost. Don't pay retail! 90 Days No Interest! American Carpet Brokers.

DODD'S CARPET. Family owned for 25 years. Guaranteed lowest prices on all flooring. "Free samples" 1-800-526-9116.

CARPET WHOLESALE 1-800-526-5050. Buy where dealers buy. First quality Guaranteed. 90 days same as cash. Samples available

BUY SMART First quality, warranted carpet, vinyl, hardwood, ceramic, laminate flooring, and area rugs. Dalton's largest outlet. Family owned and operated for 29 years. Guaranteed low prices. Free samples. Ship anywhere. Call Carpets of Dalton toll free **1-888-514-7446. www.carpetsofdalton.com**

BUY WHERE THE DEALERS BUY- Georgia Carpet Industries has provided service and quality for over 30 years. Warehousing over a MILLION YARDS OF CARPET. We ship Carpet, Hardwood, Vinyl, Laminate and Ceramics - Anywhere! Call 1-800-420-7594 FREE SAMPLES (www.georgiacarpet.com)

CHINA/CRYSTAL/STERLING

1-800-984-8801 Discontinued patterns. Most manufacturers. **FREE SHIPPING Dishes From The Past,** 3701 Lovell Ave, Ft. Worth, TX 76107.

edish. Discontinued China, dinnerware, crystal. Buy/sell by the piece. 888-892-1182. Purchase on-line at www.edish.com

COOKWARE/BAKEWARE ACCESSORIES

AUNT CHICK'S COOKIE CUTTERS. These 3D holiday shapes have been a tradition since 1939 Visit **www.grammascutters.com**

DOME HOMES

GEODESIC DOME HOMES/CABINS Energy efficient, easily built. Tours, workshops, video. FREE catalog. www.naturalspacesdomes.com, 800-733-7107

FABRICS/UPHOLSTERY

ABC DECORATIVE FABRICS. Drapery & Upholstery. Discount prices. Free shipping. Mon-Sat 9-6 EST **1-800-548-3496.**

DECORATIVE Fabrics, Upholstery, Drapery, Fabrics. Give manufacturer's name, pattern & color. Low prices. 1-800-392-5337. www.discountfabric.com

SOUTHERN DESIGN CONCEPTS - Discounted DESIGNER Fabrics, Wallpaper and Trims. Guaranteed First Quality - **NEVER UNDERSOLD! 1-800-245-3071.**

FINANCIAL SERVICES

MONEY TROUBLES? Overdue bills? Save thousands, cut credit card payments. Non-profit agency can help. Call **1-800-SAVE-ME-2.**

GET OUT OF DEBT, START TODAY! Established, BSI Accredited Debt Management Company can help you: Reduce monthly payments by 50%, Eliminate/Reduce Interest Rates & Over Limit Fees, End Harassing Creditor Calls. No Credit Checks. Homeownership Not Required. Community Credit **1-800-564-1499 Ext. 400 www.DebtAdjuster.org** A National, Non-Profit Organization

GOURMET/SPECIALTY FOODS

PECANS, other nuts, dried fruit, cakes, candies, more! Great gift idea! FREE CATALOG 800-999-2488. **www.nutsandcandies.com**

HEALTH/NUTRITION

STRESS AND ANXIETY RELIEF for busy families. Personal phone sessions with world renowned author/psychologist. www.tftrx.com 800-359-CURE (2873).

HOLIDAY DECORATIONS/LIGH

Unique, high-quality, decorative lighting. Wi styles/colors. Decorate indoors or outdoors. **www.holiday-junction.com 800-987-1225.**

HOLIDAY/SPECIAL OCCASION

BOYDS BEARS, WILLIRAYE, Cup of Christmas Tea, H and more! Shop Online www.personalreflections.com

THE BOUTIQUE! Unique gifts/collectibles! Art, Fragrances Fashion, more. Free Catalog www.theboutiquenw.com

CHILDREN'S TOYS. Remote and die-cast models, e more! Buy 3 = FREE shipping **www.Toys4AllAges.com**

BEAUTIFY YOUR HOME with distinctive high-qu candles, handmade accessories and thoughtf **NorthernLightsCandles.com**

PERSONALIZED POKER CHIPS. Largest Gambling The World. Gamblers General Store. Call for catalog www.gamblersgeneralstore.com

High-quality, Personalized Engraved CAKE PANS C designs. Perfect gift idea! **www.thatsmypan.com** 71

HOME CARE PRODUCTS

WWW.YOURFILTERS.COM Save on Replacement Air and Spa Filters. Quantity Discounts and Home Delivery!

HOME DECORATING

www.SUNLANDHOME.com–Thousands of specialty & decor ideas for less. Southwestern, lodge & more!

HOME FURNISHINGS/ACCESSO

DISCOUNT FURNITURE! 843-497-8686 Call for im Tremendous savings! Most major manufacture Delivery. **carolinafurniture@sc.rr.com**

www.amishshopping.com Solid Cherry/Oak/Walnut/ High-quality Amish Craftsmanship. Insured nationwi

Cushions and Covers to fit your **This End Up** furniture **www.cratefurniture.com** or 1-800-627-51

"CAROLINA FURNITURE DIRECT is great." NAME 65% SAVINGS! Insured in-home delivery representatives. Quotes or brochures **1-800-838-76**

INCREDIBLE SAVINGS TO 65%. Name brand furni white glove delivery. Wholesale Furniture Galleries Free Brochure. **www.discountfurniture.net**

1-800-714-4448, FURNITURE DIRECT **** Save major brands! White Glove Express Delivery. Ma Accepted. Immediate Quotes. www.furnitureorders.

"FURNITURE COLLECTIONS OF CAROLINA" SA From Hickory, NC. Major Manufacturers. Brochures 1-800-968-9079

DISCOUNTED ADVERTISED FURNITURE Savings T Experience 1-800-488-4720. Hamilton Furniture NC 28516 www.hamiltonsfurniture.com

PATIOS, WICKER/RATTAN Leather Furniture, major b prices, ship nationwide **www.PatiosUSA.com** or **1-**

DISCOUNTS UP TO 65%, 500 finest brands. I since 1933. CHERRY HILL FURNITURE. 1-80 www.cherryhillfurn.com brochures, 1-800-888-093

INVENTORS

INVENTORS - FREE INFORMATION PACKAGE. Have idea developed and professionally presented to Patent assistance available. Call: **1-800-54-IDEAS** (1-

JOB/BUSINESS OPPORTUNIT

EASY WORK! EXCELLENT PAY! Assemble Product Toll Free 1-800-467-5566 EXT. 11748.

PARTY SUPPLIES AND MORE! Great opportunit home for expanding company. No inventories, del parties. **1-877-561-0541**

Finding a Job in Town Times, book for recent g professor's plan: Six Steps To A Paycheck. Order thro

Get **PAID** to **WORK FROM HOME!** Hundreds of legitim jobs! 1-800-944-4703. Dept. 3599 **www.moneyfro**

EARNINGS UNLIMITED! Mail our burglar alarm from home! RBM Merchandising, Box 759, Lake Zu

SIX FIGURE POTENTIAL from home (pt/full time) multi-billion dollar tech company w/5A1 D&B rating internet marketing approach, visit: **www.myauto-m**

LIGHTING/FIXTURES

RESTORED VINTAGE FIXTURES. Circa 1850-1940 pi Wall, hanging & porch lights online: www.vintagelig

REAL ESTATE

YOUR OWN FOREST in Western Washington. 40-acre parcels. Views, streams, low $100's. (1-866-347-2663). www.forestreserveinfo.com

RECIPES/COOKBOOKS

ANGELINA'S NY ITALIAN CHEESECAKE, Meatball Parmigiana Send $3 Grandma Sue POB 100, Heyl

SAFETY/SECURITY

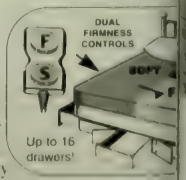
VEHICLE ACCIDENT BOOK. Easily record impor Spiral bound/hardback. Send $9.95: M.Davis, PO MO 63044



THE DESIGNPLACE DIRECT. Save up to 82% off national brand blinds, wallpaper, border, and fabric. Nobody sells for less! Free UPS shipping within 48 hours! Free blind sample kit. Call 1-800-477-8000.

GUARANTEED TO BE THE LOWEST PRICE *ALWAYS!*

ANDERSON ULTIMATE BED



Put a dresser under any bed. Fits any size, any style. Dust proof, solid wood, replaces metal drawers. Also Contour Air Mattress adjusts sleep problem. 30 day home trial. All product Free catalog 672. 1-800-782-4825. www.ultima

ll today 1.800.869.6841
for your FREE Catalog!



custom blinds
direct to your home
wallpaper
over 220,000 patterns
area rugs
for every decor

you can also order these name brands:
Hunter Douglas®, Graber®
Levolor®, Bali®, M&B®

the Designplace® Direct

EXPAND YOUR TABLE SURFACE IN SECONDS! The Guardian Card Table Xtender Top creates a large 48" round table surface from any standard card table. Increase table seating to six for dinner or eight for a card game. FREE brochure available. Call 800- e to: GUARDIAN CUSTOM PROD- 0010, Perrysburg, OH 43552-3010.

CHANDELIER CATALOG
rystal Chandeliers rystal made by uality imported d polished Crystal. #93099-11, Royal 28" H, at the spe- $999. Call your r® Crystal Gallery 563-1450. om



SAY GOODBYE TO ACNE AND HELLO TO CLEAR SKIN! Discover the simple 1-2-3 approach to healthy-looking skin with dermatologist developed Proactiv® Solution. Call 1-800-950-4695 and ask for key-code 529008 to find out how to get Two FREE Gifts with order.

TAN AT HOME!
SUNVISION® Wolff® Tanning Beds
UNITS AS LOW AS $599
CALL FOR FREE CATALOG!
BUY DIRECT & SAVE UP TO 50%
HOME DELIVERY • FINANCING AVAILABLE
1-877-783-8356

World's Largest Inventory!
China, Crystal, Silver & Collectibles
Old & New • *125,000 Patterns*
6 Million Pieces • *Buy & Sell*
REPLACEMENTS, LTD.
PO Box 26029, Greensboro, NC 27420 Dept. GB
1-800-REPLACE (1-800-737-5223)
www.replacements.com

DESIGN YOUR OWN FUTURE.
An exciting career in interior decorating and a business of your own. Visit our website www.DecoratingDen.com or call 1-800-DEC-DENS.
Each franchise is independently owned and operated

Custom Table Pads



9-Day Delivery Available

Guaranteed quality and service from America's oldest and largest table pad company - since 1911. Free measuring service is available in most metro areas. Satisfaction guaranteed with unconditional return privilege. 30-year limited warranty.

1-800/328-7237 Ext.210
Sentry Table Pad Co.
visit us at: www.sentrytablepad.com

It's Music to Our Ears

BY PAMELA J. WILSON

It is not by chance that the word "home"—as opposed to "house"—has appeared in hundreds, perhaps thousands, of song titles and lyrics over the years. A house, after all, is simply a collection of materials fashioned into a structure. But a home, whether we still live there or not, is a place in our hearts, a place real or wished for, where our memories of the past or our hopes for the future dwell.

We needn't have ever stepped foot in the state of Kentucky to feel an emotional connection to the words and music of Stephen Foster's "My Old Kentucky Home"(written in 1853, before the invention of the phonograph). This song and so many others—"Home Sweet Home," "I'll be Home for Christmas," "Keep the Home Fires Burning," and "Take Me Home, Country Roads," to name just a few—all speak to our yearning for family and friends, and the health, happiness and safety of same.



Just as we have always celebrated "home" in song, so have we celebrated song in our homes. Long before the advent of recorded sound, American families would gather in their parlors to share in the pastime of singing hymns or favorite tunes from sheet music. The little girl depicted on the 1924 cover of *Fruit, Garden and Home* (the original name of *Better Homes and Gardens*®) might have been practicing an étude or, judging from her pretty dress, performing a piece for visiting friends. If this same child were to be transported to the 21st century, she might be shown composing and recording her own music on a programmable electric keyboard—not in a parlor, but most likely in a family room or great-room. And her attire, no doubt, would be different too. Instead of a dress, she'd likely be wearing jeans and perhaps an Alicia Keys sweatshirt.

As we approach the 2002 holiday season, let's not forget to bring the sounds and joys of music into our homes—whether it's classical, popular, romantic, or rap. The medium can be anything: your own voice, an old Victrola, a radio, a CD player, or an up-to-the-moment MP3 player. Plugging in to home and family, then and now, is all that really counts.

—Freelance writer Pamela J. Wilson has been an editor for Traditional Home® *and* Better Homes and Gardens *magazines. She writes about interior design and other home-related subjects.*

Homes and Gardens
ecember

BURLINGAME PUBLIC LIBRARY
3 9042 05547971 8

Better Homes and Gardens.

2002 $2.99
BHG



Make Your Holidays BRIGHT

25 Recipes that celebrate the season

12 Delightful tree trims

5 No-fuss Christmas arrangements

Decorating ideas galore

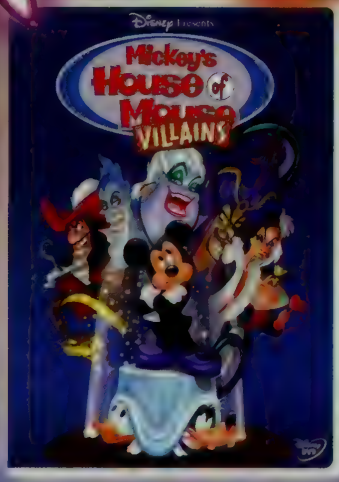
BURLINGAME
NOV - 7 2002

#BX8BFCK********CR-LOT 0006A*C-030 CVBD
#BHG0199560210/4#
BURLINGAME PUB LIB
480 PRIMROSE RD
BURLINGAME CA 94010-4010
52 JAN03 BHG TL GF

Disney DVDs & Videos



"Smart And Whimsical Fun For The Whole Family."
– Lesley Mokgoro, Pure Oxygen



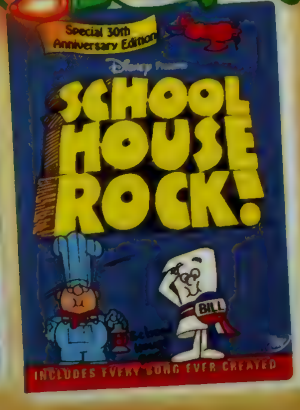
Disney's Greatest Villains Together For The First Time Ever!



The Original Classic Continues In An All-New Movie!



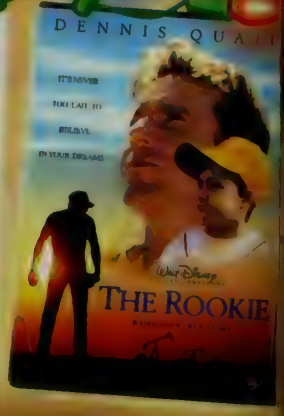
"Jaunty Jungle Fun For The Whole Family."
– *Michael Scheinfeld, TV Guide*



Collector's Edition
2-Disc Set Features An All-New Song By The Original Creators!



The Laugh-Out-Loud Comedy Starring Cuba Gooding, Jr.!



Heartwarming And Inspirational – Based On A True Story!

Perfect Gifts

The Season's Special Celebration



Includes All-New Animated Short *Mike's New Car.*



1st Time Ever On DVD For A Limited Time Only.

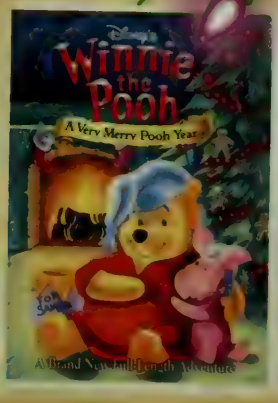
Holiday Hits



ng Along With All Your rite Disney Characters!



"Recaptures The Magic And Charm Of The Original." *– Neil Rosen, New York 1*
Available This Holiday Season Only.



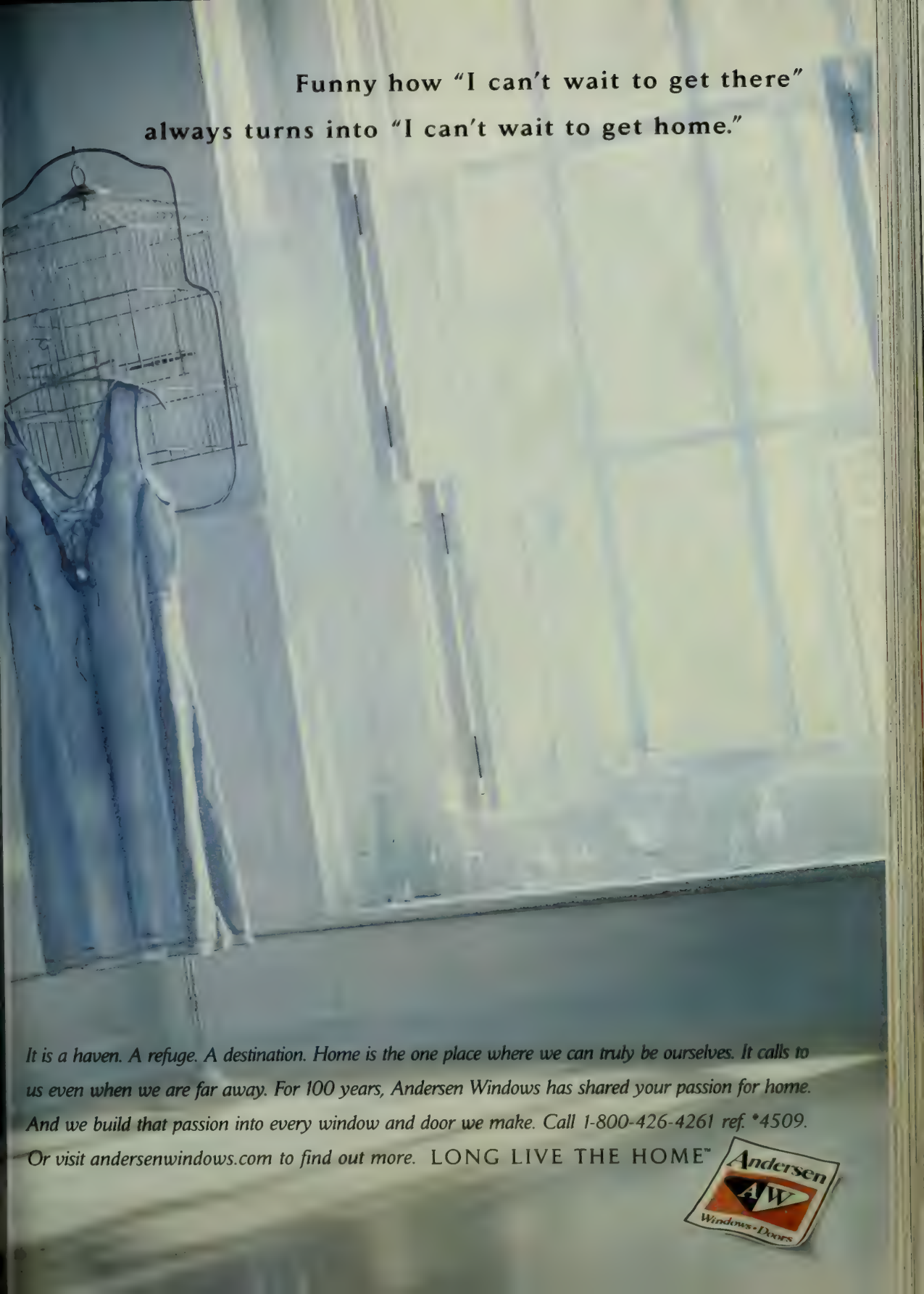
"You'll Burst Out With Laughter And Cheer...A Must-Have For Pooh Lovers Of All Ages." *– Wireless Magazine*



All-New Never-Before-Seen Features.

...ts reserved.




Funny how "I can't wait to get there"
always turns into "I can't wait to get home."
It is a haven. A refuge. A destination. Home is the one place where we can truly be ourselves. It calls to us even when we are far away. For 100 years, Andersen Windows has shared your passion for home. And we build that passion into every window and door we make. Call 1-800-426-4261 ref. *4509. Or visit andersenwindows.com to find out more. LONG LIVE THE HOME™
Andersen
AW
Windows • Doors



You ordered a ten-speed bike.
And got ten speed-bikes.

Hello, Citi.

ti Cards
me with tools
give you

ace of mind.

.e help
:h billing
sputes,
liability on
authorized
arges,
d even
aud Early
rning.

st some of
e ways Citi
ps you use
ur credit card

sely.

888-CITICARD
i.com

citi
Live richly.™







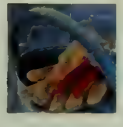
Armstrong

Your ideas become reality

Laminate

WHAT REALLY GROWS IN THE SUNLIGHT IS YOUR APPRECIATION FOR THE FLOOR.











There is more to the warmth in this room than merely sunlight. There is the gentle presence of the hand that carefully selected every object, every furnishing, every swatch of fabric. The studied hand that will always prefer potting real flowers to purchasing silk ones. And the very same hand that so easily laid the laminate floor. A surface so near to the look and feel of natural slate, virtually nothing else can touch it.

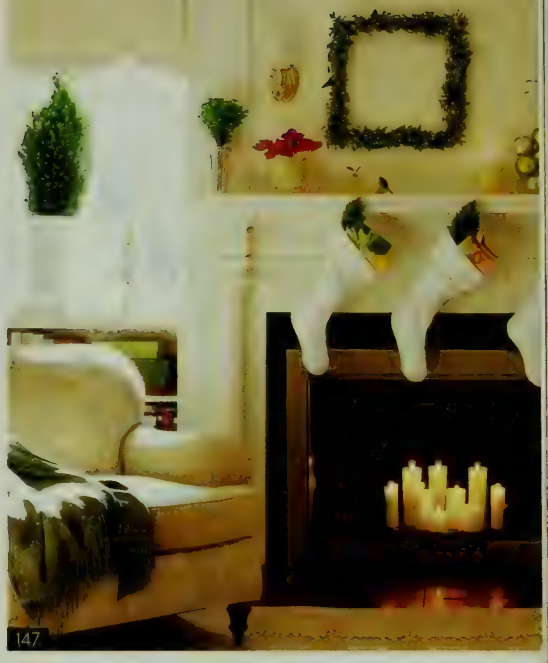
www.armstrong.com

Laminate · Vinyl · Linoleum · Ceilings · Wood


toyota.c
YOU'VE EARNED ENOUGH POINTS WITH YOUR AIRLINE.
EARN SOME WITH YOUR FAMILY.
SEQUOIA
Shifting your priorities from business to family is easy in the Sequoia. With seating for eight and features like Vehi
Skid Control (VSC) and TRAC Traction Control, there's no limit to how far your family can go, or how close you can
GET THE FEELING
TOYOT



ON THE COVER:
A dozen roses are the starting point for a beautiful holiday arrangement. *Page 66.*
PHOTOGRAPH BY **SAM GRAY**



BETTER HOMES & GARDENS

December 2002



VOLUME 80, NUMBER 12

1716 LOCUST 12
A letter from Karol's desk to you

BHG.COM 16
What's happening at the magazine's site

LETTERS 20
What readers are saying

THEN AND NOW 244
The real tree

HOME DESIGN

DECEMBER 25
Festive and inventive wrappings

HOLIDAY DECORATING 38
Just-for-fun trees

YOUR STYLE 48
Feast tables in red and green

EDITOR'S CHOICE 58
Braided rugs step out

HOLIDAY ARRANGEMENTS 66
Beauty express

HOME FRONT 74
What's happening for homes

DECORATING 82
Investing in style

FURNISHINGS 90
Guide to the essential buffet

KITCHENS 98
Brewing up Euro flavor

SYMBOLS OF THE SEASON 104
Come light the menorah

THE GIFT OF GIVING 135
Advent season at home

THE COLORS OF CHRISTMAS 147
Hues that soothe and surprise

COMFORT AND JOY 157
To Grandmother's house we go

FAMILY MATTERS

FAMILY WEEKEND 116
Get your snowman rolling

FORUM 122
A most precious gift

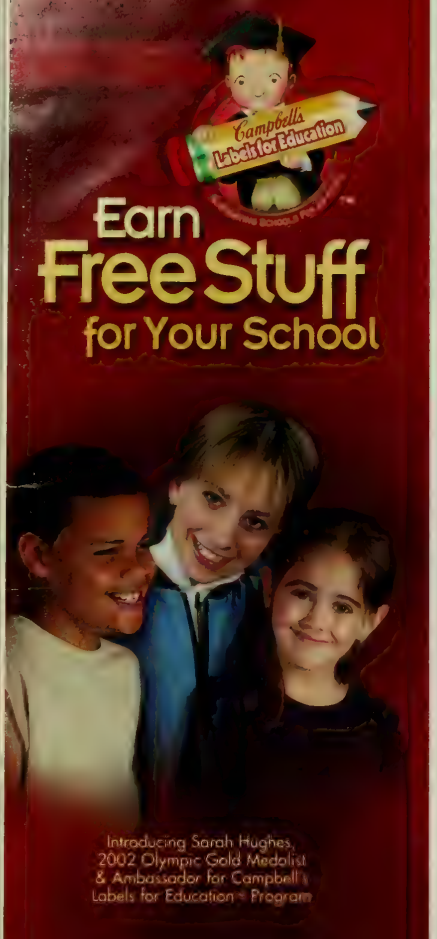
FAMILY CAR 132
Winter wisdom

BH&G KIDS® 230
Pet-acular holiday gifts

FOOD

BETTER LIVING 33
Giving takes the cake

IN GOOD TASTE 108
Products, tips, and ideas for gatherings



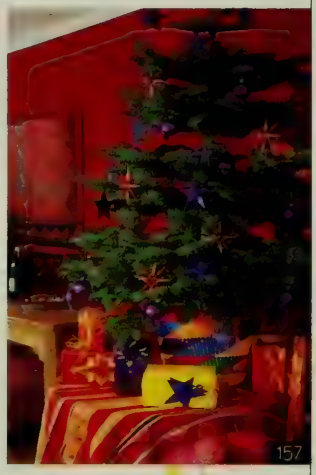






TABLE OF CONTENTS >> from 9

SMOKY MOUNTAIN HOLIDAY 167
A magical feast at Blackberry Farm

BAKING 197
The joy of classic cookies

WINE AND SPIRITS 204
Holiday reds

THE BETTER COOK 206
Figgy pudding

FOR THE HOLIDAYS 210
A family's fruitcake recipe

WIN MONEY 213
Enter our monthly recipe contest

PRIZE TESTED RECIPES® 215
Festive Party Cheesecakes; Holiday Ham
(from our recipe pick: www.bhg.com/tested on AOL Keyword: Food)

HEALTH

FAMILY HEALTH UPDATE 218
News you need to stay well

HEALTH 224
Stomach distress

READER SHOPPING

RESOURCES 241
Retailers and manufacturers

DIRECTORY OF ARCHITECTS AND DESIGNERS 241
And other professionals

HOLIDAY IDEAS 96
From *BH&G*® Books

BLACKBERRY BASICS 180
Recipes from Blackberry Farm

FRESH FRUIT GIFT 182
Save 50 percent on our special *BH&G* holiday gift package

S'MORE THAN CUTTERS 190
Fluted and plain circles in graduated sizes

SPRINGFORM PAN SET 192
Three commonly used sizes

ALPHABET COOKIE CUTTERS 194
Make letter-perfect cookies

CATNIP FOR CHRISTMAS 234
Grow it yourself

DOGGIE AND KITTY TREATS 236
Homemade goodies for your pets

Better Homes and Gardens (ISSN-0006-0151) is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023 U.S.A. Periodicals postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. To order call 1-800/374-4244. Trademark registered in Canada and Australia. Marca registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. BOX 37449, BOONE, IA 50037-0449. DECEMBER 2002. VOL. 80, NO. 12. Canada Post Publications Mail Sales Product Agreement No. 40069223 Canadian BN 12348 2887 RT. © Copyright Meredith Corporation 2002. All rights reserved. Printed in U.S.A.

For service on your subscription, including change of address, write to *Better Homes and Gardens*® Customer Service, P.O. Box 37449, Boone, IA 50037-0449. Please enclose your address label from a recent issue. If you wish to phone, call toll free **1-800/374-4244**. Or, visit us at www.bhg.com/service on the Internet.


NOW, YOU WON'T WANT TO CHEW ON ANYTHING ELSE.
NOW LONGER LASTING
WRIGLEY'S
SPEARMINT

1716 LOCUST



Comments? Questions? Write Karol at *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023, or e-mail her at 1716Locust@meredith.com.

I DISTINCTLY REMEMBER THE FIRST TIME I DID MY OWN CHRISTMAS SHOPPING. I WAS AROUND 8 YEARS OLD WHEN MOM TOOK MY SISTERS AND ME TO THE GENERAL STORE IN TIPTON, IOWA, AND HANDED EACH OF US TEN DOLLARS TO BUY GIFTS FOR OUR FAMILY.

I felt so grown-up strolling the long aisles of towering wooden shelves, stopping to consider each interesting item—and its price. Of the four gifts I bought that day, I was especially happy with my choice for Mom. It was just an ordinary glass measuring cup, but giving it to her gave me such joy! It was then that I understood that while Christmastime gifts were fun to receive, they could be even more fun to give.

Our holiday gifts to others take on many different shapes. Love, caring, and good wishes can come in all kinds of packages. Some are wrapped in beautiful boxes and tucked under the tree. Others are embodied in actions, the toil of hands, and the lending of time and talents. In this issue, we share the stories of two American families who, with the help of volunteer organizations, spent their holidays working with impoverished communities in Mexico and Bolivia. (Our story, "A Most Precious Gift," begins on *page 122*.) Life for the temporarily transplanted Americans was short on creature comforts, but long on the personal satisfaction of helping other families make their lives better. And where there is a job well done, there is cause for celebration. Singing, dancing—and swapping of soccer stories—were memorable replacements for traditional carols, hot chocolate, and mistletoe.

While we didn't travel as far and our Christmas came in October versus December, *Better Homes and Gardens* staff members and other employees of our parent company, Meredith Corporation, also had an opportunity to help those less fortunate or able in our community. Working with the volunteer organization Rebuilding Together, we wielded hammers, paintbrushes, hoes, and clipboards to help repair and revitalize homes in more than two dozen Des Moines, Iowa, locations. An important part of our company's centennial celebration, we put to work the mission of service given to us by our founder, E.T. Meredith.

When it comes to gifts from the heart, everyone is family and the day is always December the 25th.

Karol

KAROL DEWULF NICKELL, EDITOR IN CHIEF



Better Homes and Gardens Executive Editor John Riha (*above center*) talks with Des Moines resident Henry Simmons. John and his crew of 23 volunteers helped paint and repair the Simmons' house.


Whiten while you color.
Crest
Whitestrips
Or while you apply makeup, blow-dry your hair or even shower. Crest Whitestrips work easily into any routine.
All it takes is 30 minutes twice a day for two weeks for a noticeably whiter smile.
Consider it multitasking.
start
peel
apply
reveal*
Reveal your whiter smile.
www.whitestrips.com
*Dramatization of typical 14 day results.

Teleflora
Gift Bouquets.
Beauty. Artistry.
Tradition.



Teleflora's Village Christmas Bouquet.
Thomas Kinkade's glowing work of art comes to life in this beautiful, hand-painted cottage. The golden light shining from within (It really lights up!), and the lovely bouquet make it a perfect holiday gift.

Holiday Express Bouquet.
Our tin train will remind you of toys from times past. With Christmas flowers and holly leaves aboard, it's a great gift for the young—and the young at heart.



Christmas Bowl Bouquet.
A beautiful and seasonal bouquet pours out of our hand-painted red and green ceramic bowl.



Beauty. Artistry. Delivery.

For nationwide same-day delivery, contact your Teleflora florist or go to **teleflora.com**

Teleflora

Better Homes and Gardens®

Karol DeWulf Nickell
Vice President/Editor in Chief

John Riha, **Executive Editor**
Bradford W. S. Hong, **Creative Director**
Lamont D. Olson, **Managing Editor**

Art Director Michael D. Belknap
Editorial Marketing Director Joan McCloskey

West Coast Editor Sharon Overton
Senior Interior Designers Joseph Boehm, Catherine Kramer
Senior Design Editor Sarah Egge
Senior Building Editor Shawn Gilliam
Senior Building and Environment Editor Laura O'Neil
Editorial Assistants Peggy Daugherty, Marilyn Scott, Renae Gray

Food and Entertaining Editor Nancy Wall Hopkins
Nutrition Editor Jeanne Ambrose
Associate Editors Richard Swearinger, Stephen J. Exel
Editorial Assistants Karen Pollock, Anna Anderson

Senior Garden Editor Craig Summers Black
Associate Garden Editor Doug Hall
Test Garden Manager Sandra J. Gerdes
Editorial Assistant Jacque Wittick

Features and Family Matters Editor Stephen C. George
Travel and Features Editor Becky Mollenkamp
Editorial Assistant Doris Lohrman

Photo Design Editor Shelley Caldwell
Associate Art Director Dana Thompson
Assistant Art Directors Zulal Biner, Hung Luu
Senior Graphic Designers Ted Rossiter, Stacey Willey
Design Assistant Malea Hubbell

Assistant Managing Editor Steven Cooper
Makeup Editor Linda Smith Thomas
Associate Makeup Editor Cindy Alberts
Copy Editor Martha Coloff Long
Office Manager Ginger Bassett
Administrative Assistant Suzanne Miller

Test Kitchen Director Lynn Blanchard
Director of Reader Shopping Denise King Scott
Reader Shopping Manager Diana Willits

Regional Contributors

Lisa Mowry, **Atlanta;** Estelle Bond Guralnick, **Boston;** Lynn McBride, **Charleston, S.C.;** Elaine Markoutsas, Sally Mauer, Hilary Rose, **Chicago;** Diane Carroll, **Dallas;** Mindy Pantiel, **Denver;** Khristi Zimmeth, **Detroit;** Eileen Alexandra Deymier, **Easton, Md.;** Betsy Harris, **Indianapolis, Ind.;** Susan Andrews, **Kansas City, Mo.;** Robin Tucker, Laura Hull, **Los Angeles;** Bonnie Broten, Tangi Schaapveld, **Minneapolis;** Bonnie Maharam, Cynthia Bogart, **New York;** Peggy Keonjian, Jan Behrs, **Portland, Ore.;** Mary Anne Thomson, **St. Louis;** Andrea Caughey, **San Diego;** Helen Heitkamp, Carla Howard, **San Francisco;** Trish Maharam, Loralee Wenger, Lynda Turner, **Seattle;** Heather Lobdell, **Tiburon, Calif.;** Claudia Franklin, **Tucson;** Nancy Ingram, **Tulsa;** Betty Campbell, **Victoria, B.C.;** Margaret Ann Fowler, **Wilmette, Ill.;** Karin Lidbeck-Brent, **Woodbury, Conn.**

Daniel M. Lagani
Vice President/Publisher

Geraldine Rizzo, **Associate Publisher**
Sally Preston, **Advertising Director**

Mark Bradbury, **Research Director**
Amy Levy, **Publishing Group Events Director;** Christine Held, **Promotion Art Director**
Patrick O'Donnell, Meredith Stick, **Eastern Sales Managers**
Joy DeVries, Crister Larson, Kim Jamison-Henry, Devon Walsh,
Debra Rosenkrantz Brenman, Tracy Glenn, Faith Sussman, **Account Executives**
Peter W. Mason, **Travel Manager;** Grace Chung, **Direct Response Advertising Director**
Shari Epstein, **Direct Response Sales Manager;** Ira Libov, Tara Phillips, **Account Executives**
Atlanta: Sibyl de St. Aubin; **San Francisco:** Sandy Fish, **West Coast Manager**
Los Angeles: Isabella Carrado, **Chicago:** Gary Wenstrup, **Midwest Manager**
Brad Moore, Valerie Thiel, Jackie Fallon, Rick Wheeler, **Account Executives**
Detroit: Sally Jeffries, **Manager**
Beth Von Linden, **Consumer Marketing Director;** Karen Chiovaro, **Director of Production Operations**
Jan Sime, **Advertising Operations Director**

MEREDITH PUBLISHING GROUP

Stephen M. Lacy, **President**
Jerry Kaplan, **President, Meredith Magazine Group**
Michael Brownstein, **Corporate Solutions**
Ellen de Lathouder, **Creative Services;** Bruce Heston, **Manufacturing**
Karla Jeffries, **Consumer Marketing**
Max Runciman, **Finance and Administration**

Meredith

William T. Kerr, **Chairman and Chief Executive Officer**

E. T. Meredith III, **Chairman, Executive Committee**

© Copyright Meredith Corporation 2002. All rights reserved. Printed in the U.S.A.

MPA

For Christmas.
For Ever.



ora's Golden Angel Hurricane Bouquet.
exquisite, hand-cut European crystal, a gorgeous golden angel and a wealth of fresh winter
ers and greens. It's a Teleflora Gift Bouquet that radiates all the warmth of the season.



A lifetime of enjoyment. Teleflora gifts fill your home with elegance year after year.



The best florists in the business. Teleflora florists create the stunning array of fresh flowers that complement each gift. And every bouquet is 100% guaranteed.

Beauty. Artistry. Delivery.



For nationwide same-day delivery, contact your Teleflora florist or go to

teleflora.com

Teleflora

Better Homes and Gardens
bhg.com
AOL Keyword: BHG
IDEAS THAT CLICK
FOOD, GARDEN, HOUSE & HOME, HOLIDAYS, AND MORE



HOLIDAYS

COUNTDOWN TO CHRISTMAS

Cookies to devour. A family dinner to remember. Greens and decor that impart delightful aromas throughout your home! We'll show you the way.
www.bhg.com/christmas

Magazine subscription help is available online at www.bhg.com/service

- Subscribe
- Renew your subscription
- Change your address
- Report a duplicate issue

For other magazine questions, go to www.bhg.com/help

Call us at 1-800-374-4244. Weekdays: 7 a.m. to 11 p.m. CST. Weekends: 8 a.m. to 6 p.m. CST. Please have your address label and/or your invoice handy.

Mail subscription questions to: *Better Homes and Gardens®* Magazine, P.O. Box 37429, Boone, IA 50037-0429

FOOD

PLAN A PARTY

It's the season for parties, from intimate gatherings to all-out fetes. Follow our tips when selecting wine, creating a menu, decorating your home, and more.
www.bhg.com/partyplanning





SLIDE SHOWS

HOLIDAY IDEAS

Whether you're making cards, crafting a gift, or baking bread, turn to our slide shows for dazzling photos that will inspire your creative soul.
www.bhg.com/holidayslides

This holiday season, just give everyone a card.



The Visa® Gift Card.

Finding the perfect gift just got easier.

Your husband. Your best friend. Your daughter's karate teacher. The Visa Gift card is perfect for all of them. You choose the design as well as the dollar amount. Plus, it can be used everywhere Visa is accepted and offers the same protection and security features as other Visa cards—so it's easily replaced if lost or stolen.

Go to www.visa.com to give a personalized Visa Gift card—the one card they can't wait to open.

VISA

Visa. It's everywhere you want to be.

©2002 Visa U.S.A. Inc.

Wrap Yourself in Comfort

The comfort of luxurious Pacific Coast® bedding feels great any time of the year, but winter is the season where the gentle, cozy warmth of natural down is most welcome. This holiday season, give the gift of comfort — to yourself, by entering our exciting Pacific Coast Feather Company "Wrap Yourself in Comfort" sweepstakes!



grand prize:

Wrap yourself in the deluxe comfort of

a complete Pacific Coast® bedding set

includes a queen-size ThreeStar® Comforter and Gussetted Quilt Top™ Baffle Channel Feather Bed, along with two standard Down-Around® Pillows with unique pillow-in-a-pillow construction ARV $500

also,

enjoy the comfort of

a relaxing stay

at one of the Select Registry Distinguished Inns of N. America with a Country Inn gift certificate, good at hundreds of inns and B&Bs nationwide SRV $300

five second prizes:

Pacific Coast® bedding sets

Queen-size ThreeStar® Comforter, Gussetted Quilt Top™ Baffle Channel Feather Bed, and two standard Down-Around® Pillows ARV $500 each

five third prizes:

Queen-size Gussetted Quilt Top Baffle Channel Feather Beds

ARV $159 each

eight fourth prizes:

Standard-size Down-Around® Pillow sets

(two pillows per set) ARV $100 each

To enter, send your name, address, and daytime telephone number to:

"Wrap Yourself in Comfort" Sweepstakes
Better Homes and Gardens
1716 Locust Street, LS 253
Des Moines, IA 50309-3023

OFFICIAL RULES/ PACIFIC COAST FEATHER COMPANY SWEEPSTAKES

NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. To enter, print your name, address and daytime phone number on a standard postcard (no envelope) and mail to: "Wrap Yourself in Comfort" Sweepstakes, Better Homes and Gardens, 1716 Locust Street, LS 253, Des Moines, IA 50309-3023. One entry per person. Sweepstakes begins 11/01/02. Entries must be postmarked by 2/21/03 and received by 2/28/03. Meredith Corp. assumes no responsibility for illegible, lost, late, misdirected, incomplete or stolen entries/mail. Entries become property of Meredith Corp. and Pacific Coast Feather Co. Open to legal U.S. residents, 18 years of age or older; except employees of Meredith Corp., Pacific Coast Feather Co., their agents, affiliates, subsidiaries and members of their immediate families or persons residing in same household are not eligible. Void where prohibited. On or about 3/10/03, winners will be selected in a random drawing to award the following prizes: One (1) Grand Prize consisting of a Pacific Coast bedding set, including a white queen-size ThreeStar Comforter and Gussetted Quilt Top Baffle Channel Feather Bed, along with two standard Down-Around Pillows (ARV $500) and a $300 gift certificate for lodging at one of the Select Registry Distinguished Inns of N. America. Some restrictions and blackout periods may apply. Five (5) second prize winners will each be awarded Pacific Coast bedding sets which include a white Queen-size ThreeStar Comforter, Gussetted Quilt Top Baffle Channel Feather Bed and two standard Down-Around Pillows (ARV $500), five (5) third prize winners will each be awarded a Queen-size Gussetted Quilt Top Baffle Channel Feather Bed (ARV$159), eight (8) fourth prize winners will each be awarded a Standard-size Down-Around Pillow set (two pillows per set) (ARV $100). No prize transfer, substitution or cash in lieu of prize permitted. All sponsors' decisions are final and binding. Odds of winning depend upon number of eligible entries received. Estimated circulation of offer: 7,600,000. Winners will be notified by mail on or about 03/20/03. Entry constitutes permission to use winner's entry, name, hometown, voice, likeness, photograph and any statements regarding sweepstakes for editorial, public relations, promotional and advertising purposes on behalf of Meredith Corp. and Pacific Coast Feather Co. w/o compensation, unless prohibited by law. Winners will be required to complete Affidavit of Eligibility/Publicity/Liability Release within 10 days of notification or alternate winner will be selected. By participating and winning a prize, winners release Meredith Corporation, Pacific Coast Feather Co., their parents, affiliates, subsidiaries and agencies and their respective directors, officers, employees and agents from any and all liability with respect to the prize. Subject to U.S. federal, state and local laws/regulations. Taxes on prizes are sole responsibility of winners. Sweepstakes promoted by Meredith Corp., 1716 Locust, Des Moines, Iowa and sponsored by Pacific Coast Feather Co., PO Box 80385, Seattle, Washington. For winners' names, available after 04/15/03, send separate self-addressed, stamped envelope to address above.

OU SEE BLISSFUL COMFORT.

'e see Barrier Weave™ fabric and Comfort Lock® construction.



: COAST® DOWN
s lasting comfort
sists going flat.

BARRIER WEAVE™
Downproof® fabrics.

ALLERGY FREE
Dust, dirt and allergens have been removed.

COMFORT LOCK®
No-shift design.

COMFORT GUARANTEE
30-night trial.
Money-back guarantee.

r, as they say, is in the eye of the beholder. You see the
st, most inviting promise of comfort imaginable. We, on
ner hand, see the highest lofting, most durable down
ng possible. Our family of natural bedding products—
comforters, pillows and feather beds—was created
ou in mind. The result is pure comfort. Guaranteed.

SINCE 1884
Pacific Coast
FEATHER CO.®

Fluffy for Life™

ree brochure or to find a retailer near you, call toll free 1.866.433.9476 or visit us at **pacificcoast.com**.

tylenol.com



McNeil McN-PPC Inc. 2002 Use as directed

The brand of pain reliever least likely to interact with your prescriptions.

Always talk to your pharmacist before combining medications.

TYLENOL

Take comfort in our strength.

LETTERS

COLOR YOUR WORLD

I have just enjoyed your latest issue—what a great cover! I relate well to the article on rookie renovators ("Jumping in Heart First," October 2002). My husband and I, too, are in the middle of renovating our first home. Is it possible to find out what paint color they used in their master bathroom?

MICHELLE BOMBAY, WINNIPEG, MANITOBA

Editor's note: If colors are known, we list them on our Resources page. However, experience tells us that specific paint colors may vary from what appears on the printed page of magazines. If you spot a color you really like, clip that page and take it to a paint retailer who offers a color-matching service

KIDS SPEAKING THEIR MINDS

I had to chuckle when reading, "Talking with Kids in Cars" (October 2002). Some of my most interesting conversations have been while driving. From the classic, "How do babies get born?" from my 7-year-old son, to very open conversations about friendship and school issues. Thank you for realizing in print that which all "taxi moms" know—some of the best quality time with your children is in the "shuttle."

EILEEN COLE, VIA E-MAIL

BETTER LIVING

I have been subscribing to *BH&G* for many years. In the past, I have come close to cancelling. The reason? Country cutesy decorating fixation! Now, I'm seeing so many more interesting and varied articles. I'm also seeing human interest articles (for example, the Better Living story "A Table for 20," October 2002). I appreciate the breadth of the changes you are making. *BH&G* is truly a 21st-century home magazine.

LYNNE SPREEN, PALM DESERT, CALIF.

NUN BETTER

For the past 50 years, my father had been mailing packages of clothes and medicines to impoverished regions and missionaries around the world. When he passed away, my husband and I continued to send packages. In a package to a nun friend of ours in India, I included a copy of *BH&G*. Well, it was the smash hit of the season. Sister writes that all are anxious to read the articles and look for ideas. When all have seen the entire magazine, one sister cuts out pictures of the gardens, makes frames, and hangs them on the walls. How something so simple as a magazine could bring out such enthusiasm and delight is a reflection on the quality and caliber of both editors and staff.

ANGEL TOMASULO, BROOKLYN, N.Y.

Comments? Questions? Write Karol at *Better Homes and Gardens®*, 1716 Locust, Des Moines, IA 50309-3023, or e-mail at 1716Locust@meredith.com



Arthritis pain can change the way you see yourself. But only if you let it.

Fight back with Tylenol Arthritis Pain Extended Relief. This is a different Tylenol. Just two caplets work all day.* So move over Aleve,® this is going to be a Tylenol day.

Aleve® is a registered trademark of Bayer Corp.

TYLENOL® Acetaminophen Extended Release
ARTHRITIS PAIN
FOR THE TEMPORARY RELIEF OF MINOR ARTHRITIS PAIN
Extended Relief Caplets

Take comfort in our strength. **ALL DAY.**

100 YEARS OF MAGIC. A LIFETIME OF MEMORIE

Walt Disney World®

Free

LIMITED EDIT

Lithogra

Buy two
KODAK Picture M
8" x 10" sheets o
instantly get one o
FREE* lithograp
commemorating
WALT DISNEY WO
"100 Years of Ma
Celebration.







Don't forget to visit
kodak.com/go/picturemaker
to enter to win a WALT DISNEY WORLD®
vacation from KODAK.**
No purchase necessary to enter.

Make great pictures even better
in just 5 minutes!

• Enlarge & Make Reprints • Zoom, Crop & Ma

Share Moments. Share Life.™

*with purchase. Available Nov. 1 - Dec. 31, 2002 or while supplies last, at participating retailers only.

As to sweepstakes: No purchase necessary **VOID IN FLORIDA. VOID WHERE PROHIBITED. Ends Dec. 31, 2002. Must be 18 years or older. Enter online at www.kodak.com/go/pictu
For official rules, see your in-store display, visit www.kodak.com/go/picturemaker or send a self-addressed stamped envelope to: Kodak Rules, PO Box 591, Wynnewood, PA 19096-0

Actual Disney artwork/properties © Disney

© Eastman Kodak Company, 2002. Kodak and Share Moments. Share Life. are trademarks of Eastm

You took a nice shot.
Now get the shot you meant to take.



KODAK Picture Maker lets you crop, enlarge, add borders, even change from color to black and white. Make your own gifts without negatives from a photo or digital camera in just 5 minutes. For a location near you, visit kodak.com/go/picturemaker.



Share Moments. Share Life.™

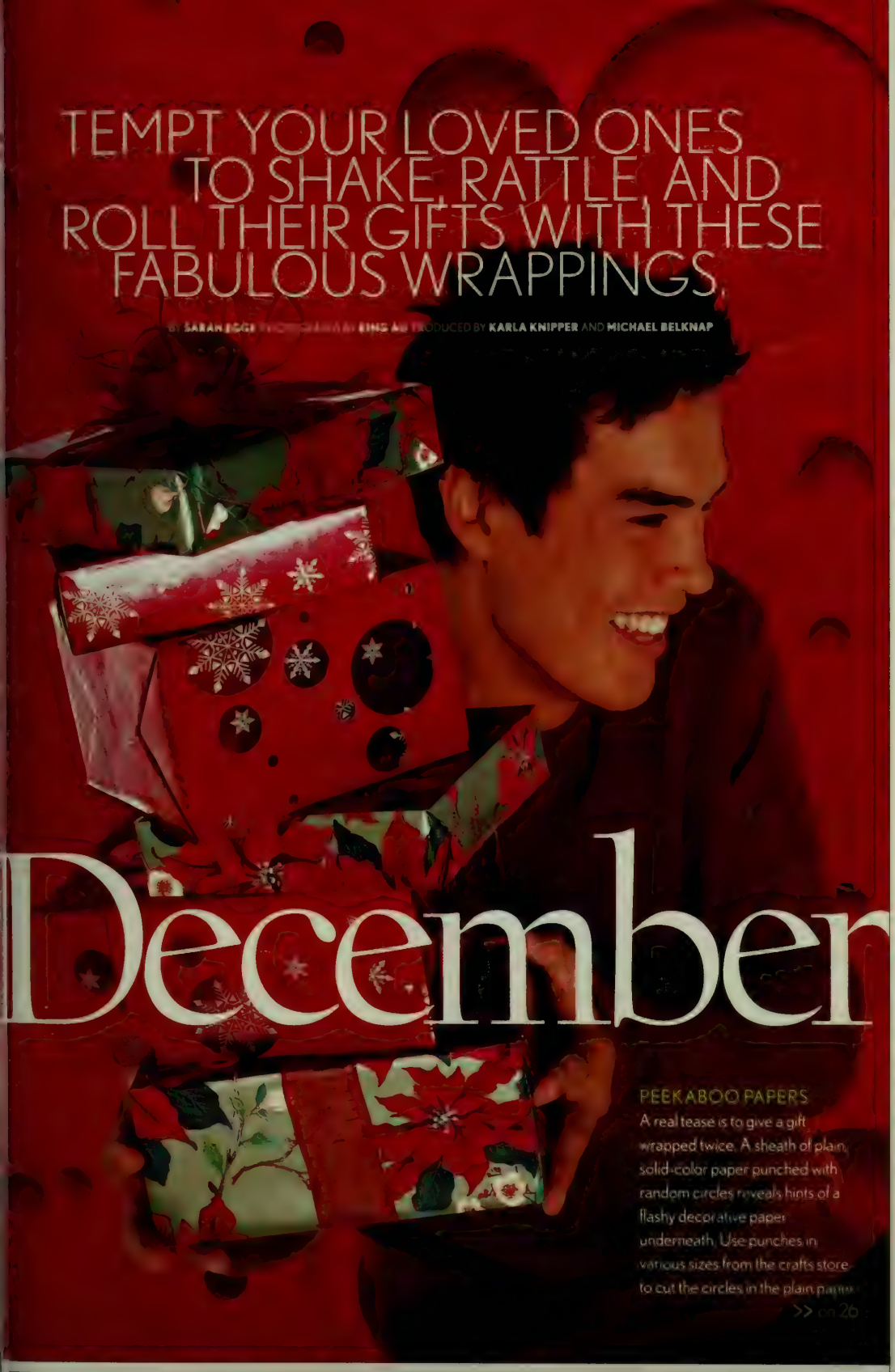


Nervous? Keep it Secret.

Introducing a new clear gel from Secret. It's stronger than the leading clear gel, goes on invisibly and activates instantly. So you'll keep your cool even if your specialty doesn't.
Keep it clear. Keep it Secret.

TEMPT YOUR LOVED ONES TO SHAKE, RATTLE, AND ROLL THEIR GIFTS WITH THESE FABULOUS WRAPPINGS.

BY SARAH EGGE PHOTOGRAPHS BY BING AU PRODUCED BY KARLA KNIPPER AND MICHAEL BELKNAP



December

PEEKABOO PAPERS

A real tease is to give a gift wrapped twice. A sheath of plain, solid-color paper punched with random circles reveals hints of a flashy decorative paper underneath. Use punches in various sizes from the crafts store to cut the circles in the plain paper.

>> on 26

GET A BEAD ON IT

Sometimes the package is a gift in itself. This beaded-top box (*right*) is so elegant, it can live a second life storing jewelry. Cover the bottom of the box with gift paper, then paint the top of the box to match. When the paint is dry, brush on white crafts glue—which dries clear—and adhere glass seed beads. Work in one small area at a time while the glue is tacky. To place the beads in orderly rows, use a pair of jeweler's tweezers, or just stick the beads on haphazardly.



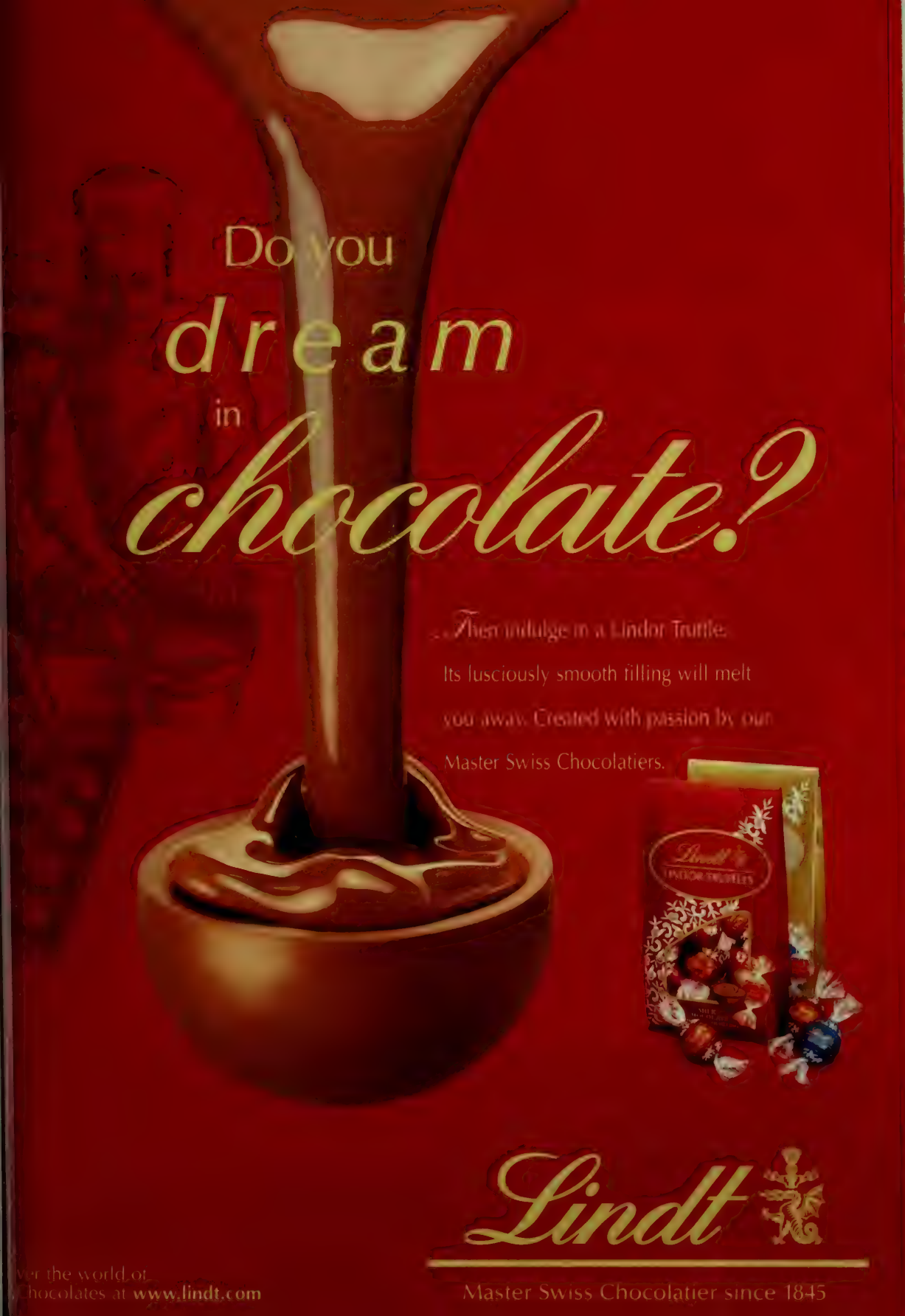


BOX OF CARDS

Nestle a treasure inside this ornament box (*left*), then hang it on the tree. To make the box, cut six circles out of last year's Christmas cards or card stock from an art supply store. These 3-inch-diameter circles were traced around a drinking glass. Draw a square to the edges on the back of each circle, score straight lines with a crafts knife, and bend up four semicircle tabs. Stick the tabs of four circles together with double-stick tape to form the box's sides. Attach a fifth circle for the bottom of the box. For the box top, attach only one tab so this top can open and close. Punch a hole through the opposite tabs and thread a ribbon for a hanging loop.

>> on 28




Do you
dream
in
chocolate?
...Then indulge in a Lindor Truffle.
Its lusciously smooth filling will melt
you away. Created with passion by our
Master Swiss Chocolatiers.
Lindt
Master Swiss Chocolatier since 1845
er the world of
hocolates at www.lindt.com

KEEPING YOU IN STITCHES

Dust off the sewing machine for this sew-easy wrapping paper. Cut a piece of heavyweight wrapping paper or art paper to cover your box. Choose three or four threads that will complement the color of the paper. Stitch a few lines on a scrap piece in case you need to adjust the machine's tension. Then, sew across the wrapping paper lengthwise and widthwise, spacing the rows randomly for a loose plaid pattern. Change threads and stitches often, and don't worry about crooked lines—a homemade look is more appealing. Wrap your gift by tucking under the paper edges and cut threads. >> on 30



A HANDMADE WRAP SENDS A HEARTFELT MESSAGE.

New

Hearty Chicken

· Vegetables.

nner's Ready. Enjoy.





Just you and Dad. Camping in the backyard under the stars. Gear up with a nice bowl of new Hearty Chicken and Vegetables, a Stouffer's Slowfire Classic. Tender pieces of hearty chicken, roasted russet potatoes and carrots in a delicious sauce. The best way to warm you up for Dad's scary stories.



Stouffer's

Nothing Comes Closer to Home:

www.Stouffers.com

A SIGNED WORK

Wrapping paper (*below*) designed by your children sends a gift of love to grandma or grandpa. Use their drawings as the wrapping, or photocopy them onto colored paper and save the originals. The bow stays tied better if you choose a textural ribbon, such as chenille, rickrack, or grosgrain.





STAMPED FOR DELIVERY

Even the littlest hands can be guided to create this personalized gift ribbon (*right*). Purchase alphabet stamps and an ink pad made for fabrics. For best results, choose a thin, matte-finish ribbon, such as silk, which will absorb the ink without running. Place the ribbon on a firm surface covered with a paper towel, and stamp the message. Whatever ink soaks through will be absorbed by the paper towel. Another option is to let older children sign their names on the ribbon using a permanent fabric marker.

RESOURCES >> 241

The Kenmore Elite 30" Dual Fuel Range. It's like a 48" professional-style range with a healthy respect for countertops.



Kenmore ELITE

A professional-style range that fits into a standard space has long been the stuff of urban legends. Not anymore. In just 30 inches you can have a spacious electric convection oven, sealed gas-through-glass burners including simmer and high output burners, and a built-in warming drawer. All in a sleek stainless steel finish. Calling this range standard is really just a technicality. Learn more at kenmore.com or 1.800.210.0210.

SEARS
Where else?

Keepsake it.



She's only four once. Our new Jewelry Box Ballet ornament captures it forever. Music plays while the ballerina twirls. Part of a new generation of Keepsake Ornaments for 2002.

Hallmark

GOLD CROWN





GIVING TAKES THE CAKE

THE HUMBLE FRUITCAKE MAY BE THE PUNCH LINE TO MANY A HOLIDAY JOKE, BUT KEN WILKINSON'S CAKES ARE MADE TO PUT A SMILE IN PEOPLE'S HEARTS.

With help from wife Jen, Ken Wilkinson greets the holiday season as he does every year—by making and sending out scores of fruitcakes to family and friends.

BY **KEN HAEDRICH** PHOTOGRAPHS BY **TOM MCWILLIAM**



Ken Wilkinson has heard all the wisecracks about fruitcake—the comparisons to neon bricks and all that. Give him half a chance, and he'll even tell you a fruitcake story of his own—like the time his golden retriever polished off a rather large cake left sitting on the dining room table. When Ken found him later that day, the panting pooch was standing by the front door, stomach drooping. "I thought it best he spend the next few days outside the house," Ken says with a chuckle.

Then there was the year a relative tried to return the favor, so to speak, and unwittingly recycled one of Ken's fruitcakes back to its source. Ken kindly accepted the gift-wrapped cake he'd mailed the relative just weeks earlier, graciously holding his tongue."I did, however, take that as a sign not to mail him one the following year." Nobody, however (except perhaps Ken himself), pokes fun at the fruitcakes he's been baking for the past 18 years.

In fact, his are so doggone good that friends and relatives have been known to call and vie for one of the 20-odd coveted slots on his recipient list. Ask anyone in Ken's circle and they'll tell you that his fruitcakes are a holiday treasure, beloved as much for their wonderful flavor as for the generosity and friendship they represent, says longtime family friend Hugh Belton.

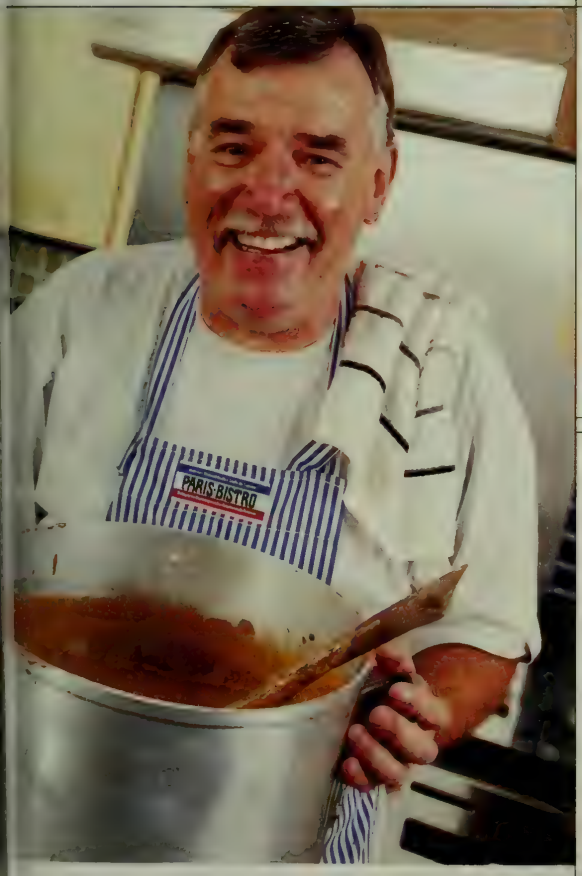
"Ken has a heart of gold," Hugh says, "and that alone enhances the flavor of his fruitcakes."

Ken is the self-appointed successor to a fruitcake tradition that began with his mother-in-law, Anne Crutcher. Anne, who died in 1983, was a respected food editor and gourmet who worked at several newspapers around Washington, D.C. "Mother used to call Ken the jewel of the universe," says Ken's wife, Jen Wilkinson, food editor of *Ladies' Home Journal*® magazine. "He mowed her lawn, changed the oil in the car, and made sure she paid the bills on time."

Soon after Anne's death, Ken decided that he would honor her memory by reviving the fruitcake-making tradition that she had started many years before. The first year he made a batch using Anne's original recipe, and things worked out pretty well. Encouraged by the compliments he received, Ken made them again the following year, tweaking the recipe until it tasted just like Anne's. Making fruitcakes may have been new to Ken, but eating them was not.









For Ken Wilkinson, the fruitcake-making season starts in early autumn, when his sister-in-law, Colette Crutcher (*top right*), shops the Alemany farmer's market in San Francisco for dates, figs, and dried cherries. When she has rounded up everything, Colette completes her portion of this annual family ritual by shipping the fruits to Ken in Brooklyn, New York. With ingredients in hand, Ken begins an elaborate—and aromatic—process that includes soaking the chopped fruit in rum, mixing up coffee and molasses (*above*), and stirring up enough batter (*left*) to produce the 20 or so fruitcakes that he'll send out this year.





Ken grew up in the English city of Southend-on-Sea, about 40 miles southeast of London—so poor that the family didn't own a refrigerator. As a youngster he adored the festive holiday foods his mother prepared, including Christmas puddings steamed in muslin cloth. But it was her fruitcakes—large, dark, and heavy with rum—that really captured the boy's fancy. "She would put a teacup in the center of the batter," he recalls, "and that would leave a big hole in the cake. Later she'd fill the hole with rum, and let it soak in slowly." The process would be repeated several times a month until Christmas.

When Ken was 17 he joined the British merchant navy and found work as a galley boy. He later became an assistant cook on a passenger ship, feeding hundreds at a time. "Cooking always came naturally to me," says Wilkinson, who loves to throw lavish dinner parties. A natural born cook perhaps, but friends say Ken, a construction project manager by trade, has never quite unlearned his passenger ship habits. "When you're invited to one of Ken's parties," says Hugh, "you know there'll be ten times more food than necessary. Ken never does anything on a small scale."

Least of all his fruitcakes.

The kitchen of the Wilkinsons' three-story Brooklyn, New York, brownstone comes alive with fruitcake activity in early October when Ken "puts down" the dried fruit. Peaches, pears, figs, cherries, and dates are chopped and tossed with raisins and currants—some twenty pounds of fruit in all. The dates are an annual contribution from Jen's sister, Colette, who buys them at the Alemany farmer's market in San Francisco, and ships them to Ken's house—a tradition that's been ongoing for almost 20 years.

Ken puts the fruit into his largest pot and pours "maybe half a gallon" of dark rum over the lot. The pot occupies a prominent place on a kitchen chair for a week or so, emitting an exotic aroma. "It was pretty intimidating as a little kid," recalls daughter Emily, 24, a Ph.D. student at Stanford, "almost enough to knock you out."

Fruit amply soused, the baking can commence. Ken arises early on the appointed day, carefully laying out his wares. He measures flour and spices, and coarsely chops the pecans, almonds, and walnuts. Butter, brown sugar, and molasses are creamed; coffee and red currant jelly blended in; and the dry mixture added. Ken pours the batter over the fruit and nuts, mixes everything well, then scoops the batter into the awaiting pans.

Two and a half hours later the fruitcakes are baked perfectly. Ken likes a long, slow baking "because that's the way Mother did it, so I see no reason to fiddle."

He wraps the cooled cakes in cheesecloth, brushes them with rum, and then covers them with plastic wrap before placing the cakes in a large box. For the next six weeks, he checks his cakes twice a week, brushing them with more spirits as needed. By mid-December, the first of Ken's cakes will start arriving on the doorsteps of his far-flung network, at the homes of friends like Tracy and Mark Caraluzzi. "Ken is incredible about observing traditions and staying in touch with friends," says Mark. "His cakes are a bond, a special link that keeps him connected to the people he loves. You just don't see that sort of thing enough anymore."

"Cooking can be a lot of work," says Ken, "but it's also a form of closeness, and a way that I can give people a little something of myself." For some twenty fortunate friends, perhaps even more than he suspects.

The apples of Ken's eye: cooled and ready for shipping, the fruitcakes (*above left*) await being wrapped in cheesecloth; and Jen (*below*), who helps make the season bright by sprucing up the fruitcakes in holiday finery prior to shipping.

FOR KEN WILKINSON'S FRUITCAKE RECIPE >> 210

MORE ABOUT FRUITCAKES. www.bhg.com/recipecenter




it must be russ
RUSS®
make someone happy™
from The Past" Christmas Collection.
www.russberrie.com



JUST-FOR-FUN TREES

GO OUT ON A LIMB THIS YEAR AND DECK A PERSONAL TREE WITH THESE JOLLY, EASY-TO-MAKE ORNAMENTS.

BY **JILANN SEVERSON** PHOTOGRAPHS BY **MICHAEL GRAND** PRODUCED BY **MICHELE MICHAEL**



'Tis the season to be minty.



CHOCOLATE MINT HERSHEY'S KISSES®

Get them while they're still in season.





BRIGHT YOUNG THINGS

THE LIGHT TOUCH

Paper lanterns (*above*) add an exotic flair to a young-at-heart tree. Look for small lanterns in bold colors and shapes at import stores.

PUFFY STUFF

These yarn balls (*left*) bring to mind ice-skating parties and warm hats. Make 2- and 4-inch-diameter poms using a pom-pom maker (available at crafts stores) and colorful acrylic yarn. Or, wrap scads of yarn around the middle of a paper towel roll, slip off the yarn, and tie at center. Clip the loopy ends and fluff.

PICTURE THIS

Snap some candid shots of friends and family, then turn photos into memorable decorations (*below*). Using tacky crafts glue or hot glue, run rows of lace and embroidered ribbon around the edges of the pictures. Wrap the cut ends to the back of the photographs, finishing them with more glue to prevent fraying. Attach a hanging loop to the back.

REFLECTIVE TIMES

Mirrors decked with plastic gems (*below*) add glitz and glamour. Hot-glue cording and a hanging loop around the edge of 2- and 4-inch-diameter mirrors (available at crafts stores). Add a scattering of silver-backed gemstones from the jewelry-making department, hot-gluing them to the mirror. >> on 42






EVERY MORNING,
I TAKE MY VITAMINS
WITH 7.8 GALLONS OF WATER.
Now with vitamins
A E & B3
the moisturizing formula
in Olay Complete leaves
skin healthier than the
leading body wash.
OLAY
complete
body wash
now with
vitamins
OLAY
love the skin you're in™
Complete body wash

Advertisement

TRAILBLAZER

Invites You to Discover...



The Road to Simplicity

Take our quiz to evaluate the level of stress in your life and learn how to alleviate it. Visit www.bhg.com/trailblazerquiz.

Plus, enter our sweepstakes by mail or online
(see details below)

One Grand Prize:
A day for two to a local spa of winner's choice, excluding transportation
(ARV up to $2,500 total)

Plus the Ultimate Simplicity Package
Consists of 4 months of housecleaning services by Molly Maid (2 hours/month), 4 months of dry cleaning services by 1-800-DRYCLEAN (up to $300/month), and 4 months of handyman services by Mr. Handyman (up to 3 hours/month)
(Total ARV $2,630)

Three First Prizes:
The Ultimate Simplicity Package
(described above)

1-800-DryClean · Molly Maid · Mr. Handyman

NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. 1. You may enter the sweepstakes at www.bhg.com/trailblazer by completing the official online entry form. There is no cost to register. Or, to enter by mail, write your name, address, daytime phone number on a standard postcard (no envelope). Mail to Simplicity Sweepstakes, Better Homes and Gardens, P. O. Box 36197, Des Moines, IA 50315-0310. 2. Sweepstakes begins 11/12/02. E-mail entries must be received by 11:59 pm EST, 2/12/03. Mail entries must be postmarked by 2/12/03 and received by 2/19/03. Only one entry per household or e-mail address is allowed. Those entering by e-mail must have internet access prior to 11/11/02. Meredith Corporation assumes no responsibility for entries they are unable to process due to network, hardware or other technical failures or incomplete, damaged, misdirected, illegible or lost e-mail or mail entries. Sponsors reserve the right, in their sole discretion, to cancel sweepstakes if it becomes technically corrupted or because of non-authorized human intervention. In the event of cancellation, Sponsors reserve the right to award the prizes to eligible, non-suspect, entries received prior to date of cancellation. The use of automated entry devices or any other conduct which impedes the integrity of the sweepstakes is prohibited. In the event of a dispute, entry will be deemed made by the holder of an established e-mail account associated with the entry. 3. Open to legal residents of the continental U. S. (lower 48 states and D.C.), 18 years of age or older, except employees of Meredith Corporation, General Motors Corporation, their agents, affiliates, subsidiaries and members of their immediate families or persons residing in the same household. 4. On or about 3/1/03, a random drawing from among all eligible entries received will be conducted under the supervision of Meredith Corporation. Prizes: One Grand Prize: A day for two to a local spa of winner's choice, not including transportation (ARV: $2,500), plus the "Ultimate Simplicity Package" consisting of 4 months of housecleaning services-2 hours per month by Molly Maid; 4 months of dry cleaning services-$300 per month by 1-800-DRYCLEAN; and 4 months of handyman service-3 hours per month by Mr. Handyman. (ARV: $2,630). Three First Prizes consisting of the "Ultimate Simplicity Package"

THE NEW CHEVY TRAILBLAZER EXT – ROOM FOR 7 AND THEIR GEAR.



It also has a few other things you'll find extremely useful. Like a comfortable, adult-size third-row seat that's actually *easy* to get into. Plus second-row seats that — get this — *recline*. And with the TrailBlazer® EXT® you'll have incredible flexibility: both second and third rows can be configured a number of ways depending on people or cargo needs. With 2 people and the rear seats folded, there's around 100 cubic ft. of rear cargo space. With 7 people, there's about 22 cubic ft. With so much room in a midsize SUV, the new Chevy™ TrailBlazer EXT lets you get around comfortably. Even with your six gear-toting friends.

TRAILBLAZER LIKE A ROCK

Chevrolet is a registered trademark of the GM Corp. ©2002 GM Corp. Buckle up, America! 1-866-TRAILBLAZER or chevy.com.





TREAT YOURSELF

STICK TO IT

This starburst of peppermint sticks (*above*) explodes with color. Lightly coat a 3-inch-diameter plastic-foam ball with red acrylic spray paint. Press peppermint sticks into the ball about ½ to ¾ inch. Remove each stick, add a dot of tacky glue to the hole, and replace the stick.

THE ART OF BAKING

Decorate plain round sugar cookies by adding bright, geometric patterns inspired by modern art. Using a drinking straw, press a hanging hole into each cookie before baking. After the cookies cool, ice them with minimalistic stripes and squares (*left*).

KISSING BALL

Take a new twist on the old-fashioned kissing ball. This one (*below*) uses something much more passionate than mistletoe: chocolate. Hot-glue foil-covered candies to a plastic-foam ball, then add a ribbon for hanging.

RING IN THE SEASON

String up a fun, edible ornament made from colorful candies. Shape armature wire (available at art supply stores) into a circle and form a loop at one end. Slide ring-shape hard candies onto the wire until it is packed full. Turn down the remaining end of the wire to keep the candies from sliding off.



COOKIE DESIGNS BY KAREN J M TACK

RESOURCES >> 241





*Common household germs ©2002 The Clorox Company.

MAMA'S NOT WORRIED.
MAMA'S GOT THE MAGIC.™




©2002 The Goodyear Tire & Rubber Company.

you it's just eight minutes.

him, it seems like an hour.

rive to the park. On the wings of Goodyear.

GOODYEAR

MORE PEOPLE TAKE THEIR DOGS ON C-A-R R-I-D-E-S ON OUR TIRES THAN ON ANY OTHER. GOODYEAR.COM

FEAST TABLES IN RED & GREEN



Nothing sets spirits awhirl more than a table dressed in the lively reds and greens of the season. Whether your style plays a thoroughly modern note or sways toward traditional, these treasured holiday hues mix it up gloriously with all your white dinnerware pieces—both formal and casual.

We've gathered a festive collection of tableware in a range of styles and prices. You'll find everything you need, from hand-painted and embossed glasses, whimsical patterned flatware, and classic and beaded napkins to charming salad and dessert plates, keepsake-worthy gravy boats, and even hard-to-find chargers. And you really don't want to miss the accent ornaments. Go ahead, let your table-setting juices flow with creativity.

For an eye-catching change of pace, choose sides—that is, set a red side and a green side, and give guests their choice. Play up the red and green theme with amusing dot ornaments and a floral centerpiece in those colors, alternating red and green votive holders. See *page 52* for up-close photographs of the settings shown *above*.

BY **NANCY WALL HOPKINS** PHOTOGRAPHS BY **COLLEEN DUFFLEY** PRODUCED BY **CAROLYN BARTEL**



Wrap yourself in beams of energy with the golden honey, bright lemon and rejuvenating ginseng in Honey Lemon Ginseng Green Tea. It's one of over 70 tantalizing tastes from Celestial Seasonings.

Celestial Seasonings. Make any moment Celestial.

www.celestialseasonings.com

FANCY GLASSES

(*From left*) "Red/Platinum Vertical Stripes," Marc Blackwell New York; www.marcblackwell.com; $60 each. Green tumbler, "Aino Aalto," iittala; 800/448-8252; $10 each. Green goblet, "Hobnail," L.E. Smith; 800/537-6484; $15 each. Square rocks glass, "Red/Platinum Horizontal Stripes," Marc Blackwell NewYork; $60 each. Champagne flute, "Alfresco Green," Miller Rogaska; www.info@reedbarton.com; $12.50 each. Green dot ornament, "Jolly Holiday," Department 56; 800/548-8696; $6.50 each. Red dot martini glass, "Martini Dots," Marc Blackwell New York; $72.50 each. Green goblet, "Trellis," L.E. Smith; $15 each.



FESTIVE FLATWARE

(*From left*) Red, "Color Trends," Oneida; 800/877-6667; $40/20 pcs. Green, "Gazebo," Sabre, Marel Silver Company; 800/261-3501; $64/5 pc. setting. Holly, "Holiday," Lenox; 800/635-3669; $100/5 pc. setting. Red check, "Country French," Stanley Roberts; 800/841-6920; $30/20 pcs. Green, "Toile," Sabre, Marel Silver Company; $64/5 pc. setting. Green, "Spectrum," Stanley Roberts; $30/20 pcs. Glass goblet, "Calm," Denby USA; 800/374-6479; $18.



LUXURIOUS NAPKINS

(*From top left*) Plaid silk napkin, #61, Kim Seybert; www.kimseybert.com; $24 each. Silk, beaded trim napkin, bottle green, #556, Kim Seybert; $22.50 each. Red napkin with red/white beaded trim, "Harmony," Nuko Creations; 732/542-0200; $34 each. Red napkin with crochet edge, "Town and Country," Nuko Creations; $32 each.

>> on 52



94% fat free. 100% delicious.
Now you can eat all you want.

©2002 ConAgra Foods, Inc. Orville Redenbacher's is a registered trademark of ConAgra Brands, Inc.

NEW FLAVOR!

Orville Redenbacher's
GOURMET POPPING CORN

SMART POP!
94% FAT FREE
Kettle Korn

2002 GOLD

A PRODUCT OF
ConAgra Foods®





YOUR STYLE >> from 50

GOING WITH RED

(*Top*) Charger, "Holiday Gems," Lenox; 800/635-3669; $43 each. Dinner plate, "Butler's Pantry," Lenox; $25 each. Red salad plate, Moser USA; 800/267-2155; $25. Red napkin, "Harmony," Nuko Creations; 732/542-0200; $34 each. Dot ornament, "Jolly Holiday," Department 56; 800/548-8696; $6.50 each.

BEING GREEN

(*Above*) Charger, "Holiday Gems," Lenox; 800/635-3669; $43 each. Dinner plate, "Butler's Pantry," Lenox; $25 each. Green salad plate, Moser USA; 800/267-2155; $25. Silk napkin, #556, Kim Seybert; www.kimseybert.com; $22.50 each. Ornament, "Jolly Holiday," Department 56; 800/548-8696; $6.50 each. >> on 54

Important Information About NICOTROL® Inhaler.
Please Read Carefully.
Patient information about NICOTROL Inhaler (nicotine inhala system) 10 mg per cartridge (4 mg delivered). Please read this in mation before you start using NICOTROL Inhaler. Also read Patient Information Leaflet each time you renew your prescrip just in case anything has changed. This information is not inten to take the place of discussions between you and your doctor and your doctor should discuss NICOTROL Inhaler as part of plan to stop smoking. Your doctor has prescribed NICOTROL inh for your use only. Do not let anyone use your NICOTROL Inhaler.
What is NICOTROL Inhaler?
NICOTROL Inhaler is indicated as an aid to smoking cessatio helps you quit smoking by reducing your urge to smoke. Succes quitting with nicotine replacement therapy (such as NICOT Inhaler) usually involves behavior change. People who NICOTROL Inhaler with a comprehensive behavioral smoking ce tion program are more successful in quitting smoking. This prog can include support groups, counseling or specific behavior cha techniques as well as NICOTROL Pathways to Change® self- materials. Call 1-800-699-5765 if you did not get your free Pathw to Change® handbook from your doctor.
Who should use NICOTROL Inhaler?
Patients with these conditions should consult their doctor be using this product: • heart problems (recent heart attack, irreg heartbeat, severe or worsening heart pain) • stomach ulcers • blood pressure • diabetes requiring insulin • wheezing or ast • overactive thyroid • allergies to drugs • kidney or liver dise • accelerated hypertension
How does NICOTROL Inhaler work?
As you inhale or puff through the mouthpiece, nicotine turns in vapor and is absorbed into your mouth and throat.
How should I use NICOTROL Inhaler?
Use NICOTROL Inhaler longer and more often at first to help co cigarette cravings. Less nicotine per puff is released when you the Inhaler versus a cigarette. Try different schedules to help co cravings. Puffing on the Inhaler for 5 minutes at a time will give enough nicotine for 4 uses. Nicotine in cartridges is used up about 20 minutes of active puffing. In a few days you'll find works best and know when nicotine in the cartridges is used. Your doctor may adjust the number of Inhaler cartridges during first few weeks. As your body adjusts to not smoking, your do will either tell you to stop using the Inhaler or slowly reduce dose. Do not use more than 16 cartridges each day unless dire to do so by your doctor.
When should I stop smoking?
Stop smoking as soon as you start using NICOTROL Inhaler.
How long should I use NICOTROL Inhaler?
Do not use NICOTROL Inhaler longer than 6 months.
Can I smoke while using NICOTROL Inhaler?
Do not smoke or use any other tobacco products, or other prod containing nicotine, at any time while using NICOTROL Inhaler.
What else do I need to discuss with my doctor?
Tell your doctor about any medicines you are taking – the dos may need to be changed. Check with your doctor before taking new medicine while using NICOTROL Inhaler.
Are there special concerns for women?
Do not use if you are pregnant (or think you may be pregnan nursing unless your doctor tells you to do so. Nicotine in any f can cause harm to your unborn baby. Only you and your doctor decide if the benefits of using NICOTROL Inhaler to stop smo outweigh the risk of using this medicine.
What are the possible side effects of NICOTROL Inhaler?
Like all prescription drugs, NICOTROL Inhaler may cause effects. Many people experience mild irritation of the mouth or th (40% active vs. 18% placebo), and cough (32% active vs. placebo) when they first use NICOTROL Inhaler. Stomach upset occur (18% active vs. 9% placebo). In clinical studies, the frequ of cough, mouth or throat irritation declined with continued us NICOTROL Inhaler.
Is there a chance I could become addicted to NICOTROL Inhal
Nicotine from any source can be toxic and addictive. Dependc might occur from transference of tobacco-related nicotine dep ence to NICOTROL Inhaler.
Can a nicotine overdose occur with NICOTROL Inhaler?
Nicotine overdose can occur. If symptoms of overdose occur, a doctor or Poison Control Center immediately. Overdose sympt include: bad headaches, dizziness, upset stomach, drooling, vo ing, diarrhea, cold sweat, blurred vision, hearing difficulties, mi confusion, weakness and fainting.
How should I store NICOTROL Inhaler?
When not in use always store mouthpiece and cartrid in plastic case, out of reach of children and pets. Store cartridg room temperature, not to exceed 77°F. If you keep cartridges i car, be careful; interiors heat up quickly. Protect from light. C mouthpiece regularly with soap and water. Keep NICOTROL Inl out of reach of children and pets. NICOTROL Inhaler is a child-re ant product. Please read carefully the instructions regarding ho open, close and lock. NICOTROL Inhaler can cause serious illne children and pets – even in very small amounts. If a child chew or swallows NICOTROL Inhaler cartridges, call a doctor or Po Control Center. After a cartridge is used, throw away out of rea children and pets. Even used cartridges contain enough nicotir seriously harm children and pets. The Patient Information Le provides a summary of information about NICOTROL Inhaler. If have any questions or concerns about either NICOTROL Inhal smoking cessation, talk to your doctor. In addition, talk to pharmacist or other healthcare provider. Pharmacia Peapack 07977 © 2002 Pharmacia Corporation. Pathways to Change® trademark of Johnson & Johnson Healthcare Systems Inc. under license by Pharmacia. NICOTROL® Inhaler is a regist trademark of Pharmacia.



Helps you beat cigarette cravings one at a time.

You're more likely to succeed with Nicotrol Inhaler.

When you're trying to quit smoking, you're fighting a battle all day, every day. That's why there's Nicotrol Inhaler—a prescription product that must be used as part of a comprehensive behavior modification program. It helps you beat cigarette cravings one at a time by providing just enough nicotine to reduce nicotine cravings. And every craving you beat is something to celebrate.

Use more when your cravings are tough, less when your cravings are less. Clinical studies have shown that people were more likely to succeed with Nicotrol Inhaler versus an inhaler without medicine. To learn more, ask your doctor, call **1-800-INHALER** or visit **www.nicotrol.com.**



Before using Nicotrol Inhaler, you must stop smoking. Therapy is not to exceed 6 months. Do not use with other products containing nicotine. The most common side effects are mild throat or mouth irritation, cough and upset stomach.

Nicotrol Inhaler may not be for everyone. If you are pregnant or nursing, or have asthma, you are encouraged to first try other methods to quit smoking, like educational or behavior modification programs. It's important to tell your doctor if you have heart or lung disease, or are taking other prescription medicine.

Nicotrol® Inhaler

(nicotine inhalation system)

Please see important information on the next page.

© 2002 Pharmacia Corporation

GRAVY BOATS

(*From top down*) "Holiday Celebrations," Christopher Radko, Target; 800/800-8800; $12.99. Green, "Provincial Garden," Spode, Royal China & Porcelain Co.; 800/257-7189; $125. Red-bordered bone china, "Bordeaux," Spode, Royal China & Porcelain Co.; $366. Green, "Matignon," Robert Haviland & Co., Lalique; 800/993-2580; $545. (*Left*) "Arcades," Philippe Deshoulieres, Lalique; 800/993-2580; $140.

YOUR STYLE >> from 52

ACCENT SALAD/DESSERT PLATES

(*From left*) Green bone china, "Holly Ribbons," Royal Worcester, Royal China & Porcelain Co.; 800/257-7189; $30.25 each. "Vintage Santa" by Michel Sparks; Zrike; 212/686-3991 or www.zrike.com; $65/set of 4. "Yuletide," Pfaltzgraff; 800/999-2811 or www.pfaltzgraff.com; $29.99/set of 4.

MORE ABOUT ELEGANT TABLETOPS, www.bhg.com/holidaytables





GULAIR can help you control your child's asthma.

GULAIR is different from many daily inhaled con-ers. It's not a steroid and it's a once-a-day cherry wable tablet that can help control your child's asthma full 24 hours.

GULAIR helps keep the airways open to make breathing r. It's also been shown to reduce reliance on rescue ications.

GULAIR should NOT be used for the fast relief of e asthma attacks or to prevent or treat asthma e worse by exercise. Your child should still have ue medication available. Your child should continue to their other asthma medications unless their doctor you to stop. SINGULAIR should be taken once a day, e evening as prescribed, whether or not your child has asthma symptoms. If symptoms get worse or they need to increase the use of their rescue inhaler, call their doctor at once.

In clinical studies, side effects were usually mild, and included headache, flu, runny nose, and ear infection, and generally did not stop patients from taking SINGULAIR. Side effects varied by age.

SINGULAIR is available in a 4-mg cherry chewable tablet for children 2–5 and a 5-mg cherry chewable tablet for children 6–14. It's also available in a 10-mg tablet for adults. SINGULAIR is available by prescription only.

Ask your child's doctor about adding once-a-day SINGULAIR.

And call 1-888-MERCK-57. Or visit our website at **singulair.com/kids**

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)

Asthma control that can help you breathe easier.

patient assistance program

duct is available through the Merck Patient Assistance Program. ut if you qualify call 1-888-MERCK-57

SINGULAIR is a registered trademark of Merck & Co., Inc.

MERCK

©2002 Merck & Co., Inc. All rights reserved. 20207191(1)(210)-SNG

Please see the Patient Product Information on the next page and discuss it with your doctor.

SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets
Patient Information about
SINGULAIR® (SING-u-lair)
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR*. Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

What is SINGULAIR*?

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
  1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
  2. A 5-mg chewable tablet (for children ages 6-14).
  3. A 4-mg chewable tablet (for children ages 2-5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

What is asthma?

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
  - coughing
  - wheezing
  - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- If you are breast-feeding. SINGULAIR may be passed in your milk to your baby.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

How should I take SINGULAIR?

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- You may take SINGULAIR with or without food.
- Children who are prescribed SINGULAIR should take it under the supervision of an adult.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- **Do NOT take SINGULAIR to stop an asthma attack.** If an attack occurs, follow the instructions your doctor gave you for asthma attacks.
- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not lower the dose of any of your asthma medicines unless you are told to do so by your doctor. Your doctor may decide to reduce the amount you use of your current asthma medicine.
- If your asthma is made worse by exercise, continue to use the medicines your doctor prescribed for you to use before exercise, unless your doctor tells you otherwise. Always have your inhaled rescue medicine for asthma attacks with you in case you need it.

The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. The dose for children 2 to 5 years old is one 4-mg chewable tablet daily.

What should I avoid while taking SINGULAIR?

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medication).

The list below is NOT a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness
fever
abdominal (stomach) pain
stomach or intestinal upset (gastroenteritis)
heartburn
dizziness
headache
rash
cough
flu
stuffy nose

Less common side effects included the following

- allergic reactions including:
  - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
  - hives
  - itching
- bad/vivid dreams
- hallucinations
- irritability
- restlessness
- insomnia
- seizures
- nausea
- vomiting
- dyspepsia
- diarrhea
- pancreatitis
- muscle aches and muscle cramps
- increased bleeding tendency
- bruising
- edema

Rarely, patients taking SINGULAIR have e
rienced a condition that includes a comb
tion of certain symptoms that do not go
or that get worse. These symptoms may in

- a flu-like illness
- rash
- a feeling of pins and needles or nu
ness of arms or legs
- severe inflammation (pain and swe
of the sinuses (sinusitis)

These have occurred usually, but not alwa
patients who were taking oral corticoster
pills for asthma and those corticosteroids
being slowly lowered or stopped. Althoug
SINGULAIR has not been shown to cause
condition, you must tell your doctor right
if you develop one or more of these symp

Remember, anytime you have a medical
problem you think may be related to
SINGULAIR, talk to your doctor.

Other Information

Do not share SINGULAIR with anyone el
was prescribed only for you. Do not use
a condition for which it was not prescrib

Keep SINGULAIR and all medicines out o
reach of children.

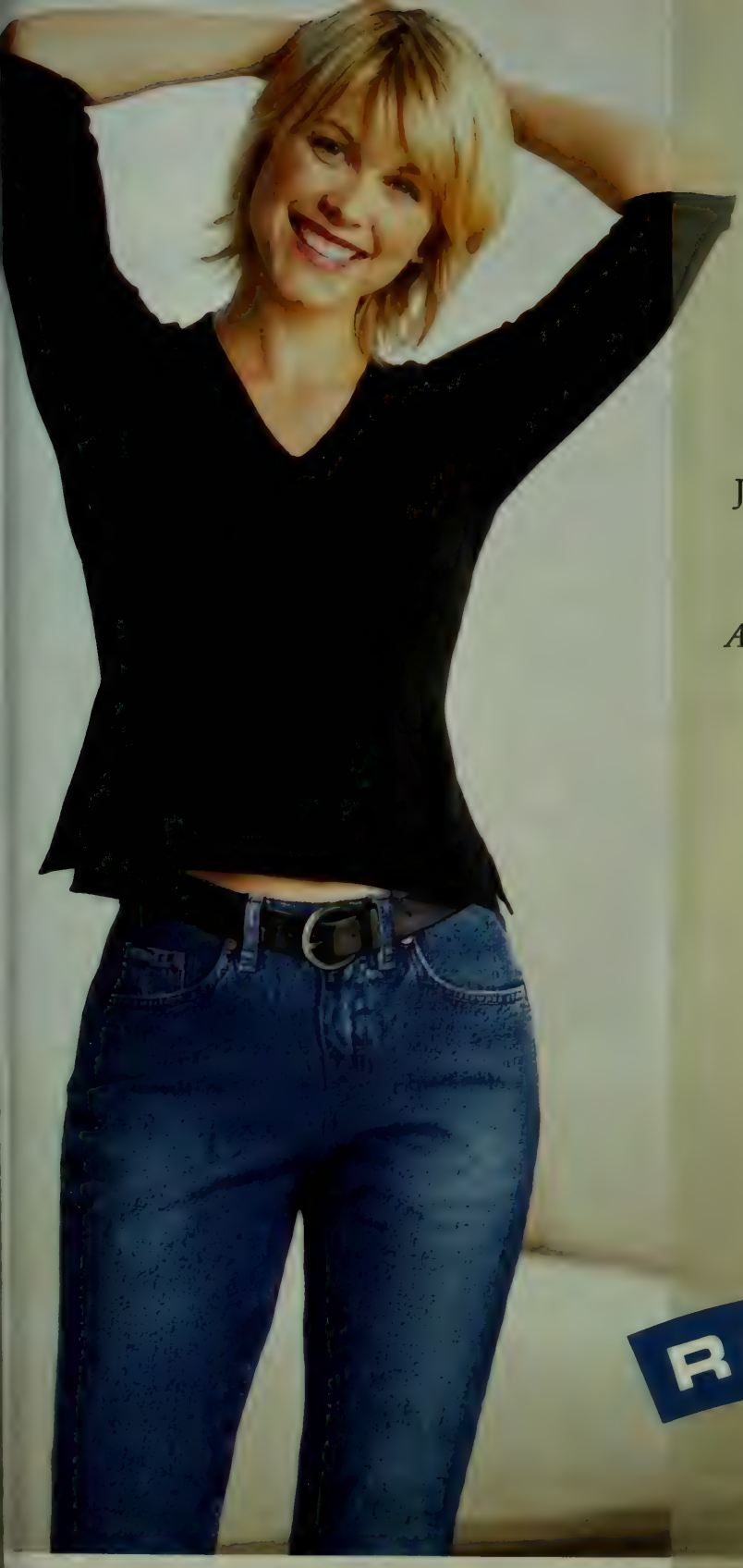
Phenylketonurics: SINGULAIR 4-mg and
chewable tablets contain 0.674 and 0.842
phenylalanine, respectively.

This leaflet provides a summary of inform
tion about SINGULAIR. If you have any q
tions or concerns about either SINGULAI
asthma, talk to your doctor. In addition,
can talk to your pharmacist or other heal
care provider. Your doctor or pharmacist
give you an additional leaflet that is writt
health professionals.

Inactive ingredients:
4-mg and 5-mg chewable tablets: mannit
microcrystalline cellulose, hydroxypropy
cellulose, red ferric oxide, croscarmellos
sodium, cherry flavor, aspartame, and
magnesium stearate.
10-mg tablet: microcrystalline cellulose,
lactose monohydrate, croscarmellose so
hydroxypropyl cellulose, magnesium ste
hydroxypropyl methylcellulose, titanium
dioxide, red ferric oxide, yellow ferric oxi
and carnauba wax.

Issued Augus
MERCK & CO
Whitehouse Station, NJ 0888
20207191(1)(210

*Registered trademark of MERCK & CO., Inc.
COPYRIGHT © MERCK & CO., Inc., 1998
All rights reserved



JEANS SHOULD

flatter the leg line.

Accentuate the curves.

INCREASE

the compliments.

RIDERS®

Jeans that fit.
Beautifully.

MID RISE – STRAIGHT LEG

FOR OTHER GREAT RIDERS FITS VISIT WWW.RIDERSJEANS.COM. 1.800.874.3370

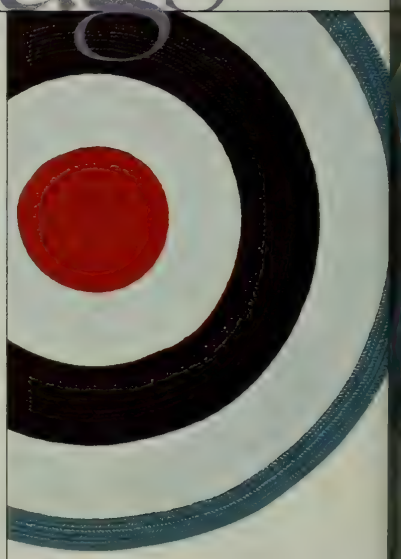
Braided Rugs Step Out

THESE RELIABLE FAVORITES COME ON STRONG WITH NEW SHAPES AND COLORS.

Braided rugs have been around since the beginning of time—or so it seems. A staple at country crafts and collector's shows, the rugs' popularity lay mostly in nostalgia. Lately, however, a few boutique rug makers have been playing with bold colors, geometric designs, and unique shapes to update the image of these traditional floor coverings. Whimsical designs have cropped up everywhere from downtown lofts to uptown ranch homes. Wherever your toes tread, one of these might tickle your fancy.



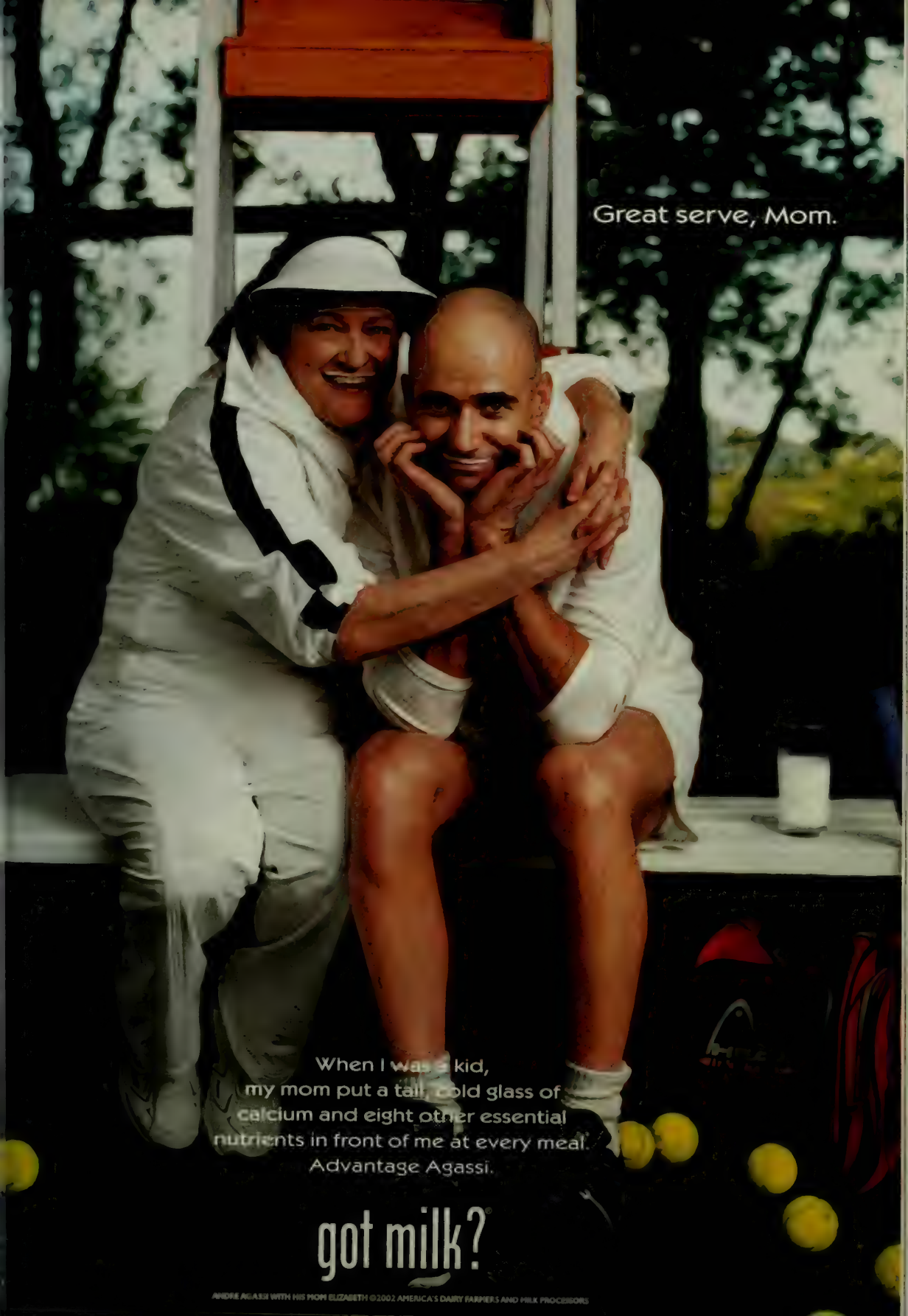
PETAL PUSHER
Use one of these cuties from Pilgrim House Rug Company to spiff up a small space, such as a powder room. Or, overlap several in different hues for an area-rug-size bouquet. Starts at $45; www.pilgrimstuff.com.



SHOWSTOPPER
This octagon-shape rug (*top*) from Country Braid House is woven with time-tested techniques, but some fancy overlaps create the sharp angles. Starts at $37 per square foot; www.countrybraidhouse.com.

HIT THE BULL'S-EYE
The graphic rings of this rug (*above*) give it a new spin. Hill Cove Custom Rugs will make a rug to match your home. Send them paint chips or fabric swatches from curtains or a bedspread. Starts at $45; 864/647-8743; www.hillcovecustomrugs.com.

BY **CHRISTI JENSEN** PHOTOGRAPHS BY **ANDY LYONS**
PRODUCED BY **CATHERINE KRAMER**


Great serve, Mom.
When I was a kid,
my mom put a tall, cold glass of
calcium and eight other essential
nutrients in front of me at every meal.
Advantage Agassi.
got milk?
ANDRE AGASSI WITH HIS MOM ELIZABETH ©2002 AMERICA'S DAIRY FARMERS AND MILK PROCESSORS



To all the other butter cookies out there:

Checkmate.



Pepperidge Farm

Never Have An Ordinary Day.®



FROSTED TIPS

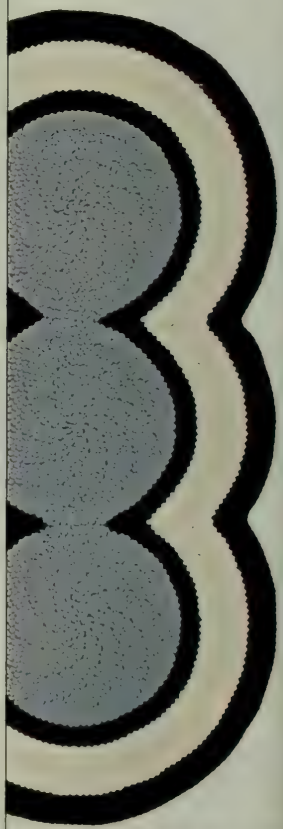
The understated Hudson Bay 5×8-foot rectangular rug from Colonial Mills (*above*) works in contemporary interiors, where traditional oval and round shapes may not. $399; 800/343-9339; www.colonialmills.com.

ZIGZAG

To achieve a mod herringbone pattern, three panels of diagonal white and black stripes are pieced together for this 5×8-foot Sedona rug (*below*) from Colonial Mills. Starts at $399; 800/343-9339; www.colonialmills.com. >> on 63

TRIPLE THE FUN

Chosen from 250 colors, this custom-made black, white, and, sky blue Three Circle rug from Country Braid House (*below*) is a twist on the traditional oval. Starts at $37 per square foot; www.countrybraidhouse.com



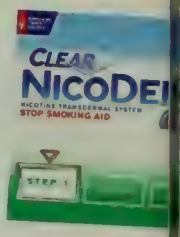



If you're going to have a cookie,
have a cookie.
PEPPERIDGE FARM
Never Have An Ordinary Day.™
CHOCOLATE
CHUNK
SAUSALITO
VANTAGE
TAHOE



This holiday, give yourself a han in quitting

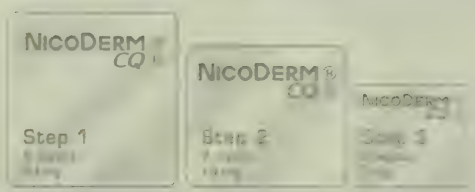
Let NicoDerm® CQ® Help You Quit Smoking



If you smoke, you know how hard it is to quit. Overcoming the nicotine addiction is more than a daily struggle. For some, it's a constant battle, where cravings and irrit can strike at any moment. So this holiday sea give yourself a hand in quitting, with NicoDerr and its Step Down patch method.

The Way Doctors Recommend

People have already quit smoking with NicoDerm CQ and so can you. FDA approved and proven to be safe and effective, the NicoDerm CQ patch gradually reduces your level of nicotine until you are free. NicoDerm CQ is also the #1 Doctor recommended stop smoking aid without a prescription.



Take a Step in the Right Direction

NicoDerm CQ has a 3-step process, which allows you to gradually reduce your nicotine level over a 10-week* period. This method is most preferred by doctors. And because not all smokers are the same, the NicoDerm CQ program is flexible because you can use CQ for 16 hours or up to 24 hours to help fight morning cravings. CQ also offers a customized solution for heavy or light smokers. If you smoke more than 10 ciga a day, you'll use the full 3-step program, while lighter sm start with step 2.

And NicoDerm CQ patches come in Clear or Opaque, s can choose to quit privately or publicly with the supp your friends and family. Just apply the patch about the time each day to a different spot of skin that's clean, dr hairless. Then just go about your daily routine, which can in a shower, swimming and exercising.

Off to a Good Start

NicoDerm CQ packages contain information on how to in the Committed Quitters Behavioral Support Program CD-ROM with tips on how to quit. Participating in program is clinically proven to significantly improve chances of quitting successfully.** For more information www.quit.com

*If you smoke 10 or less cigarettes a day, start with
**Use as directed. Support program can improve the chances of s
Individual resu

©2002 GlaxoSmithKline Consumer He

American Cancer Society

GlaxoSmithKline makes an annual grant to the American Cancer Society for cancer research and education in return for the use of their seal



ON TARGET

The 6-foot-diameter Jefferson rug (*above*) from Colonial Mills is a classic look in crisp colors. The flecked ring comes from braiding navy and white together. $199; 800/343-9339; www.colonialmills.com.

LOOP-THE-LOOP

The first company to manufacture braided rugs for the masses, Capel Rugs keeps their designs up-to-date with fresh colors, such as the cotton-candy hues in this 5×8-foot Tilt-a-Whirl rug (*below*). $10.75 per square foot; 800/382-6574; www.capelrugs.com.



RACY RUNNER

From Country Braid House, this rug (*right*) is in step with fashionistas' current yen for narrow stripes. Solid-wool construction means it will be around long after fads change. Starts at $37 per square foot; www.countrybraidhouse.com.



EYEGLASSES ON *PAGE 58* PROVIDED BY RUSS' UPTOWN OPTICAL, DES MOINES, IOWA

MORE ABOUT RUG CARE, www.bhg.com/carpet101



THE JEWELED FLA
Ornament

Americans have many things to b thankful for this Christmas. But few ar more worthy of celebration than thi nation's glorious flag and the precious freedom it represents.

Now, in tribute to our beloved star spangled banner, Lenox proudly present *The Jeweled Flag Ornament.*

Crafted of Lenox® ivory fine chin and festively trimmed with 24 karat gold this dazzling sculptural ornamen sparkles with more than 100 fully faceted crystals. Each of the flag's 50 bas-relie stars is hand set with a blue crystal, whil rows of red crystals form the stripes.

The Jeweled Flag Ornament is avail able direct from Lenox at only $29.90 To acquire this imported collecto ornament for your tree or as a patriotic holiday gift, complete and mail th Order Form. Your complete satisfactio is guaranteed.

© LENOX, Inc. 2



A Very Grinchy Christmas

It's the Grinch. That Dr. Seuss favorite who discovered the meaning of Christmas by trying to steal it. Now the Grinch appears, with his faithful dog Max, in an original Christmas ornamen by Lenox.

A Very Grinchy Christmas is a fully sculpted Lenox® ornament, inspired by original Dr. Seuss art. The ornament is crafted in the classic ivory china of Lenox, accented with 24 karat gold. Hand painting brings out the characters' expressive features, and captures perfectly the Grinch's grinchy-green color.

Premier issue—just $24.90

A Very Grinchy Christmas is the first in a collection of Dr. Seuss character ornaments by Lenox. To acquire this imported collector treasure for yourself c as a delightful gift, mail your order today

Dr. Seuss TM &© 1957, 2000 Dr. Seuss Enterpris All Rights Reserved

Visit us at: www.LenoxCollections.c

Order Form • Mail by December 31, 2002

THE JEWELED FLAG *Ornament*

I wish to order_____(qty.) of *The Jeweled Flag Ornament(s)*, crafted of ivory china, accented with 24 karat gold, and hand set with fully faceted crystals.

I need send no money now. I will be billed in two monthly installments of $14.95* for each ornament. *My satisfaction is guaranteed.*

Signature _____ Tel.(_____) _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State_____ Zip_____ 2881977

* Plus $4.98 per ornament for shipping, handling, and insurance. Your sales tax will be added

Mail to: Lenox Collections • P.O. Box 3020 • Langhorne, PA 19047-9120

Order Form • Mail by December 31, 2002

A Very Grinchy Christmas

I wish to order ___ (qty.) *A Very Grinchy Christmas* ornament(s), crafted of ivory china and 24 karat gold.

I need send no money now. I will be billed for each ornament in two mo installments of $12.45* each. *My satisfaction is guaranteed.*

Signature _____ Tel.(_____) _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State_____ Zip_____ 288

* Plus $4.95 per ornament for shipping, handling, and insurance. Your sales tax will be added

Mail to: Lenox Collections • P.O. Box 3020 • Langhorne, PA 1904

The Little Jack Russell Terrier

e's bold, he's bright, he's as precious as a ppy can be. He's a Jack Russell Terrier. w portrayed in sculpture by Lenox.

The Little Jack Russell Terrier captures e form and spirit of this irresistible pup. l the distinctive traits of the breed are rtrayed—the folded ears, terrier muzzle, werful neck and lean body. The mark- gs are true to life, and painted by hand. id the personality sparkles in the bright es and eager expression.

The Little Jack Russell Terrier inaugurates a llection of puppy sculptures by Lenox. ich will bear the Lenox® hallmark and be ued with a Certifi- te of Authenticity. To acquire this ported porcelain ulpture at just 9, complete and ill the Order rm today.



This charming sculpture is entirely painted by hand



Moose Merriment

ow does a moose celebrate Christmas? arcel likes to make merry by decorating antlers with a string of colorful lights. id now, with his broad muzzle, gangly s, and warm smile, Marcel Moose is dy to make your Christmas a merry one.

Moose Merriment is a fully sculptured llector ornament crafted of Lenox® ry china. Hand painted and adorned th 24 karat gold accents.

imited Edition Annual—just $24.90

oose Merriment begins a collection of nox moose ornaments. This charming st issue will be crafted only until cember 25, 2002.

To acquire this imported Lenox orna- nt for your tree or as a delightful holiday , mail your order lay. Your satisfac- n is guaranteed.

Each ornament is year dated.



t: www.LenoxCollections.com © LENOX, Inc. 2002

Order Form • Mail by December 31, 2002

The Little Jack Russell Terrier

order *The Little Jack Russell Terrier* by Lenox, to be crafted of fine porcelain and ainted by hand.

d send no money now. I will be billed for my sculpture in two monthly nts of $19.50* each. *My satisfaction is guaranteed.*

e _____ Tel.(____) _____

ALL ORDERS ARE SUBJECT TO ACCEPTANCE

PLEASE PRINT CLEARLY

_____ State ____ Zip____

per sculpture for shipping, handling and insurance. Your sales tax will be added. 2779882

Lenox Collections • P.O. Box 3020 • Langhorne, PA 19047-9120

Order Form • Mail by December 31, 2002

Moose Merriment

I wish to order ____ (qty.) *Moose Merriment* ornament(s), crafted of ivory fine china and 24 karat gold.

I need send no money now. I will be billed for my ornament(s) in two monthly installments of $12.45* each. *My satisfaction is guaranteed.*

Signature _____ Tel.(____) _____

ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____

PLEASE PRINT CLEARLY

Address _____

City _____ State ____ Zip _____

*Plus $4.95 per ornament for shipping, handling and insurance. Your sales tax will be added. 2921765

Mail to: Lenox Collections • P.O. Box 3020 • Langhorne, PA 19047-9120



Beauty Express

ORDER UP A DOZEN ROSES TO MAKE THESE HASSLE-FREE HOLIDAY ARRANGEMENTS.

Grab flowers at the supermarket along with the milk and bread, order them via the Internet, or, luckily, receive them as a gift. No matter how you get a dozen roses, you can show them off in myriad ways. Choose one of the red varieties to fashion a holiday centerpiece or mantel accent. More eye-catching than a standard vase bouquet, these inventive arrangements won't take you more than 30 minutes to pull together.

>> on 68

JACK-IN-THE-BOX BOUQUET

Pop go the roses in this gift-box vase. Wrap the bottom of the cardboard box, and fill it with tissue paper that sticks up over the top edge. Inside the tissue paper, hide a waterproof plastic container filled with a chunk of well-soaked green floral foam. Add roses, positioning them in soldier-straight rows. Boxwood tucked around the stems conceals the foam.

BY **VERONICA LARSON FOWLER** PHOTOGRAPHS BY **GREG SCHEIDEMANN** PRODUCED BY **JOSEPH BOEHM, RICHARD KOLLATH,** AND **ED MCCANN**


o says you can't
have an ageless smile?
Crest
REJUVENATING EFFECTS
STRENGTHENS ENAMEL
fight cavities
WHITENS TEETH
REFRESHES GUMS
ejuvenating Effects helps keep
e looking and feeling younger, longer.
est-RE.com

Happy Holidays.
Guaranteed.



With the Sears Gift Card,
no matter who's on your list, they're
sure to find the perfect gift at Sears.
Here's just a few gifts they could
pick out, thanks to you.

CRAFTSMAN
62-piece mechanic's tool set
3-drawer tool chest
18-volt cordless drill / driver kit

NordicTrack
EXP 2000 XI treadmill
650 CROSSTRAINER elliptical
VERTEX 670 weight system

SONY
DVD home theater system
digital camcorder
digital camera

KitchenAid
10-speed / 4.5 qt. stand mixer
ULTRA POWER® food processor
5-speed hand mixer

men's XCCELERATOR running shoe
women's T-LITE crosstrainer
men's TRANQUILLO slide

SEARS Where else?



HOLIDAY ARRANGEMENTS >> from 66

STATUESQUE TOPIARIES

These model-thin bouquets look as though they came directly from an elegant flower shop, but they're a snap to do yourself. Prepare a couple of flowerpots by inserting a plastic cup or other waterproof vessel filled with soaked green floral foam. To smooth the stems, rub off small thorns with a garden-gloved hand and cut off large thorns with scissors. Gather up six roses and tie them tightly together with a length of raffia right under their "heads." (Don't be too rough or a flower may snap off.) Tie a second length of raffia a few inches down. Trim the ends of the rose stems with a pair of handheld pruning shears. Insert a cluster of stems in the center of the floral foam. Cover the foam with a handful or two of nuts in the shell.



CHAIN OF BLOOMS

A trail of joined bud vases snakes through a pile of peppermint candies for this centerpiece idea. Look for similar wire-wrapped vases at home stores, or position clear glass jars or an assortment of test-tube-size bud vases in a gently curving line for the same effect. Scatter red and white candies, small tree ornaments, or snippets of holiday greenery around the base of the vases for a festive accent.

>> on 70



Happy Holidays. Guaranteed.

Now, no matter who's on your list, or what the occasion, we have a card that's just right. It's more than a Gift Card, it's a new way to make someone feel special this holiday.

Sears Gift Cards are available in any amount from $5 to $500 and can be used in any Sears store. Find them at any register in your local Sears store.

ly Sears has the brands you want with the guarantees, credit and service you need. SEARS Where else?™



WIN!

FREE PISTACHIOS *for a Year!*

Log on to www.pistachios.org to enter.

CALIFORNIA PISTACHIOS®

Grab a handful!

No purchase necessary. US and Canadian residents only (excluding Quebec). Void in Quebec and where prohibited. Promotion ends February 28, 2003. See www.pistachios.org for official rules.



HOLIDAY ARRANGEMENTS >> from 68

A TRAY OF DELIGHTS

Serve up a tray of fragrant and delectable goodies in just a few minutes. Start with a low, boxy vessel, such as this antique wooden tool caddy or a new silverware caddy from an import store. Insert three or four juice glasses that are short enough to be hidden by the caddy's sides. Fill the glasses with water. Cluster a few rose blooms with greens, such as seeded eucalyptus and sprigs from a fir tree, and tuck them into each glass. Then, tie up a bouquet of candy canes with pretty ribbon or raffia, and add it to the caddy's treasures.

A BOX OF GOODIES

Scan the supermarket aisles for items that will boost the impact of 12 single stems. Cabbage leaves makeover a plain-Jane vase. Flowering kale and fresh pomegranates provide color and texture. And most grocery-store floral departments stock seasonal fillers—pine, hypericum berries, and variegated holly—starting in early December.

To cover a straight-sided vase with cabbage leaves, as we have done, trim the leaves to the vase's height, overlap leaves around the vase, and secure with a rubber band and ribbon.



ONLINE & ON CALL

Try these sources for roses. Check weekly for new specials.

- FTD.com; 800/736-3383; routes the order to your local FTD florist for assembly and delivery.
- 1-800-FLOWERS.com; 800/356-9377; offers same-day delivery on all floral orders delivered via a local florist, if placed by 2 p.m. in the recipient's time zone.
- Proflowers.com; 888/373-7437; guarantees flowers stay fresh for seven days.
- Florist.com; 800/709-9622; promises that if you place your order between 8 a.m. and 1 p.m. in the recipient's time zone, your flowers will be delivered within four hours.


For the family that plays together.
CALIFORNIA PISTACHIOS
Grab a handful!

advertisement

don't let a cold sore *ruin your* holidays



Take Control with Real Medicine

Ouch! It's that time of the year again when you're most prone to getting a cold sore. That's because wind and cold temperature can damage your lips, leaving them dry and cracked, just the kind of condition on which cold sores thrive. But wind and cold are not your only triggers for cold sores. Here are some facts on the condition and tips on what you can do to relieve the symptoms and get rid of your cold sore faster.

Learn the FACTS

Cold sores are caused by the herpes simplex virus type 1 (HSV-1). Once contracted, this virus remains hidden in our bodies in a dormant state until it's triggered to reactivate and cause a cold sore. A cold sore outbreak goes through several stages, from the first tingle to the forming of a blister, then an ulcer and finally a scab is formed before it is healed. This usually takes 7–10 days. A cold sore is highly contagious for a few days from the moment the blister forms, particularly when it "weeps," and after it bursts and becomes an ulcer until the scab is formed.

Know the TRIGGERS

Besides the wind and cold temperatures, there are a number of every day events that can reactivate the cold sore virus. Such trigger factors include ultra violet (UV) light from sunshine or sun beds, emotional stress or exhaustion, common cold, flu or feverish illness, feeling physically low or fatigued, leading to a weakened immune system, menstruation, pregnancy, an injury to the mouth or a knock on the face or lips.

At the First Sign, TREAT *Your Cold Sore with a Real Medicine*

As soon as you feel a cold sore coming on, head to the pharmacy. Your pharmacist will more than likely recommend that you treat your cold sore with the only FDA approved, non-prescription medicine that actually shortens the healing time for cold sores. This medicine is called Abreva. It's a cream containing an active ingredient called Docosonal. Most effective when used early, you should apply Abreva as soon as you feel the cold sore coming on, and use it five times a day until the cold sore is healed. Abreva spee healing and cuts healing time in half on average versus untr outbreaks. It works by preventing the cold sore virus from in healthy cells.[1] With clinical studies to support that it really wo Abreva is the number one pharmacist recommended brand

PROTECT *Yourself*

Cover and protect your face and mouth with both moisturiz a scarf when temperatures drop. Watch out for conditions t cause dryness, such as your home furnace and hot showe baths. Use gentle, extra moisturizing cleansers and hydratin to keep your skin moist and drink plenty of water to keep y body hydrated. But just because it's winter doesn't mean th can't get too much exposure to sun. Use a high protection sunscreen, including on the lips, to block UV light when yo outdoors or if you use a sun bed. And take time to de-stres holiday time. Find time for some yoga, a nature walk, a pow and some healthy meals. Some nutritionists have suggested diet may affect the severity and frequency of cold sores. The day time is when you will have many opportunities to celebr foods rich in the amino acid, arginine, which the cold sore needs for its metabolism. Some of the foods rich in this amin are chocolate, cola, peas, peanuts, cashews and beer. So if y prone to cold sores, limit your intake of these foods.

Your holidays don't have to be spoiled by a cold sore. Celeb



speeds cold sore healing like a prescription without a prescription.



"My cold sores go away faster."



"I'm me again. Faster!"



"Now I'm in control."

Get rid of cold sores faster.

With Abreva®, you can start to heal it as soon as you feel it.™ That's because Abreva speeds healing like a prescription without one. In fact, Abreva is the only non-prescription cold sore medicine approved by the FDA to actually shorten healing time. Ask your pharmacist or dentist about Abreva, or visit www.abreva.com for more information and a money-saving coupon.

Heals fast like a prescription without a prescription.



©2002 GlaxoSmithKline

STYLE

LA VIE BOHÈME

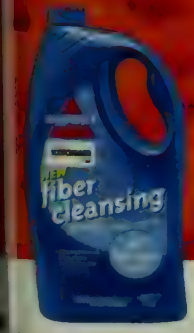
Ah, the life of the bohemian—the carefree *artiste*, the unconventional spirit disregarding the norms of society. The romance of a gypsy caravan will not likely lure you into forsaking your job, yet you can embrace "bohemian style" by accenting your home with special touches that sing of poetry readings and global adventures. Shops across the country are making it simple to acquire this look with their varied selections of global merchandise. One of our favorites is Belle Epoche (*right*) in Minneapolis, 612/928-9919, where you'll find all manner of bohemian furnishings. For starters, change out your sofa pillows: These (*left*) are from Silk Route, $70–$100, 813/251-5587, www.thesilkroute.com; and Sabira Collection, $98–$160, 214/631-1400, www.sabiracollection.com. The ones on the floor are from Pierre Frey, $180–$250, 203/785-9376. Other easy additions include a piano scarf (on the sofa arm), $150, and a throw (hung as a curtain), $280, both from Sabira Collection. We made a curtain tieback from gypsy coin trim from D'Kei, $11/yard, available at fabric and crafts stores. Hanging above: a crystal-encrusted chandelier (with bulb snoods to refract the light) from Canopy Designs, $1,250, 718/361-3040.





Our newest formula applies Scotchgard™ protector while cleans, so your carpets will look good longer than you ever imagined.

Which may or may not be a good thing.



Y UPRIGHT DEEP-CLEANING MACHINE.

bissell®

WE MEAN CLEAN

Now there's an easy way to keep your carpets looking good for a very, very long time. Fiber Cleansing Formula™ from BISSELL. It's the only formula that cleans and applies Scotchgard protector for excellent stain protection, all in one simple step. Best of all, it's designed to work great in any upright deep-cleaning machine, including rentals. So look for BISSELL Fiber Cleansing Formula in the vacuum cleaner aisle today. Of all the memorable things to happen to carpet over the years, this is definitely one of the best.

SCOTCHGARD PROTECTOR

Good Housekeeping

Special formulas for pet owners and allergen control are also available.

bissell.com





GARDEN & HOME

SIT A SPELL

The Chinese figured it out a long time ago: Sometimes all you need is a place to perch. And what better perch, indoors or out, than an antique Chinese garden stool. The ones with flat tops also make good side tables, just big enough for a book and a beverage. We found these two 19th century pieces among a hundred others at Pagoda Red in Chicago. The one in the garden is from Canton, $1,080; and the other, in a house, is from Shanxi province, $580. Pagoda Red, 1714 N. Damen Ave., Chicago, IL 60647; 773/235-1188; www.pagodared.com.



PROFILE

BATH LUXE

When you ask Barbara Sallick, cofounder and senior vice president of design at Waterworks, to name the elements necessary to create a comfortable bathroom, she doesn't specify fancy fabrics and elaborate wallpapers. To Barbara, comfort in the bath is achieved through well-designed fixtures and fittings, such as a sink at the appropriate height for the user; beautifully crafted, functional faucets; a magnifying mirror (because she knows most women apply their makeup in the bathroom); and handy storage.

Perhaps it was Barbara's fate to become a bath guru. She was born into plumbing, and her husband, Robert, joined the family business. While on a trip to Europe, staying at fine, old hotels, Barbara and Robert were struck by the disparity between the beautiful and highly functional fixtures of the hotels and what was available to the United States market. Thus began a new company, Waterworks, dedicated to offering greater options for the American bathroom. As Barbara says, "Once bathrooms were about hygiene and privacy. Today, they're about good health, personal space, and how you look and feel." www.waterworks.com

FRESHEN UP THE BATH: TIPS FROM BARBARA

- Take out everything; look at the bare space. Analyze your storage.
- Consider the appeal and height of your existing vanity. Think about replacing it with something more stylish.
- If you don't care for it, remove the tile from all the walls except the tub/shower.
- Freshen up with paint.
- Replace medicine cabinet, towel racks.
- Install new lighting. If you can go into the ceiling, recessed lights are preferable.
- Buy a new shower curtain.





ONLINE

ISN'T IT DEVINE

No more wasting quarts of paint just to try out a color. Order paint pouches (4 for $14) by Devine Color and you can "taste test" four square feet of a color on a wall. Founded in 2000 by artist Gretchen Schauffler, Devine Color offers 115 hues in 10 coordinating palettes. Swing by a Miller Paint Store (if your area has one); otherwise, check out www.devinecolor.com.


HEY, if I took pictures of the baby and e-mailed them to the in-laws, maybe they wouldn't visit as often. WAIT. What if that just made them want to visit more?
Digital Imaging
ONLINE PRODUCTIVITY
HIGH PERFORMANCE
ENTERTAINMENT
vpr matrix
BEST BUY
Online or in the store, find what you need to stay in touch.
Turn On the Fun
BestBuy.com



IN STORE

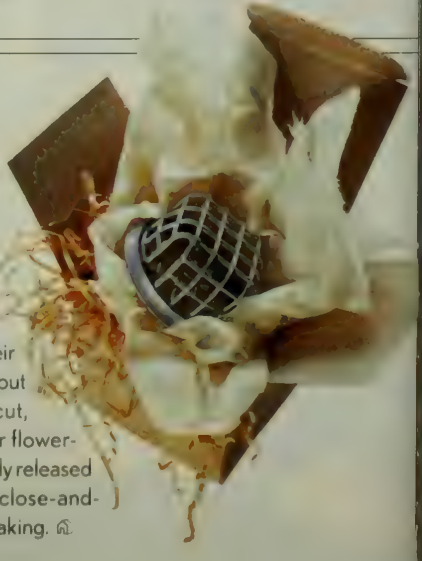
SEASONAL VARIETY

Part floral store, part garden center, part decorating shop, Nature's Harvest is a home decorator's delight. Just one block from Lake Minnetonka in Wayzata, Minnesota (15 minutes west of Minneapolis), this "European-style floral and home accessories store," as owner Debbie Bradley describes it, has been attracting locals and visitors for 10 years. The main attraction at Nature's Harvest is not only the selection of home accessories—everything from tableware to old French prints to chandeliers and books—but also how they're displayed. Minneapolis photo stylist and field editor for BH&G magazine, Bonnie Broten says: "Just one step inside the door, and you're awestruck by Debbie's clever displays. I always walk out of there with a ton of new ideas." Ivy abounds at Nature's Harvest, and for those who are inclined to annuals, the staff will guide customers in selecting what's right for their situation. Like the seasons, the displays at Nature's Harvest are ever-changing—they just occur with greater frequency. Nature's Harvest, 320 E. Wayzata Blvd., Wayzata, MN 55391; 952/473-4687.

GIFT IDEAS

FROGS & FLOWERS





For a special friend who wouldn't think of a day without fresh-cut flowers in her home, a vintage frog for flower arranging will surely touch her fancy. Having joined the ranks of collectibles, these little contraptions take many forms, generally in metal or heavy glass. Depending on their age and shape, they range from a few dollars to about $45. Stock In Trade in Marbledale, Connecticut, (860/868-5090) has a great selection of frogs. If your flower-loving friend leans more toward bulbs, think about giving her the newly released book *Amaryllis*. Garden expert and photographer Starr Ockenga's up-close-and-personal photos of this "elegant, sensual, and mysterious" flower are breathtaking.

Fighting Back with Aricept®



I love my life way too much to just hand it over to Alzheimer's.

*When my memory started failing, I knew I had to see my doctor. He put me on ARICEPT.® Now I'm doing better.**

If a person forgets names, places or facts – and has trouble with everyday things like reading or shopping – it may not be normal aging. It could be Alzheimer's disease. So it's important to see a doctor as soon as you can.

There is no cure for Alzheimer's. But a prescription drug called ARICEPT® has been used by millions of people to help their symptoms.

In studies, ARICEPT® has been proven to work for mild to moderate Alzheimer's. It has helped people improve their memory over time. It has also helped them to keep doing everyday things on their own, longer.

Ask your doctor if ARICEPT® is right for you or your loved one. It is the #1 prescribed drug for Alzheimer's in the world. The sooner you know it's Alzheimer's, the sooner ARICEPT® can help.

ONCE-A-DAY

ARICEPT®

(donepezil HCl)

5-MG AND 10-MG TABLETS

Strength in the face of Alzheimer's

To learn more and to receive a memory checklist,
call 800-760-6029 ext.62
or visit www.aricept.com



*Individual responses to ARICEPT® can be different – people may get better, stay the same or not get better.

EPT® is well tolerated but may not be for everyone. people may experience nausea, diarrhea, not sleeping, omiting, muscle cramps, feeling very tired or not wanting. In studies, these side effects were usually mild and away over time. Some people taking ARICEPT® may ence fainting. People at risk for ulcers should tell their rs because their condition may get worse.

e additional important product information on accompanying page.

ARICEPT® (donepezil HCl) 5-MG AND 10-MG TABLETS

STRENGTH IN THE FACE OF ALZHEIMER'S™

ARICEPT® (Donepezil Hydrochloride Tablets)

Brief Summary—see package insert for full prescribing information. **INDICATIONS AND USAGE** ARICEPT® is indicated for the treatment of mild to moderate dementia of the Alzheimer's type. **CONTRAINDICATIONS** ARICEPT® is contraindicated in patients with known hypersensitivity to donepezil hydrochloride or to piperidine derivatives. **WARNINGS** ***Anesthesia:*** ARICEPT® as a cholinesterase inhibitor, is likely to exaggerate succinylcholine-type muscle relaxation during anesthesia. ***Cardiovascular Conditions:*** Because of their pharmacological action, cholinesterase inhibitors may have vagotonic effects on the sinoatrial and atrioventricular nodes. This effect may manifest as bradycardia or heart block in patients both with and without known underlying cardiac conduction abnormalities. Syncopal episodes have been reported in association with the use of ARICEPT®. ***Gastrointestinal Conditions:*** Through their primary action, cholinesterase inhibitors may be expected to increase gastric acid secretion due to increased cholinergic activity. Therefore, patients should be monitored closely for symptoms of active or occult gastrointestinal bleeding, especially those at increased risk for developing ulcers, e.g., those with a history of ulcer disease or those receiving concurrent nonsteroidal anti-inflammatory drugs (NSAIDS). Clinical studies of ARICEPT® have shown no increase, relative to placebo, in the incidence of either peptic ulcer disease or gastrointestinal bleeding. ARICEPT®, as a predictable consequence of its pharmacological properties, has been shown to produce diarrhea, nausea and vomiting. These effects, when they occur, appear more frequently with the 10 mg/day dose than with the 5 mg/day dose. In most cases, these effects have been mild and transient, sometimes lasting one to three weeks, and have resolved during continued use of ARICEPT®. ***Genitourinary:*** Although not observed in clinical trials of ARICEPT®, cholinomimetics may cause bladder outflow obstruction. ***Neurological Conditions:*** Seizures: Cholinomimetics are believed to have some potential to cause generalized convulsions. However, seizure activity also may be a manifestation of Alzheimer's Disease. ***Pulmonary Conditions:*** Because of their cholinomimetic actions, cholinesterase inhibitors should be prescribed with care to patients with a history of asthma or obstructive pulmonary disease. **PRECAUTIONS Drug-Drug Interactions** ***Drugs Highly Bound to Plasma Proteins:*** Drug displacement studies have been performed *in vitro* between this highly bound drug (96%) and other drugs such as furosemide, digoxin, and warfarin. ARICEPT®, at concentrations of 0.3-10 µg/mL did not affect the binding of furosemide (5 µg/mL), digoxin (2 ng/mL), and warfarin (3 µg/mL) to human albumin. Similarly, the binding of ARICEPT® to human albumin was not affected by furosemide, digoxin, and warfarin. ***Effect of ARICEPT® on the Metabolism of Other Drugs:*** No *in vivo* clinical trials have investigated the effect of ARICEPT® on the clearance of drugs metabolized by CYP 3A4 (e.g. cisapride, terfenadine) or by CYP 2D6 (e.g. imipramine). However, *in vitro* studies show a low rate of binding to these enzymes (mean K_i about 50-130 µM); that, given the therapeutic plasma concentrations of donepezil (164 nM), indicates little likelihood of interference. Whether ARICEPT® has any potential for enzyme induction is not known. ***Effect of Other Drugs on the Metabolism of ARICEPT®:*** Ketoconazole and quinidine, inhibitors of CYP450, 3A4 and 2D6, respectively, inhibit donepezil metabolism *in vitro*. Whether there is a clinical effect of these inhibitors is not known. Inducers of CYP 2D6 and CYP 3A4 (e.g., phenytoin, carbamazepine, dexamethasone, rifampin, and phenobarbital) could increase the rate of elimination of ARICEPT®. ***Use with Anticholinergics:*** Because of their mechanism of action, cholinesterase inhibitors have the potential to interfere with the activity of anticholinergic medications. ***Use with Cholinomimetics and Other Cholinesterase Inhibitors:*** A synergistic effect may be expected when cholinesterase inhibitors are given concurrently with succinylcholine, similar neuromuscular blocking agents or cholinergic agonists such as bethanechol. **Carcinogenesis, Mutagenesis, Impairment of Fertility** Carcinogenicity studies of donepezil have not been completed. Donepezil was not mutagenic in the Ames reverse mutation assay in bacteria. In the chromosome aberration test in cultures of Chinese hamster lung (CHL) cells, some clastogenic effects were observed. Donepezil was not clastogenic in the *in vivo* mouse micronucleus test. Donepezil had no effect on fertility in rats at doses up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis). **Pregnancy** ***Pregnancy Category C:*** Teratology studies conducted in pregnant rats at doses up to 16 mg/kg/day (approximately 13 times the maximum recommended human dose on a mg/m² basis) and in pregnant rabbits at doses up to 10 mg/kg/day (approximately 16 times the maximum recommended human dose on a mg/m² basis) did not disclose any evidence for a teratogenic potential of donepezil. However, in a study in which pregnant rats were given up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis) from day 17 of gestation through day 20 postpartum, there was a slight increase in still births and a slight decrease in pup survival through day 4 postpartum at this dose; the next lower dose tested was 3 mg/kg/day. There are no adequate or well-controlled studies in pregnant women. ARICEPT® should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers** It is not known whether donepezil is excreted in human breast milk. ARICEPT® has no indication for use in nursing mothers. **Pediatric Use** There are no adequate and well-controlled trials to document the safety and efficacy of ARICEPT® in any illness occurring in children. **ADVERSE REACTIONS Adverse Events Leading to Discontinuation** The rates of discontinuation from controlled clinical trials of ARICEPT® due to adverse events for the ARICEPT® 5 mg/day treatment groups were comparable to those of placebo-treatment groups at approximately 5%. The rate of discontinuation of patients who received 7-day escalations from 5 mg/day to 10 mg/day was higher at 13%. The most common adverse events leading to discontinuation, defined as those occurring in at least 2% of patients and at twice the incidence seen in placebo patients, are shown in Table 1.

Table 1. Most Frequent Adverse Events Leading to Withdrawal from Controlled Clinical Trials by Dose Group

Dose Group	Placebo	5 mg/day ARICEPT®	10 mg/day ARICEPT®
Patients Randomized	355	350	315
Event/%Discontinuing			
Nausea	1%	1%	3%
Diarrhea	0%	<1%	3%
Vomiting	<1%	<1%	2%

Most Frequent Adverse Clinical Events Seen in Association with the Use of ARICEPT® The most common adverse events, defined as those occurring at a frequency of at least 5% in patients receiving 10 mg/day and twice the placebo rate, are largely predicted by ARICEPT®'s cholinomimetic effects. These include nausea, diarrhea, insomnia, vomiting, muscle cramp, fatigue and anorexia. These adverse events were often of mild intensity and transient, resolving during continued ARICEPT® treatment without the need for dose modification. There is evidence to suggest that the frequency of these common adverse events may be affected by the rate of titration. An open-label study was conducted with 269 patients who received placebo in the 15- and 30-week studies. These patients were titrated to a dose of 10 mg/day over a 6-week period. The rates of common adverse events were lower than those seen in patients titrated to 10 mg/day over one week in the controlled clinical trials and were comparable to those seen in patients on 5 mg/day. See Table 2 for a comparison of the most common adverse events following one and six week titration regimens.

Table 2. Comparison of Rates of Adverse Events in Patients Titrated to 10 mg/day Over 1 and 6 Weeks

	No titration		One-week titration	Six-week titration
Adverse Event	**Placebo (n=315)**	**5 mg/day (n=311)**	**10 mg/day (n=315)**	**10 mg/day (n=269)**
Nausea	6%	5%	19%	6%
Diarrhea	5%	8%	15%	9%
Insomnia	6%	6%	14%	6%
Fatigue	3%	4%	8%	3%
Vomiting	3%	3%	8%	5%
Muscle cramps	2%	6%	8%	3%
Anorexia	2%	3%	7%	3%

Adverse Events Reported in Controlled Trials The events cited reflect experience gained under closely monitored conditions of clinical trials in a highly selected patient population. In actual clinical practice or in other clinical trials, these frequency estimates may not apply, as the conditions of use, reporting behavior, and the kinds of patients treated may differ. Table 3 lists treatment emergent signs and symptoms that were reported in at least 2% of patients in placebo-controlled trials who received ARICEPT® and for which the rate of occurrence was greater for ARICEPT® assigned than placebo assigned patients. In general, adverse events occurred more frequently in female patients and with advancing age.

Table 3. Adverse Events Reported in Controlled Clinical Trials in at Least 2% of Patients Rec… ARICEPT® (donepezil HCl) and at a Higher Frequency than Placebo-treated Patients

Body System/Adverse Event	Placebo (n=355)	ARICEPT® (n=747)
Percent of Patients with any Adverse Event	**72**	**74**
Body as a Whole		
Headache	9	10
Pain, various locations	8	9
Accident	6	7
Fatigue	3	5
Cardiovascular System		
Syncope	1	2
Digestive System		
Nausea	6	11
Diarrhea	5	10
Vomiting	3	5
Anorexia	2	4
Hemic and Lymphatic System		
Ecchymosis	3	4
Metabolic and Nutritional Systems		
Weight Decrease	1	3
Musculoskeletal System		
Muscle Cramps	2	6
Arthritis	1	2
Nervous System		
Insomnia	6	9
Dizziness	6	8
Depression	<1	3
Abnormal Dreams	0	3
Somnolence	<1	2
Urogenital System		
Frequent Urination	1	2

Other Adverse Events Observed During Clinical Trials ARICEPT® has been administered to over 1700 individ… clinical trials worldwide. Approximately 1200 of these patients have been treated for at least 3 months and … 1000 patients have been treated for at least 6 months. Controlled and uncontrolled trials in the United State… approximately 900 patients. In regards to the highest dose of 10 mg/day, this population includes 650 patients treated fo… 475 patients treated for 6 months and 116 patients treated for over 1 year. The range of patient exposure is … 1214 days. Treatment emergent signs and symptoms that occurred during 3 controlled clinical trials and two open… in the United States were recorded as adverse events by the clinical investigators using terminology of their own… To provide an overall estimate of the proportion of individuals having similar types of events, the events were gro… smaller number of standardized categories using a modified COSTART dictionary and event frequencies were calcul… all studies. These categories are used in the listing below. The frequencies represent the proportion of 900 patients… trials who experienced that event while receiving ARICEPT®. All adverse events occurring at least twice are inclu… for those already listed in Tables 2 or 3, COSTART terms too general to be informative, or events less likely to be dr… Events are classified by body system and listed using the following definitions: *frequent adverse events*—those o… at least 1/100 patients; *infrequent adverse events*—those occurring in 1/100 to 1/1000 patients. These adverse… not necessarily related to ARICEPT® treatment and in most cases were observed at a similar frequency in placebo-trea… in the controlled studies. No important additional adverse events were seen in studies conducted outside the Un…

Body as a Whole: *Frequent:* influenza, chest pain, toothache; *Infrequent:* fever, edema face, periorbital ede… hiatal, abscess, cellulitis, chills, generalized coldness, head fullness, listlessness. **Cardiovascular System:** … hypertension, vasodilation, atrial fibrillation, hot flashes, hypotension; *Infrequent:* angina pectoris, postural hypotension, … infarction, AV block (first degree), congestive heart failure, arteritis, bradycardia, peripheral vascular disease, supra… tachycardia, deep vein thrombosis. **Digestive System:** *Frequent:* fecal incontinence, gastrointestinal bleeding, bicarbo… pain; *Infrequent:* eructation, gingivitis, increased appetite, flatulence, periodontal abscess, cholelithiasis, diverticulitis, drooling… fever sore, gastritis, irritable colon, tongue edema, epigastric distress, gastroenteritis, increased transaminases, hemorrhoids, we… thirst, jaundice, melena, polydipsia, duodenal ulcer, stomach ulcer. **Endocrine System:** *Infrequent:* diabetes mellitus, go… **and Lymphatic System:** *Infrequent:* anemia, thrombocythemia, thrombocytopenia, eosinophilia, erythrocytopenia. **Met… Nutritional Disorders:** *Frequent:* dehydration; *Infrequent:* gout, hypokalemia, increased creatine kinase, hyperglycemia, wei… increased lactate dehydrogenase. **Musculoskeletal System:** *Frequent:* bone fracture; *Infrequent:* muscle weakne… fasciculation. **Nervous System:** *Frequent:* delusions, tremor, irritability, paresthesia, aggression, vertigo, ataxia, increa… restlessness, abnormal crying, nervousness, aphasia. *Infrequent:* cerebrovascular accident, intracranial hemorrhag… ischemic attack, emotional lability, neuralgia, coldness (localized), muscle spasm, dysphoria, gait abnormality, … hypokinesia, neurodermatitis, numbness (localized), paranoia, dysarthria, dysphasia, hostility, decreased libido, m… emotional withdrawal, nystagmus, pacing. **Respiratory System:** *Frequent:* dyspnea, sore throat, bronchitis; *Infrequent:* post nasal drip, pneumonia, hyperventilation, pulmonary congestion, wheezing, hypoxia, pharyngitis, pleurisy, pulmona… sleep apnea, snoring. **Skin and Appendages:** *Frequent:* pruritus, diaphoresis, urticaria; *Infrequent:* dermatitis, ery… discoloration, hyperkeratosis, alopecia, fungal dermatitis, herpes zoster, hirsutism, skin striae, night sweats, skin ulce… **Senses:** *Frequent:* cataract, eye irritation, vision blurred; *Infrequent:* dry eyes, glaucoma, earache, tinnitus, … decreased hearing, retinal hemorrhage, otitis externa, otitis media, bad taste, conjunctival hemorrhage, ear buzzing, moto… spots before eyes. **Urogenital System:** *Frequent:* urinary incontinence, nocturia; *Infrequent:* dysuria, hematuria, urini… metrorrhagia, cystitis, enuresis, prostate hypertrophy, pyelonephritis, inability to empty bladder, breast fibroadenosis … breast, mastitis, pyuria, renal failure, vaginitis. **Postintroduction Reports** Voluntary reports of adverse events … associated with ARICEPT® that have been received since market introduction that are not listed above, and that there is … data to determine the causal relationship with the drug include the following: abdominal pain, agitation, ch… confusion, convulsions, hallucinations, heart block (all types), hemolytic anemia, hepatitis, hyponatremia, … malignant syndrome, pancreatitis, and rash. **OVERDOSAGE Because strategies for the management of … are continually evolving, it is advisable to contact a Poison Control Center to determine … recommendations for the management of an overdose of any drug.** As in any case of overdose, general… measures should be utilized. Overdosage with cholinesterase inhibitors can result in cholinergic crisis characterize… nausea, vomiting, salivation, sweating, bradycardia, hypotension, respiratory depression, collapse and convulsions… muscle weakness is a possibility and may result in death if respiratory muscles are involved. Tertiary anticholinerg… atropine may be used as an antidote for ARICEPT® overdosage. Intravenous atropine sulfate titrated to effect is reco… an initial dose of 1.0 to 2.0 mg IV with subsequent doses based upon clinical response. Atypical responses in bloo… and heart rate have been reported with other cholinomimetics when co-administered with quaternary anticholinergi… glycopyrrolate. It is not known whether ARICEPT® and/or its metabolites can be removed by dialysis (hemodialysis, … dialysis, or hemofiltration). Dose-related signs of toxicity in animals included reduced spontaneous movement, pro… staggering gait, lacrimation, clonic convulsions, depressed respiration, salivation, miosis, tremors, fasciculation… body surface temperature. **DOSAGE AND ADMINISTRATION** The dosages of ARICEPT® shown to be effective in … clinical trials are 5 mg and 10 mg administered once per day. The higher dose of 10 mg did not provide a statistically s… greater clinical benefit than 5 mg. There is a suggestion, however, based upon order of group mean scores and … analyses of data from these clinical trials, that a daily dose of 10 mg of ARICEPT® might provide additional benef… patients. Accordingly, whether or not to employ a dose of 10 mg is a matter of prescriber and patient preference. Ev… the controlled trials indicates that the 10 mg dose, with a one week titration, is likely to be associated with a highe… of cholinergic adverse events than the 5 mg dose. In open-label trials using a 6 week titration, the frequency of … adverse events was similar between the 5 mg and 10 mg dose groups. Therefore, because steady state is not achi… days and because the incidence of untoward effects may be influenced by the rate of dose escalation, treatment … of 10 mg should not be contemplated until patients have been on a daily dose of 5 mg for 4 to 6 weeks. ARICEPT® … taken in the evening, just prior to retiring, and may be taken with or without food.

Eisai Inc. Teaneck, NJ 07666 · Pfizer U.S. Pharmaceuticals New York, NY 10017

200177 Revised Dece…

ARICEPT® is a registered trademark of Eisai Co., Ltd.

© 2002 Eisai Inc. and Pfizer Inc. All rights …



The sloppy flopper



The furry spotter



The snacking stainer

Introducing the 10-minute Makeover.



Your nearest and dearest can ruin your furniture in no time. And there are two things you can do about it. Replace it. Or recover it. At a fraction of the cost with ready-made machine washable Sure Fit Slipcovers. Available in a wide variety of fashionable upholstery fabrics to fit just about every type of furniture. Sure Fit Slipcovers. It's time for a change.

CALL FOR YOUR FREE CATALOG

1-888-787-3348

Ask for Dept. M115

www.surefit.com

n: Luxury Suede/Red

SURE FIT SLIPCOVERS BY MAIL

t, Inc.

Blvd.
8106



INVESTING IN Style

IT'S NOT THE MONEY—IT'S THE QUALITY THAT COUNTS. EDUCATE YOUR EYE WITH OUR PURCHASING PRIMER.

This commanding porter's settee has a $7,000 price tag. Sure it's impressively good-looking, but is it worth the credit card bill? Three factors—craftsmanship, materials, and style—will help you determine if it, or any other furnishing you're considering, is a value. Once you learn what to look for, you can buy wisely at auctions, estate sales, or straight off the showroom floor. Whether you're handing over peanuts or your paycheck, doing your homework before and during the purchasing process will pay off in a furnishing that will retain its function and looks far into the future.

This settee from Jeffco, Inc. (www.jeffco.com) is an adaptation of the porter's chairs used in lobbies of 19th-century European hotels. Its high back enabled guests to easily spot the porter. The updated version retains the original chair's dramatic height, then stretches its width for proportionate scale. In an entry, a settee is a spot of welcome and respite.

CANDACE ORD MANROE [illegible] WILLIAM HOPKINS [illegible] JOSEPH BOEHM



ergens® best lotion ever
rbs moisture deep beneath skin's surface
s even your roughest parts
so good you can't help but show it off

Jergens
Love your body.









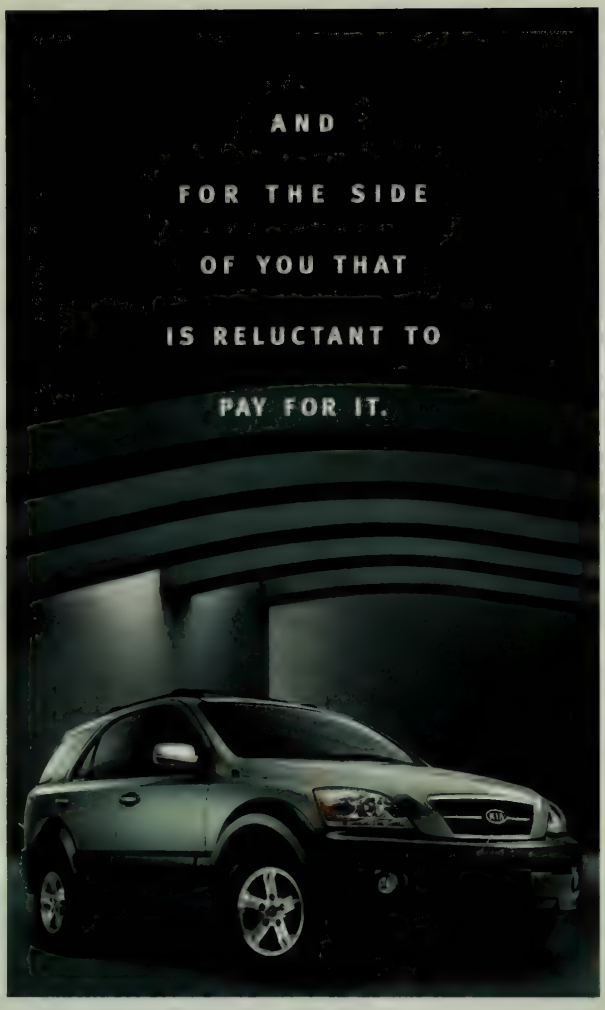
DECORATING >> from 82

To determine if a piece of furniture is worth the investment, you have to ask if it has staying power, says interior designer Doug Rasar of Doug Rasar Interiors in Bellevue, Washington. He has helped clients buy new pieces and reevaluate existing furniture for more than 20 years. According to Rasar, a piece with staying power must have inherent function and classic good looks. "New furniture should be clean-lined as opposed to trendy," Rasar says. "And it should be made of quality materials."

Quality materials and craftsmanship reveal themselves with a little prodding on the showroom floor. For example, an upholstered piece measures up if the inner padding and springs aren't discernable, and if taut, unwrinkled fabric smoothly wraps the contours. >> on 86

With its authoritative scale, this settee holds its own almost anywhere. Whether parting a room or pushed to the wall, it declares boundaries and creates an instant focal point. Pulled up to a small breakfast table as alternative seating (*above left*), the settee adds important visual weight. But in spite of its mass, it isn't claustrophobically confining or so opaque it's imposing. Caning at the top (a feature on hotel chairs that allowed the porter to stay aware of activity in all directions) lightens the look, as do the gently flared arms and tapered legs. Hand-carved by European artisans, the settee features delicate relief designs on the splayed front arms (*left center*) and the legs (*left bottom*). The tailored upholstery (*above right*), with its piped edges and plump fill, meets the same high standards. The combination of solid beech wood and blue silk is luxurious yet understated.





THE NEW, WELL-EQUIPPED KIA SORENTO. STARTING UNDER $20,000.

st, love and logic have come together in one midsize SUV. The 2003 Kia Sorento. It's got everything you could want SUV. Big V6 engine. Dual front and side curtain airbags. Power windows and locks. Automatic transmission. In-dash CD. And Kia's industry leading warranty. All standard. And, get this. The new Sorento is affordable. Reasonable. nal. However you want to say it, you can get into one for less than $20,000. To take a look, visit your Kia retailer or visit kiasorento.com. And bring both sides of you.

10 YR/100,000 MILE LIMITED POWERTRAIN WARRANTY

5 YEAR/60,000 MILE LIMITED BASIC WARRANTY
5 YEAR 24-HOUR ROADSIDE ASSISTANCE

KIA

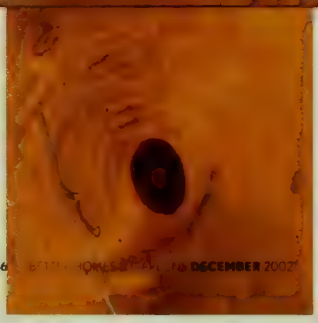
Make every mile count.

on MSRP for LX base model excluding taxes, title, license, freight, options and retailer charges. EX model shown costs extra. Actual prices set by retailer. See retailer for warranty details or go to kia.com.

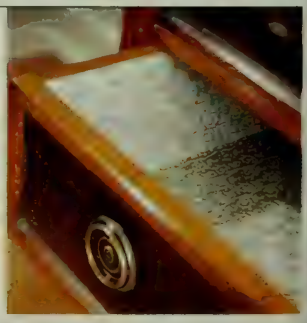
DECORATING >> from 84

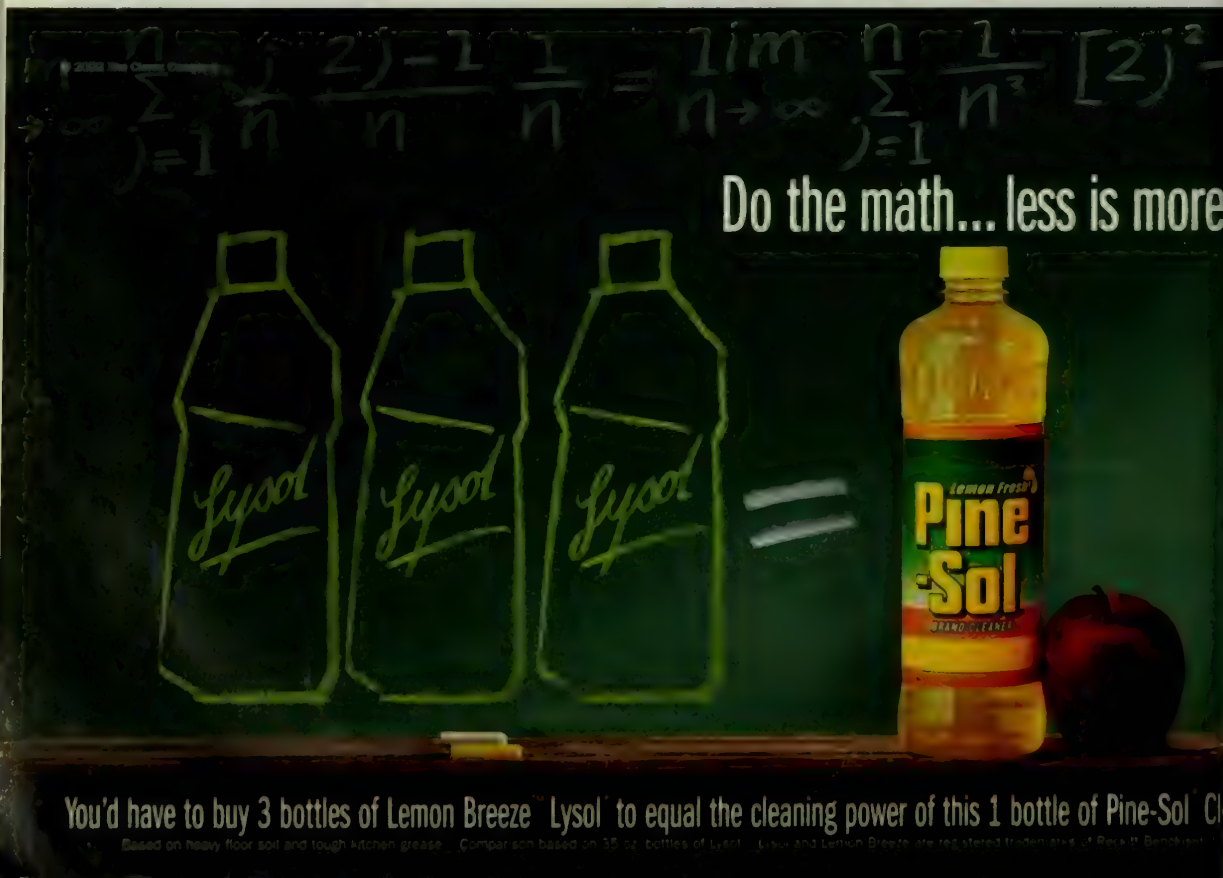


Like most investment furniture, this two-drawer chest from Milling Road ($3,511; www.millingroad.com) lends itself to many uses. Presented as a focal point, its looks count as much as its function. One reason for the chest's flexibility is its classic design, which is based on an 18th-century Tuscan chest. Perfect symmetry is fundamental to that classic character. It gives the piece a timelessness and quiet formality. A translucent stain (*below left*) lets the grain, knots, grooves, and innate texture of the maple hardwood shine as assets. The back of the chest (*below middle*) consists of the same maple hardwood—an attractive finishing touch that allows for future furniture-arranging flexibility. The chest can float away from the wall without showing a bad side. Drawers lined with scented, archival, or decorative paper (*below right*) are a luxurious touch that protect what you store inside.









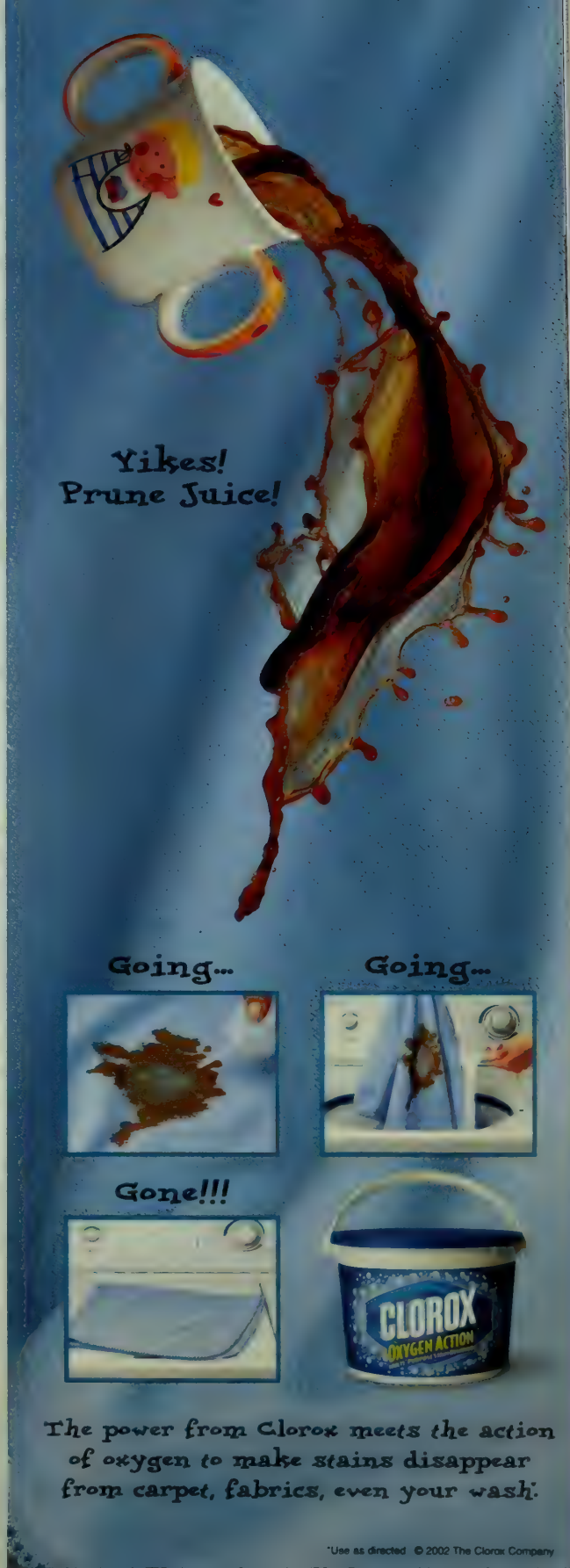


Quality, style, and design usually come with a cost. But the initial outlay is balanced by the piece's longevity, says Mikhail Dantes, of D&D Interiors in Denver, Colorado. "A lot of times, I have to persuade clients to purchase more expensive pieces because I know those pieces will look the best over the years," he says. "Rarely do I see people get tired of truly classic, well-made furnishings."

To judge well-made case goods—the industry term for all wood furniture—look at them from all angles. Check for solid-wood construction (no particleboard), a consistent finish, smooth-gliding drawers, and complementing hardware.

Investing in your home extends to all that surrounds you: Decorative accessories, artwork, fabric, and floor coverings should reflect the same level of style, craftsmanship, and materials as your furniture. "I tell my clients to resist bargains and buy the finest things they can afford," says interior designer Betty Lou Phillips of Interiors by BLP in Dallas, Texas. However, she offers this caveat: "Comfort and tastefulness are most important, not showing off high-priced opulence," she says. Rasar is familiar with this pitfall. Sometimes a client has a piece that she has spent an arm and a leg on, but it won't look good in a future decorating scheme or house, he says. >> to 88

The slim size of this Hart Associates chandelier (#1059; suggested retail $748; 800/592-3500) is unexpected—a miniature of the more massive old-world fixtures that illuminate entries and dining rooms. With just four lights, it (*above*) is trim enough to sidle up to the bed as an alternative reading light, freeing up the bedside table for other accessories.



RICELESS MEMORIES
SWEEPSTAKES

Official Rules.
No Purchase Necessary to Enter or Win. PIN-Based & International Transactions Not Eligible for Automatic Entry. Purchasing Will Not Increase Your Odds of Winning. A winner whether notified by using a MasterCard card as described below or otherwise, will be required to have executed Affidavit of Eligibility/Liability/Publicity/Release within 7 days of receipt or such prize or winning. **Eligibility:** Sweepstakes open to cardholders of MasterCard International Incorporated ("Sponsor") Project Support Team members and each of their respective parent companies, sponsors, affiliates, distributors, subsidiaries, and advertising/promotion agencies and/or those living in the same household and/or who were prohibited. This Sweepstakes is subject to all applicable federal, state and local laws and regulations. **How to Enter:** 1) Automatically receive one Sweepstakes entry for each MasterCard card purchase made between 12:00:01am Central Time ("CT") on 10/15/02 and 11:59:59pm CT on 12/31/02 ("promotion period"). Account adjustment transactions, returns, PIN-based and international transactions, late payment fees, over-limit fees, cash advances, annual fees, and/or balance transfers are not considered eligible transactions for automatic Sweepstakes entry. Entries from unauthorized card use or made with lost, stolen or fraudulent MasterCard cards are void. Winning accounts must be in good standing and not otherwise have privileges suspended. 2) Your cable or satellite service supports Wink technology, watch for selected MasterCard Priceless Memories Sweepstakes™ advertisements during the promotion period, follow the on-screen instructions provided, and press the ENTER button on your remote control during the promotional advertisement to receive one Sweepstakes entry. Limit one entry per person and per cable/satellite account per day via Wink technology. or 3) To enter the Sweepstakes without using a MasterCard card, hand print your name, complete mailing address, telephone number, age, and the first six digits of your MasterCard card account number on a plain 3" x 5" piece of paper and mail in a sealed envelope to: MasterCard Priceless Memories Sweepstakes™ PO Box 130b7 Bridgeport CT 06673-3087. Enter as often as you wish by mail, but each entry must be mailed separately to be received by 1/7/03. No photocopied, computer-generated facsimiles, mechanically reproduced or mass entries permitted. Your use of your MasterCard card to make a purchase and/or your submission of a Wink or mail-in entry constitutes your consent to participate in this Sweepstakes and your consent for Sponsor to obtain and deliver your name, address, and other information to PST for the purpose of administering this Sweepstakes and for other uses by Sponsor as permitted by applicable law. Sponsor is not responsible for lost, incomplete, illegible, late, misdirected, stolen, postage-due, or mutilated entries or mail; any error, omission, interruption, defect or delay in transmission or communication; technical or mechanical malfunctions; failures or malfunctions of phones, phone lines, or telephone systems; interrupted or unavailable cable or satellite systems; errors in these Official Rules in any Sweepstakes-related advertisements or other materials; failures of election equipment, computer hardware or software, or inaccurate entry information, whether caused by equipment programming used in this Sweepstakes, human processing error, or otherwise. Sponsor reserves the right, in its sole discretion, to void any and all entries of an entrant who Sponsor believes has attempted to tamper with or impair the administration, security, fairness, or proper play of this Sweepstakes. **Prizes:** (5) Grand Prizes: Get-together trip for winner and up to 19 guests to a single destination of winner's choice, with total trip expenses not to exceed $40,000. Trip can include but is not limited to: round-trip air transportation from nearest major airport to winner's/guest's residences in the U.S., hotel or other accommodations, ground transportation on and any other expenses related to on-site trip activities which fall within the $40,000 allocation such as, but not limited to, sightseeing excursions, food, entertainment, and spending money. Maximum retail value of Grand Prize not to exceed $40,000 (Approximate Retail Value: ARV: $40,000). All other expenses in excess of the $40,000 maximum trip expenses are the responsibility of the individual winners. All trip and on-site trip activity arrangements, including the amount of spending money, must be made prior to trip through travel agent of Sponsor's selection and PST and are subject to Sponsor's final approval. If actual trip expenses as approved by Sponsor are less than $40,000, the difference not to exceed $2,000 will be awarded to winner to be used as spending money. Trip must be completed by January 2004. Blackout dates and other restrictions may apply. or (Option 2) A one-time payment awarded in the form of a $4,000 MasterCard Gift Card in lieu of trip prize. ARV: $4,000. (1,720) Second Prizes: $200 MasterCard Gift Cards which may be used toward a get-together dinner for two. ARV=$200) MasterCard Gift Cards will expire one year from the date of issuance and other restrictions may apply. Total ARV of all prizes: $560,000. **Winner Selection:** Winners will be selected in a random drawing on or about 1/21/03 from among all eligible entries received by PST, an independent judging organization whose decisions will be final and binding in all matters relating to this Sweepstakes. Winners will be notified by telephone and/or mail. Prizes will be awarded to the primary (as determined by the MasterCard member financial institution's account records) account holder named on the account accessed by the MasterCard card used to make the entry or the individual named on the Wink account or mail-in entry. In the event a corporate MasterCard card account is selected, prize will be awarded to the individual named on the MasterCard card that is used to transact the winning entry (as determined by the MasterCard member financial institution's account records) and if awarding of prize is in conflict with corporate anti-theft policy, prize will be forfeited and an alternate winner will be selected. Odds of winning are dependent on the number of eligible entries received. Limit one prize per person, immediate family member, or household. **Miscellaneous:** No transfer, assignment, cash redemption, or substitution of prizes or portion thereof, except by Sponsor due to prize unavailability and then for a prize (or applicable portion thereof) of equal or greater value. Federal, state and local taxes and all other expenses not specified herein are winners' sole responsibility. Grand and First Prize winners will be required to execute and return an Affidavit of Eligibility, Liability/Release and, where legally prohibited, Release within 7 days of receipt or notification. Traveling companion of a minor must accept a prize on minor's behalf. If minor is traveling companion, a parent or legal guardian will be required to sign and return a Liability/Release and, where legally prohibited, Release prior to the issuance of travel documents. Non-cash prizes will be awarded to the recipient named in original notification and awarding of prize to an alternate winner if any prize notification letter or prize is returned undeliverable. Winner will be disqualified and alternate winner will be selected if, in PST's sole discretion, winner fails to comply with these Official Rules and/or Affidavit. Sponsor, MasterCard member financial institutions, PST, and each of their respective parent companies, sponsors, affiliates, distributors, subsidiaries, and advertising/promotion agencies (collectively, "Released Parties") shall have the right and permission, where prohibited by law, their name and city/state of residence (photograph and/or likeness, if awarded) and/or trade and/or any other party's entry media or format now or hereafter known without further compensation, permission or notification and the Released Parties and their designees and assigns and all of their respective officers, directors, employees, representatives and agents shall have no liability and will be held harmless for any liability, loss, injury or death to winner or any other person, including without limitation damage to personal or real property, due in whole or in part, directly or indirectly, by reason of the acceptance, possession, use or misuse of a prize or awarding any travel or prize-activity related thereto or participation in this Sweepstakes. **Winners List:** For the winners' names, send a self-addressed, stamped envelope to be received by 2/14/03 to: MasterCard Priceless Memories Sweepstakes™ Winners' List, PO Box 13086, Bridgeport, CT 06673-3086.
©2002 MasterCard International Incorporated. All rights reserved.
Sponsor: MasterCard International Incorporated, 2000 Purchase Street, Purchase, NY 10577. Void in Puerto Rico, Quebec, and wherever else prohibited by law. Mail Fraud Statute (18 USC 1341).

Consumer Disclosure: This is an offer and does not imply that you have won a prize. No purchase necessary to enter or win. Purchasing will not increase your chances of winning. Void where prohibited. PIN-based & international transactions not eligible for automatic entry. Odds: 10/15/02 - 12/31/02: Odds of winning depend on number of eligible entries received. See above for official rules and complete details. (5) Grand Prizes: Approximate Retail Value (ARV): $40,000. (1,720) Second Prizes: ARV=$200.



DECORATING >> from 87

"A room must give the impression that it has evolved over time," Phillips says. So a mix of new and old furniture is ideal. But don't just assume that what is called "antique" is necessarily timeless. "An old piece still could have been trendy in its time," Rasar says. "Either it's too ornate, or the designer didn't have function in mind." Like new furniture, antiques with simple lines, architectural trim, tapered legs, and pleasing proportions will serve you well over the years.

If you uphold the old rules of form and function when eyeing a prospective purchase, the decision should be clear cut. As Rasar says, ask yourself, "Where do you want to go with the look of your home, and what are the pieces that will look good there?"



In the bedroom, the Tuscan chest (*above*) becomes a roomy night table. New furnishings can be embellished to look aged, as though they've been in your home for aeons. Finish chicanery, such as waxy buildup around the hardware (*right*), gives a newly made piece a timeworn quality.

RESOURCES >> 241

MORE ABOUT FURNITURE DEFINITIONS www.bhg.com/glossary

a week on the slopes, all together again: $0

new skis and stylish Alpine outfits: $0

waterproof hand gear (no strings attached): $0

finally beating your brothers down the hill: priceless



PRICELESS MasterCard MEMORIES SWEEPSTAKES™

w through December 31, 2002, every MasterCard® purchase is your chance to win one of Grand Prize get-togethers. Choose the time, the place and take the people who have always tered most, and we'll cover everything you need to relive your most priceless memories.*

Over 1,000 prizes in all. It's a holiday gift to you and yours from MasterCard.

ere are some things money can't buy. MasterCard *for everything else there's MasterCard.®*

For Official Rules and complete details, visit ***www.mastercard.com***

urchase necessary Void where prohibited PIN-based & international transactions not eligible Grand Prizes not to exceed $40,000 and 19 guests each Starts 10/15/02 Ends 12/31/02 Restrictions apply See adjacent page for Official Rules & complete details © 2002 MasterCard International Incorporated



GUIDE TO THE ESSENTIAL Buffet

MOST LIKELY, YOU'LL BUY THIS IMPORTANT PIECE OF FURNITURE ONLY ONCE. ALONG WITH GREAT STYLE, LOOK FOR FORM THAT FOLLOWS FUNCTION.

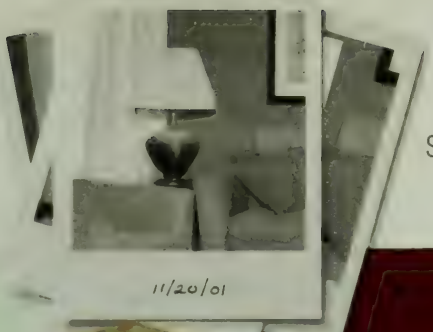
Two or three times a year, the dining room buffet claims its rightful place as the set piece for a holiday or family feast. When you decide to invest in a buffet, you'll live with your choice for a long time, so evaluate two overarching elements—style and serviceability—before you buy.

The buffet doesn't need to match your dining table and chairs, but its design will have a commanding presence in the room. Look for appropriate scale and proportion for the space, existing furniture, and traffic pattern. Given that, will the height and depth maximize your serving needs?

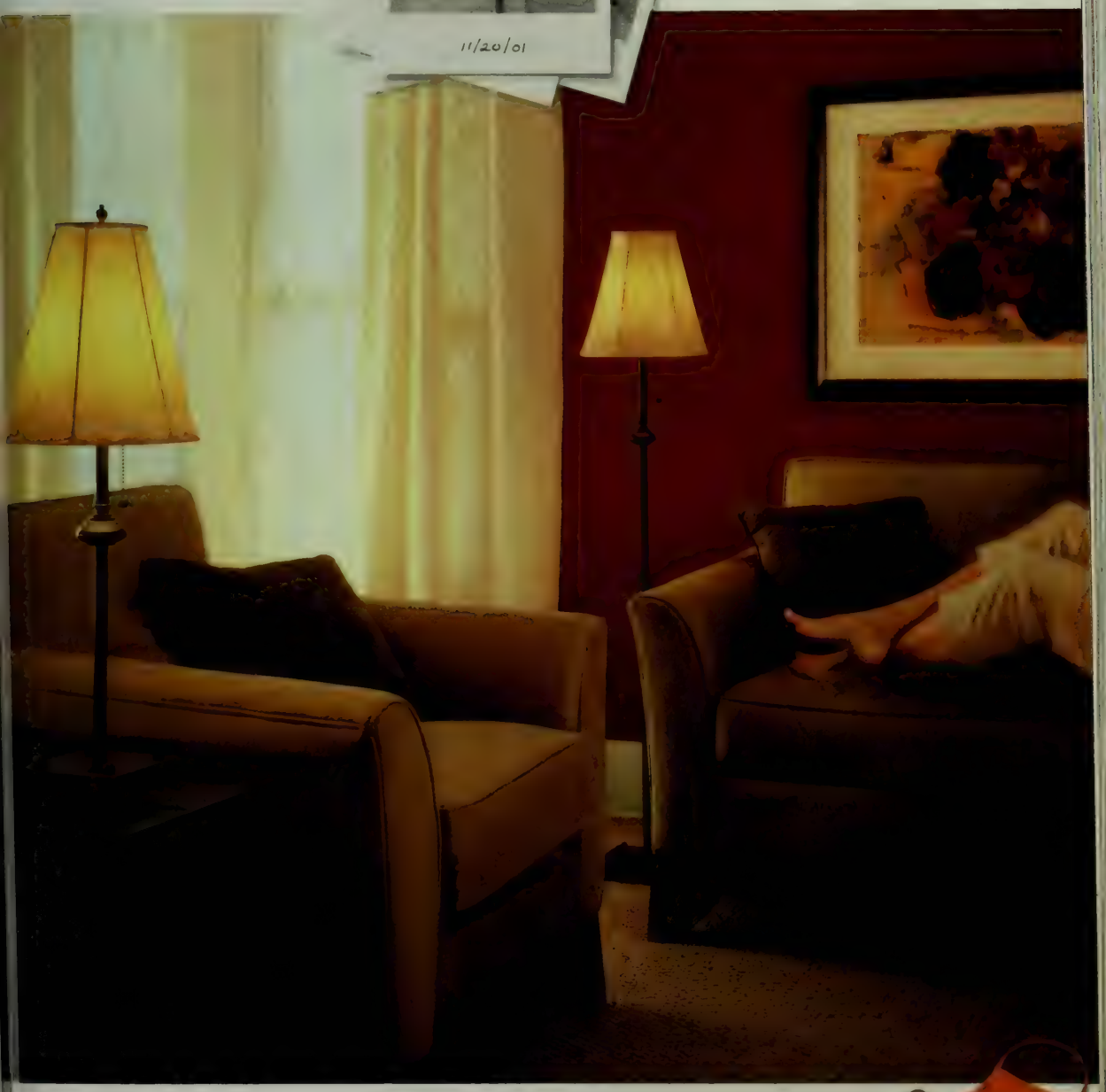
CUBING THE SQUARE The sleek sophistication of Ligne Roset's Square line mixes individual units of open shelving, drawers, and closed cabinets—you choose the elements. Here, luminous frosted-glass doors hide storage areas large enough to hold oversized serving pieces and tall vases. Leather drawer and door pulls add a luxury touch to practical hardware. Priced according to design, shown $2,880. Ligne Roset, 800/297-6738.

BY **STEPHEN EXEL** PHOTOGRAPHS BY **WILLIAM HOPKINS** STYLIST **JOSEPH BOEHM**

My remodeling needed a finishing touch. Asked an expert in an orange apron for advice.



She showed me the light.







CRAFTY ARTS

Ultimately, you'll be using the buffet for a family dinner. To set it, employ a logical progression: plates, napkins, and flatware; starters, salads, main and side dishes; then desserts. Vary the height and shape of serving pieces. Gat Creek's Berkeley server (*right*) is handcrafted to order from Appalachian cherry. $2,495; Gat Creek, www.gatcreek.com.



>> from 90

Shop around. Craftsmanship should be a key factor in your decision. Ask about finishes, construction, and joinery. Open drawers to ensure smooth gliding. Count shelves and make sure they are stable—adjustable shelves are an added bonus. Ask for an illustrated statistics sheet and tape it to the dining room wall. Live with it a few days.

Next, think about the particulars. The cabinets should be able to store a generous stack of plates, cups, saucers, and bowls. You'll want the interior to be deep or wide enough to accommodate serving platters, chargers, vegetable dishes, tureens, and even tall vases.

Drawers should be big enough to hold a collection of linens. If the silver drawer isn't divided (or lined), make sure it is large enough to hold a purchased silver organizer. Check that the silver drawer is deep enough to close without nicking the curved handle of your soup ladle. >> on 94

ORGANIZE ONCE

Keep sets of linens in place by tying with ribbons (*above*). Bamboo flatware organizers are designed to hold standard place settings and larger serving pieces. Organizers, $49 a set; Hold Everything, 800/421-2264.

PUTTING IT AWAY

Placing drawers across the top of this buffet (*right*) nearly doubles its cabinet space . The buffet's extra depth (19 inches) works hard: large platters can fit comfortably on top and are easily stored below.



Winston

Evo Flask

SUPER PREMIUM BLENDS

CRUSH PROOF • CURVED TO FIT • WATER RESISTANT



ADDITIVE FREE
NATURALLY SMOOTH

. 0.9 mg. nicotine av. per cigarette by FTC method.
oduct information, visit www.rjrt.com.

If you can't find Winston Evo Flask in your area, call 1-800-862-2226. Calls limited to smokers 21 years of age or older.

RGEON GENERAL'S WARNING: Smoking uses Lung Cancer, Heart Disease, physema, And May Complicate Pregnancy.

No additives in our tobacco does **NOT** mean a safer cigarette.

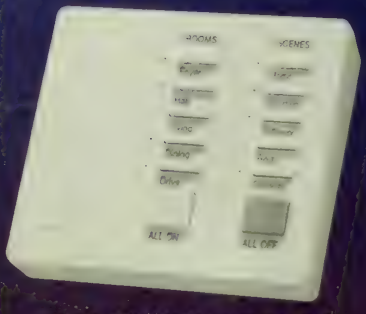
©2002 RJRTC

RadioRA® Car Visor Package

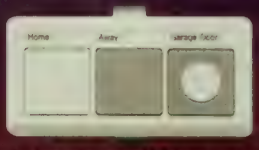
Model # RA-SPCL-STR-1 lets you:



Control lights throughout your home
(5 Dimmers included)



Control lights from your bed
(1 Master Control included)



Turn lights on or off from your cars
(2 Car Visor Controls included)

Additional packages allow you to:

- Control every light in your home without rewiring
- Link your lighting to your security system
- Control lights with a time clock. Lights will always come on by sunset
- Control your lights from a telephone

For a free video, visit our website at www.lutron.com/bhg4 or call us at 1-877-2LUTRON, Ext. 604

LUTRON®
Innovations in Lighting Control

ITALIAN CHARMS

Crate and Barrel's Pranzo buffet (*right*) is an accommodating housemate. It's extra long (74 inches) to hold big feasts, has deep drawers for stacking linens, and is tall for good storage. The glass-front cabinets lock to keep out curious little hands. $999; Crate and Barrel, 800/323-5461.





UPWARD MOBILITY

There's no cramping on style if you're cramped for space with Ethan Allen's Georgian Court server. The top flips open, and the whole unit sits on cleverly hidden casters. The 60-inch open top has a laminate surface to handle hot dishes and ease cleanup. $1,749; Ethan Allen, www.ethanallen.com.

FURNISHINGS >> from 92

Once the buffet becomes part of your home, you'll have a superb surface to display a treasured piece of china, coffee or tea service, collection of candlesticks, or framed photos. Add seasonal touches with flowers, or fresh fruit or vegetables.

Long before 20th-century architect Louis Sullivan put the thought into words, the buffet was a prime example of his "form follows function" design maxim. The modern buffet—service piece and storage cabinet all in one—has its origins in the Middle Ages, claiming a tiered arrangement of shelves used for displaying plates (a "buffet") and a short case piece (a "cup board") in its lineage.

By the 18th century, the sideboard, incorporating serving surface, cabinets, and drawers, had become a permanent fixture in the dining hall. In the southern United States, the leggy hunt table made its appearance: a tall, narrow table meant to accommodate huntsmen who spent the day on horseback and preferred to eat standing.

As was their wont, the Victorians went for buffets of massive scale, adding overhead cupboards that climbed to the ceiling. The 20th-century modernists naturally took it all apart, resulting in the popularity of the separate hutch and buffet.

RESOURCES >> 241

RadioRA. LETS YOU LIGHT UP YOUR HOME FROM THE COMFORT AND SAFETY OF YOUR CAR





Car Visor Control

ENHANCE YOUR FAMILY'S SECURITY AND CONVENIENCE WITH A RadioRA HOME DIMMING SYSTEM

- Controls your lights from anywhere... – car, bedside, front door, telephone
- Installs easily in any home without rewiring
- Integrates lighting with your security system

For a free video, visit our website at www.lutron.com/bhg4 or call us at 1-877-2LUTRON, Ext. 604

LUTRON

Innovations in Lighting Control

Delicious Cholesterol Free Baking.

Create great tasting treats this holiday with naturally cholesterol free Fleischmann's® stick products – the perfect compliment to your healthy lifestyle!



CHOLESTEROL FREE CHOCOLATE-GLAZED SHORTBREAD

1. Cream together Fleischmann's margarine and

2. Form half of the dough into an 8-inch long log. Flatten the dough to 1/2-inch thick. Slice

an ungreased cookie sheet. Repeat with second

until pale golden brown. Cool.



Fleischmann's

HOLIDAY IDEAS

With the holiday season upon us, every hostess needs inspiration. Here are three wonderful sources—*Better Homes and Gardens®* books with the best ideas for decorating, crafts, and foods.

Mix and match, and save! One book costs $37.95; additional books to the same address are $30.00 each. Prices include shipping, handling, and applicable sales tax.



BRAND NEW

New this season from *Better Homes and Gardens®* Books, ***Christmas Comfort & Joy*** is a 288-page hardcover edition with lots of ideas for saving time, avoiding hassles, and reducing the stress of preparations. Color photos highlight more than 500 new ideas for seasonal crafts, foods, and decorating projects.



SPIRIT OF THE HOLIDAYS

Christmas All Through the House captures the holiday spirit with more than 300 make-it-yourself crafts, decorating ideas, and recipes. This 320-page hardcover book features over 400 beautiful color photos and illustrations.



FESTIVE IDEAS

Holiday Inspirations is the ultimate holiday book—with chapters devoted to decorating your home, cooking fabulous goodies and meals, and creating make-it-yourself gifts for kids and adults. This hardcover book has 320 pages.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, send a check to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 0212, Box 9128, Des Moines, IA 50306-9128. Or visit our site on the Internet at www.bhgcatalog.com.



ADDING Warmth & White

A DARK, CRAMPED, 50-YEAR-OLD KITCHEN GAVE WAY TO A COZY, BRIGHT HUB THAT WELCOMES A NEW YORK FAMILY TO GATHER AND COOK.

A raised hearth and an extra-large firebox bring views of a roaring fire to the entire kitchen. The fireplace's sculpted limestone surround complements the pale terra-cotta tile floor, off-white walls, and dark-stained antique English table. Even a large pendant fixture, an antique the homeowners acquired years ago, blends into the neutral scheme.

BY **SHAWN GILLIAM** PHOTOGRAPHS BY **TRIA GIOVAN** PRODUCED BY **BONNIE MAHARAM**

Plenty of cooking space was Betty and Stuart Cotton's top request as they remodeled their kitchen. The room was too small for the two of them to work comfortably together, and it lacked the warmth they expected of a space where they spent so much time. "We love to huddle in the kitchen," Betty says.

Architects Paul Benowitz and Dipti Shah doubled the kitchen's size by merging it with an adjacent breakfast room. They then worked the kitchen around a commercial range, which is large and powerful enough to suit the Cottons' cooking needs. "It's a true industrial oven," Benowitz says. "Building codes required us to plan a fire separation between the range and the cabinets, and the sides of the cabinets were tiled for flame prevention."

The enlarged space also opened up to the backyard through a 14-foot-long wall of windows and French doors. Now sunlight joins a fireplace in warming the room. "Most families spend a great deal of treasured time in the kitchen," Benowitz says. "It's where the mail is opened, the papers are read, and families gather for breakfast. It's a real comfort zone, so we might as well make it wonderful."



European country style plays out in the kitchen through such details as a pot rack atop the island, a shelf above the range, and a view above the sink. Even ordinarily shiny surfaces—the high-gloss cabinets, the brass hardware, and the stainless-steel and copper cookware—take on a look that is soft rather than slick.


Monique GRIZZLY

Sunlight permeates the entire kitchen thanks to the open floor plan. The upper cabinets suspended above the sink peninsula feature glass fronts and backs so light can filter through. Off-white walls and cabinets pool the light, but architectural details prevent them from disappearing into the background. Raised-panel doors, tongue-and-groove paneling on the island's back and sides, and generous crown moldings add subtle shadow lines to the scheme.

But function is never far away. "We needed a desk area as our operation base," Betty says. The architects worked a desk, along with ample drawers and bookshelves, into the innermost part of the kitchen—just around the corner from the home's main hallway. An efficient bar, complete with sink and glassware cabinet, makes good use of an adjacent slice of narrow space.

RESOURCES >> Z22



An eating area and desk occupy kitchen space but are slightly separated from the work core. The desk (*top*) angles into a corner between sets of French doors leading to adjacent rooms—and well away from the messes of meal preparation. Likewise, the eating area is sheltered from dirty pots and pans thanks to a backsplash ledge at the sink peninsula (*above*).



RIVALS YOUR FINE ANTIQUES.

Resist the urge to put it in your living room.



THE Standard™ COLLECTION

VINTAGE REISSUES EXCLUSIVELY FROM AMERICAN STANDARD.







Our complete collection of vintage products from 1922 includes a variety of coordinated fixtures, faucets and accessories.

Our collection of vintage reissue bathroom fixtures is so authentic, it seems a shame to put them only in the bathroom. We've found our original designs for these pieces, first made in 1922. So you get the vintage look but with today's high-performance features. Our faucets, for example, are designed not to stick, rattle or bind for a lifetime of smooth operation. Vintage reissues from American Standard. You might say they're "Back by Popular Demand." See it all exclusively at The Home Depot® and EXPO® Design Center, or visit us at americanstandard-us.com or call 800-524-9797 ext. 1722.





American Standard

NEW STANDARDS FOR LIVING.™

SERVING
OVERPROTECTIVE
PARENTS
SINCE 1935.

NOW AVAILABLE WITH

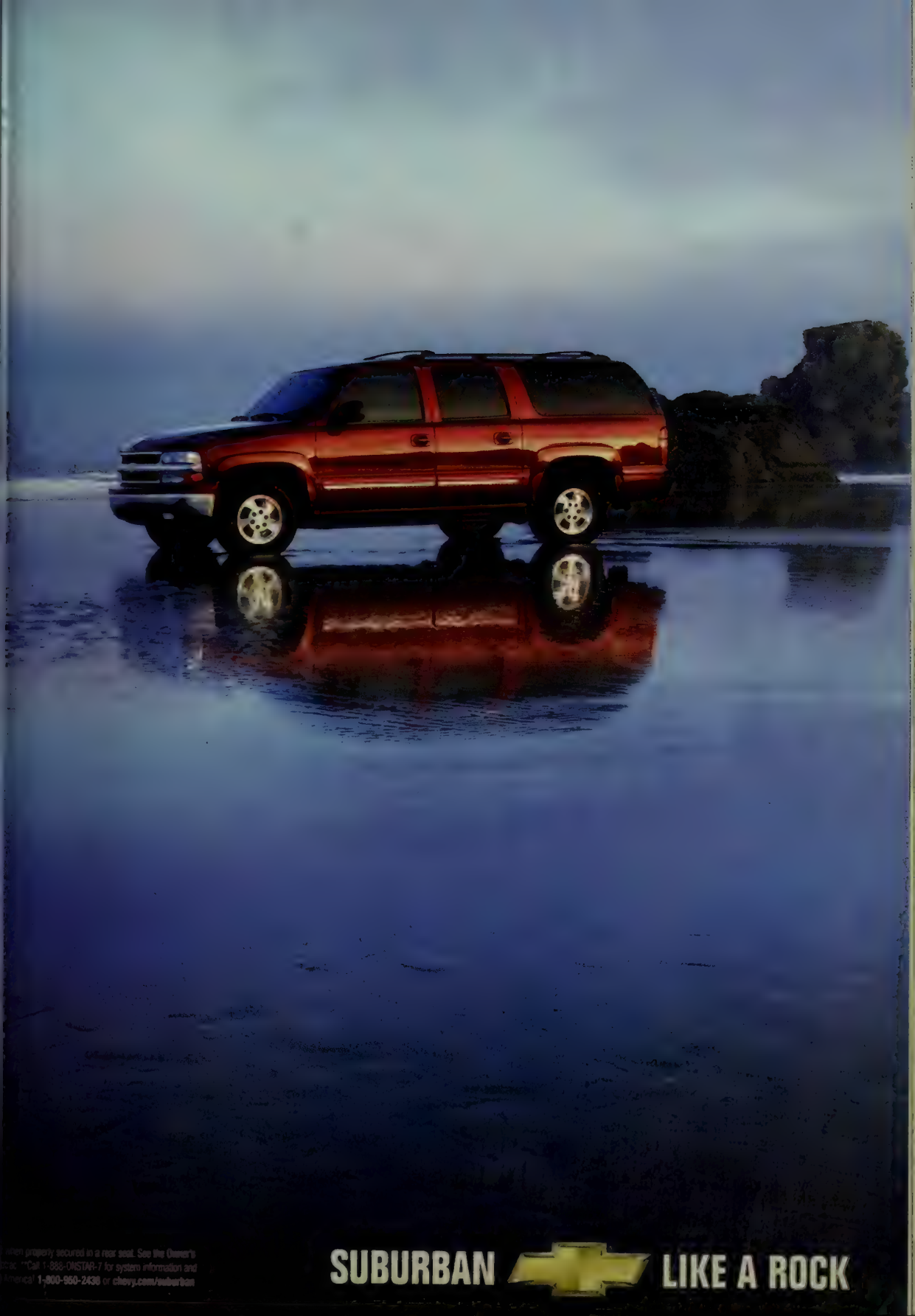
LEVEL FRONT AIR BAGS*

PASSENGER SENSING SYSTEM

STABILITRAK®



*Always use safety belts and proper child restraints, even with air bags. Even with the Passenger Manual for more safety information. †Available only on Hart-Ion models. Not available with details. Vehicle shown with available equipment. Cadillac is a registered service mark of


SUBURBAN
LIKE A ROCK



TOGETHER IN Sunshine

THIS FAMILY-FRIENDLY SUNROOM OPENS WIDE TO A DECK, BRINGING LOADS OF NATURAL LIGHT INTO SUE AND CHRIS REYNOLDS' ATLANTA HOME.

The sunroom—with its 12-foot ceiling, built-in window seat, bookcases, and media cabinet—handles a movie screening for two as comfortably as it accommodates 50 guests for the Reynolds' annual crawfish boil. "We can open the two sets of French doors, and it really creates a great flow," says homeowner Chris Reynolds. The window seat stores board games and puzzles.

BY **JAMES A. HUFNAGEL** PHOTOGRAPHS BY **EMILY FOLLOWILL** PRODUCED BY **LISA MOWRY**



Robust, elegant and with a lasting finish.
Exactly what one desires in a range.

FULL - BODIED



Savor the perfect blend of professional style and performance with the Jenn-Air 48" Pro-Style Range. Six 15,000 BTU burners offer precision flame control, and a high-performance convection oven and secondary oven produce gourmet results for gatherings of any size. For more information, visit jennair.com or call 1-800-Jenn-Air. And indulge your taste for the finer things.

JENN-AIR

ash Required

BETTER BY DESIGN >> from Z8

Sue and Chris Reynolds' sunroom stands tall on the site of what was once a seldom-used patio. "It was too hot, and because it was made of concrete, it just wasn't friendly," Sue says. Now, big windows and French doors—with transom windows above them—open to a spacious deck that boasts built-in seating and a narrow arbor.

Architect Kimberly E.S. Bornstein, who is Sue's sister, collaborated with the Reynolds family in planning the 400-square-foot addition connected to an existing family room. Bornstein carefully matched windows, siding, and roofing to the two-story house. Sturdy railings encircle the adjoining deck, which is situated less than one foot above ground level. >> on Z12



Adding what amounts to two new rooms—one indoors and another outside—opened the Reynolds' home (*above*) to sunshine and views of a wooded setting. Although the sunroom itself is bright and cheery, Sue, Chris, and daughters Megan and Katie (*right*) spend lots of time on the deck during mild-weather months. An arbor provides partial shade.



) AM 6:07 6:14 6:21 6:28 6:35 6:42 6:49 6:56

Be lost in Luxury Sateen, sheets with 400 exquisitely soft threads. WAMSUTTA. Indulge Yourself.

www.wamsutta.com



BETTER BY DESIGN >> from Z10

With the sunroom now serving duty as a place to play games or watch a show, Sue and Chris decided to turn their old family room into a library for their collection of books. The couple added floor-to-ceiling bookshelves modeled after the cabinets in the sunroom, and they installed new molding along the ceiling and baseboard. A crisply painted fireplace mantel better matches the new woodwork. Even the old carpeting came up; in its place is oak-strip flooring that extends into the sunroom addition. "It's such a great, warm room to snuggle up in, especially with a fire going," Sue says.

A wide passageway (*above*) connects the library to the sunroom and a doorway opening onto the deck. Doors and windows on the opposite side of the room access the driveway (*left*).

RESOURCES >> Z22











1950's AMERICANA. ANOTHER ITALIAN INNOVATION.

Original Retro Collection by DēLonghi. 1955 on the outside. 2002 on the inside.

...appens when you combine American nostalgia with forward-thinking Italian technology? The coolest kitchen ...nces this side of atomic design. Like our new streamlined convection oven with an easily removable rotisserie ...nd our retro percolator with cordless base and adjustable thermostat lets you have coffee where you want ...r you want it. With their great looks and superior performance, it's no wonder ...ies are back in style. (Are letter sweaters and poodle skirts far behind?)

DēLonghi
Living Innovation



For more information, call 1-800-322-3848.

Available at: *Bed Bath & Beyond • Bloomingdale's • Chef's Catalog*
Linens 'N Things • Macy's



DēLonghi

www.delonghi.com



x 7 =



*Available on select Town & Country models


OWN & COUNTRY
omfortable, luxurious seating for seven. The industry's only
mote power dual sliding doors and liftgate,* Three-Zone
utomatic Temperature Control System, and a movable, pow-
ed center console. It elevates the art of the piggyback to a
hole new level. Call 1.800.CHRYSLER or visit chrysler.com.
CHRYSLER
Drive=Love



MASTERING A His & Her BATH

THE TWO PERSONAL BATHS IN THE POLLEY'S SARASOTA, FLORIDA, HOME MIRROR THE PERSONALITIES OF THEIR OWNERS: COMPATIBLE, BUT HARDLY IDENTICAL.

Furniture-like cabinetry with exposed hinges, neatly mitered baseboard moldings, and a distressed-finish, raised-panel design gives Chari Polley's bath a feeling of comfortable elegance. A wood-paneled tub surround echoes the cabinetry. Dual-height, honed-marble surfaces—countertop height at the sink, desk height at the vanity—make for good ergonomics as well as good looks.

BY **DAN WEEKS** PHOTOGRAPHS BY **ROBERT MAUER** PRODUCED BY **SALLY MAUER**

sonicare

Brush.

Clean.

Whiten.

Smile.



WHITER, HEALTHIER TEETH IN 28 DAYS GUARANTEED.

The simple truth is all power toothbrushes are not created equal. Sonicare has patented sonic technology. Its bristle tips move 3 times faster than other leading power toothbrushes to create dynamic cleaning action. Sonicare cleans so effectively it naturally whitens teeth by removing 80% of coffee, tea and tobacco stains. Ask your dentist or hygienist about Sonicare.

PHILIPS sonicare
the **sonic** toothbrush

www.sonicare.com - AOL Keyword: sonicare

BETTER BY DESIGN >> from Z16

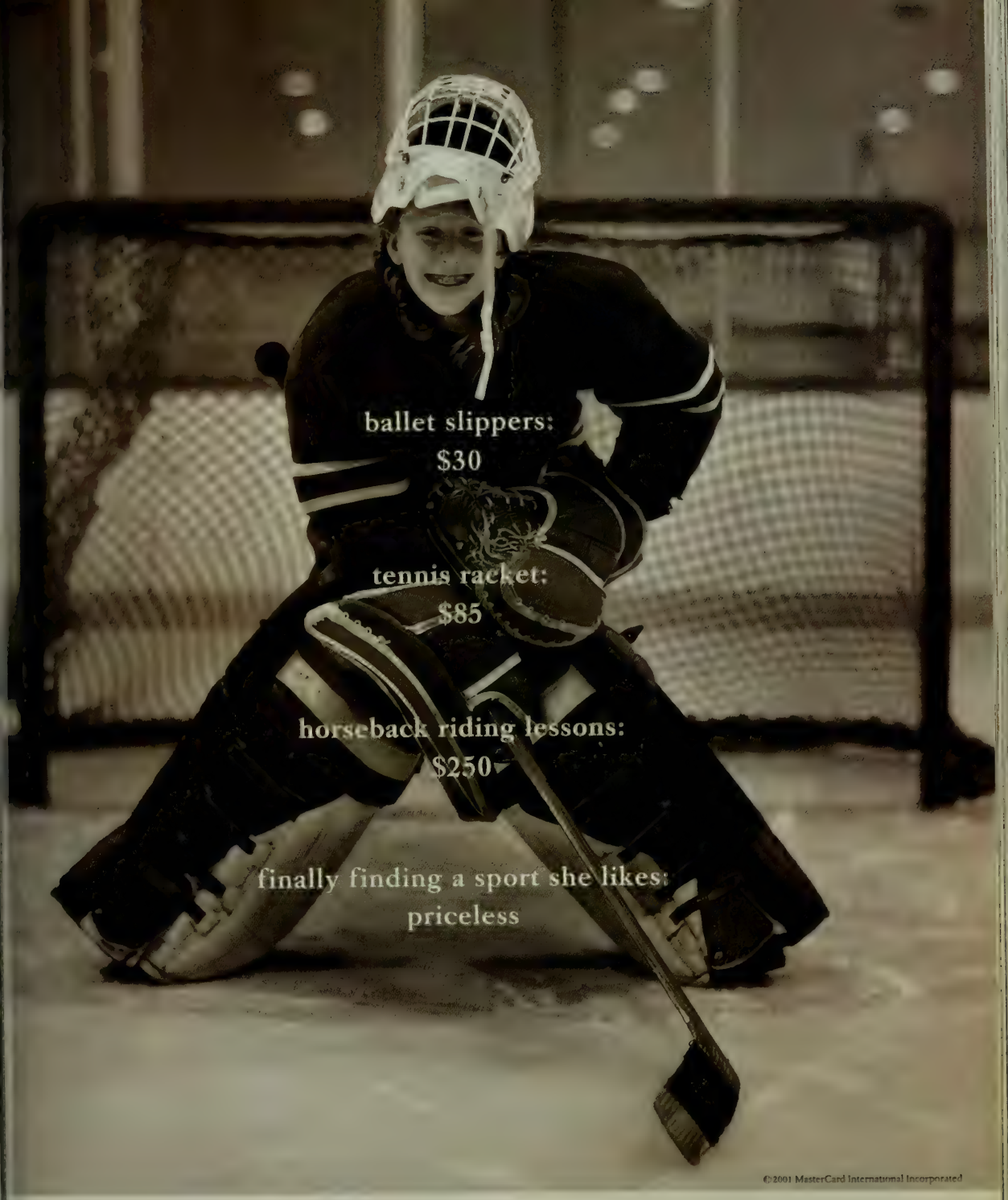
Chari Polley likes light and cottagey furniture. Her husband, Bud, likes dark, clubby rooms with lots of mahogany. She likes a tub. He likes a shower. So were these opposing preferences a problem when they designed their bathing area? Not at all.

This couple had originally planned to build a single master bath in their new waterside home, but decided that side-by-side dual baths would better serve their needs. Each room is self-contained, and each expresses its owner's distinctive style and preferred color palette. Yet the two rooms share just enough carefully chosen materials and design elements that the results are simpatico: Both baths are distinguished by honed marble countertops, cabinetry that looks like fine furniture, and mosaic tile treatments that add subdued elegance.

The two baths cleverly connect at a corner shower (see floor plan, *page Z20*). The shower provides an interesting intersection that increases the master bath's functionality by separating the lavatories from the bathing areas and toilets. This is an effective floor plan solution for those morning moments when multiple family members want to use the bathroom at the same time. >> on Z20



Chari's tub, enclosed in furniture-grade paneling topped with marble mosaic tile, is just around the corner from the marble-tiled double shower that connects both baths (*top*). Also in her bath is this convenient hair-dryer drawer (*above*) that has a built-in outlet, so the appliance's cord is always tucked neatly away instead of draping across the counter.

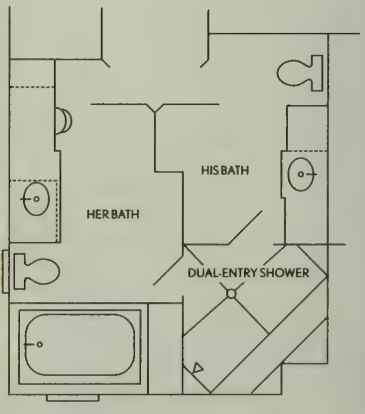


©2001 MasterCard International Incorporated

ng to deck her out from head to toe all over again? Well, visit thehockeydepot.com and get 20% off any order of 75 or more when you use MasterCard.® Just sign up with MasterCard Exclusives Online™ at mastercard.com

there are some things money can't buy. MasterCard for everything else there's MasterCard.™





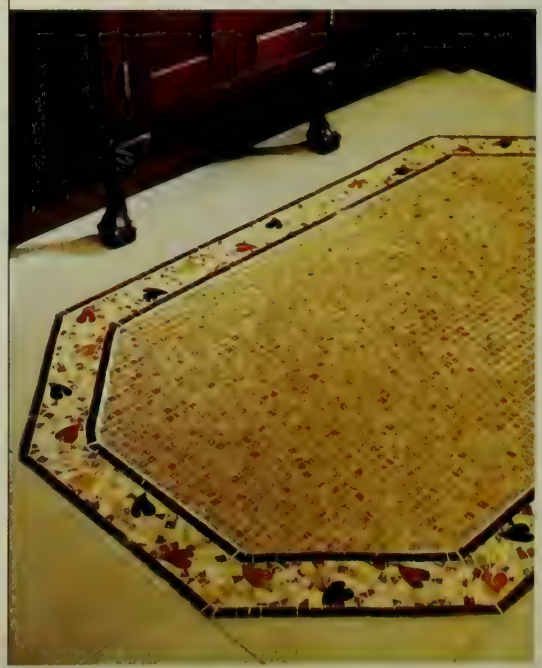
BETTER BY DESIGN >> from Z18

Details tie the two rooms together. They share an oil-rubbed bronze finish on the fixtures, the matte treatment of the marble, and some of the same floor tiles. Still, when Chari or Bud walks out of one of the two shower doors, there's no doubt which bathroom he or she is in.

Bud likes his rooms dark and dramatic (*above*). He chose rich mahogany for the recessed paneling on the vanity, which is topped with deep-green marble. Ball-and-claw feet are finishing touches for the cabinetry, much the way cuff links complete the look of a starched white dress shirt. Also in his bath, a rug mosaic (*right*) embellishes the marble-tile floor. The two baths (see floor plan, *above right*) are ingeniously joined by a two-person 5×7-foot shower with seating and a recessed alcove that holds bathing necessities.

RESOURCES >> Z22

MORE ABOUT INSPIRING BATH IDEAS, www.bhg.com/baths





JEEP GRAND CHEROKEE.
STILL THE BEST INSURANCE POLICY OUT THERE.



Selec-Trac® 4WD | Anti-lock brake system | Quadra-Coil™ multi-link suspension | Multistage driver and front passenger air bags* | Supplemental side curtain air bags*† | Come hell or high water, you're prepared. | **jeep.com**

ONLY IN A Jeep®

eep is a registered trademark of DaimlerChrysler. *Always use seat belts. Remember, a backseat is the safest place for children 12 and under. †Optional.



RESOURCES

SOME OF THE PRODUCTS SHOWN EDITORIALLY IN THE BETTER BY DESIGN SECTION OF *BETTER HOMES AND GARDENS*® MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION, CONTACT ANY OF THE MANUFACTURERS LISTED BELOW.

ADDING WARMTH AND WHITE

Page Z1: windows and doors—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 888/537-8268; www.marvin.com. **Ceiling lighting**—Lightolier Inc.; 800/215-1068; www.lightolier.com. **Tile floors,** pale terra-cotta—Country Floors Inc.; 800/311-9995; or their Web site: www.countryfloors.com.

Pages Z2-Z3: custom cabinets—Colonial Cabinets, 145 Water St., Norwalk, CT 06854; 203/866-5844. **Granite counters** (Pink and Gray)—DJA Marble, 160 Theodore Frend Ave., Rye, NY 10580; 914/967-6846. **Pot rack**—Enclume Design Products, Inc.; 877/362-5863; www.enclume.com. **Range,** Grizzly Series—Montague Co., P.O. Box 4954, Haywood, CA 94549; 800/345-1830. **Kitchen faucet**—Chicago Faucets; 847/803-5000; www.chicagofaucets.com. **Dishwasher**—KitchenAid; 800/422-1230; www.kitchenaid.com. **Sink**—Elkay Mfg. Co.; 630/574-8484; www.elkay.com. **Tile floors,** pale terra-cotta—Country Floors Inc.; 800/311-9995; www.countryfloors.com.

Page Z3: faucet—Chicago Faucets; 847/803-5000; Web site: www.chicagofaucets.com. **Tile floors,** pale terra-cotta—Country Floors Inc.; 800/311-9995; www.countryfloors.com. **Ceiling light**—Lightolier Inc.; 800/215-1068; www.lightolier.com. **Windows and doors**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/268-7644; www.marvin.com.

TOGETHER IN SUNSHINE

Page Z8: paint, "Clarksville Gray"—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com. **Sofa fabric,** "Burnmoor" (Wine); **pillow fabric,** "Colchester" (Gem)—Sherrill Furniture Co.; 828/322-2640; www.sherrillfurniture.com. **Rug,** Samovar, "Persian Vase"—Karastan; 800/234-1120; or see their Web site: www.karastan.com. **Coffee table**—Henredon Furniture Ind., Inc.; 800/444-3682; or see their Web site: www.henredon.com.

Page Z10: deck pillows and cushions—Pier 1 Imports; for a local retail store call 800/447-4371; or see their Web site: www.pier1imports.com.

Page Z12: paint, "Country Redwood"—Benjamin Moore; for a dealer near you call 800/826-2623; Web site: www.benjaminmoore.com.

MASTERING A HIS-AND-HER BATH

Page Z16: cabinets, 42 Series—Woodmode; 800/635-7500; Web site: www.wood-mode.com. **Countertop,** honed Rosa Verona marble—European Marble, 1820 N. Lime Ave., Sarasota, FL 34234-7626; 941/955-9536; Web site: www.europeanmarbleco.com. **Faucet,** Group USA, oil rubbed bronze—The Plumbing Place, 5678 Fruitville Rd., Sarasota, FL 34232; 941/378-5678. **Window Treatment**—Susan Hritz Interiors, 993 S. Orange Ave., Sarasota, FL 34236; 941/366-2641. **Windows**—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Tub,** Ultra Bath (Biscuit)—American Standard, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/524-9797, ext. 199; Web site: www.americanstandard-us.com. **Toilet** (Biscuit)—Porcher; 800/359-3261. **Tile**—Southwest Tile Designs, 4034 Washington Blvd., Sarasota, FL 34234-4847; 941/355-8373. **Chair**—Susan Hritz Interiors (address above).

Page Z18: tile, custom—Southwest Tile Design (address above). **Tub** (Biscuit)—American Standard (address above). **Countertop,** honed Rosa Verona marble—European Marble (address above). **Cabinets,** 42 Series—Woodmode; 800/635-7500; or their Web site: www.wood-mode.com.

Page Z20: cabinets—Woodmode; 800/635-7500; Web site www.wood-mode.com. **Countertop,** Honed Esmeraldo marble—European Marble (address above). **Mirror, light fixtures**—Lighting Galleries, 3904 Bee Ridge Rd., Sarasota, FL 34233-1203; 941/923-1418. **Towel ring, faucets,** Group USA, oil rubbed bronze—The Plumbing Place (address above). **Tile**—Southwest Tile & Design (address above).

ARCHITECT/DESIGNER

ADDING WARMTH AND WHITE

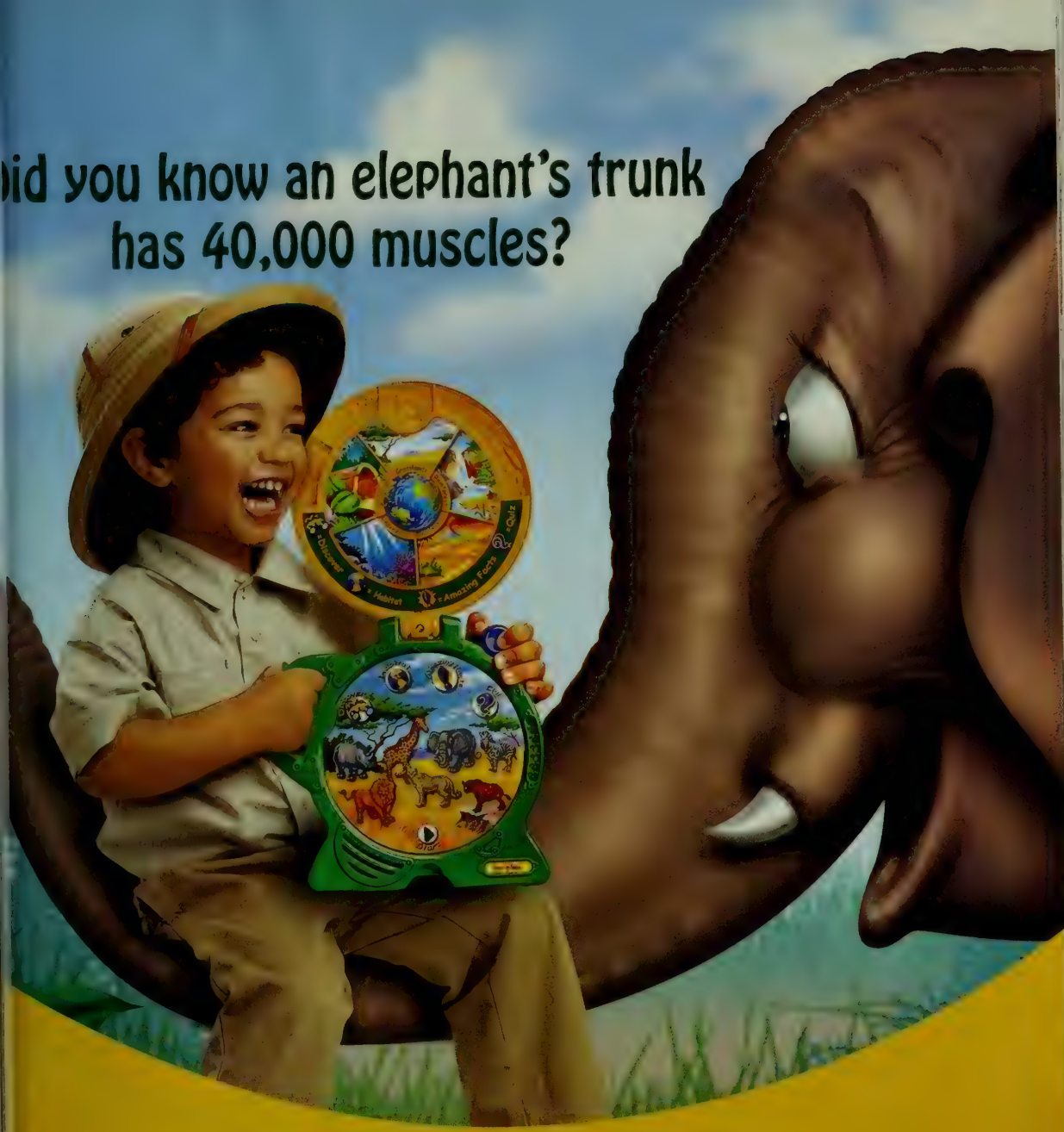
Pages Z1-Z4: architect—Paul Benowitz and Dipti Shah, Paul Benowitz Architects, 55 Locust Ave., Rye, NY 10580; phone: 914/967-0557.

TOGETHER IN SUNSHINE

Pages Z8-Z12: architect—Kimberly E.S. Bornstein, 120 Nesbit Ferry Pl., Atlanta, GA 30350; 770/730-9778. **Contractor**—Tom Dwyer, Harbour Towne Construction, 3990 Flowers Rd., Suite 510-A, Atlanta, GA 30360; 770/455-1930.

MASTERING A HIS-AND-HER BATH

Pages Z16-Z20: architect—Clifford M. Scholz, AIA, 7013 South Tamiami Trail, Sarasota, FL 34231; 941/923-2400. **Interior decorator**—Susan Hritz Interiors, 993 S. Orange Ave., Sarasota, FL 34236; 941/366-2641; e-mail: sehritz@aol.com. **Certified bath/kitchen designer**—Melissa Cook Bart, CKD, Renaissance Design Studio, 239 W. Miami Ave., Venice, FL 34285; phone: 941/412-0775.



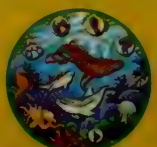
With the See'n Say® Animal Explorer,™ kids learn over 200 amazing animal facts.

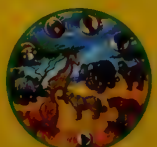
They'll explore 5 wild animal kingdoms on 5 different discs. Realistic sounds will stir their senses as they learn about 35 animals through 4 exciting modes. And, it's built for travel, so kids can go exploring wherever they go.


Rainforest


Insects & Arachnids


Prehistoric


Under Water


Grasslands

See 'n Say®

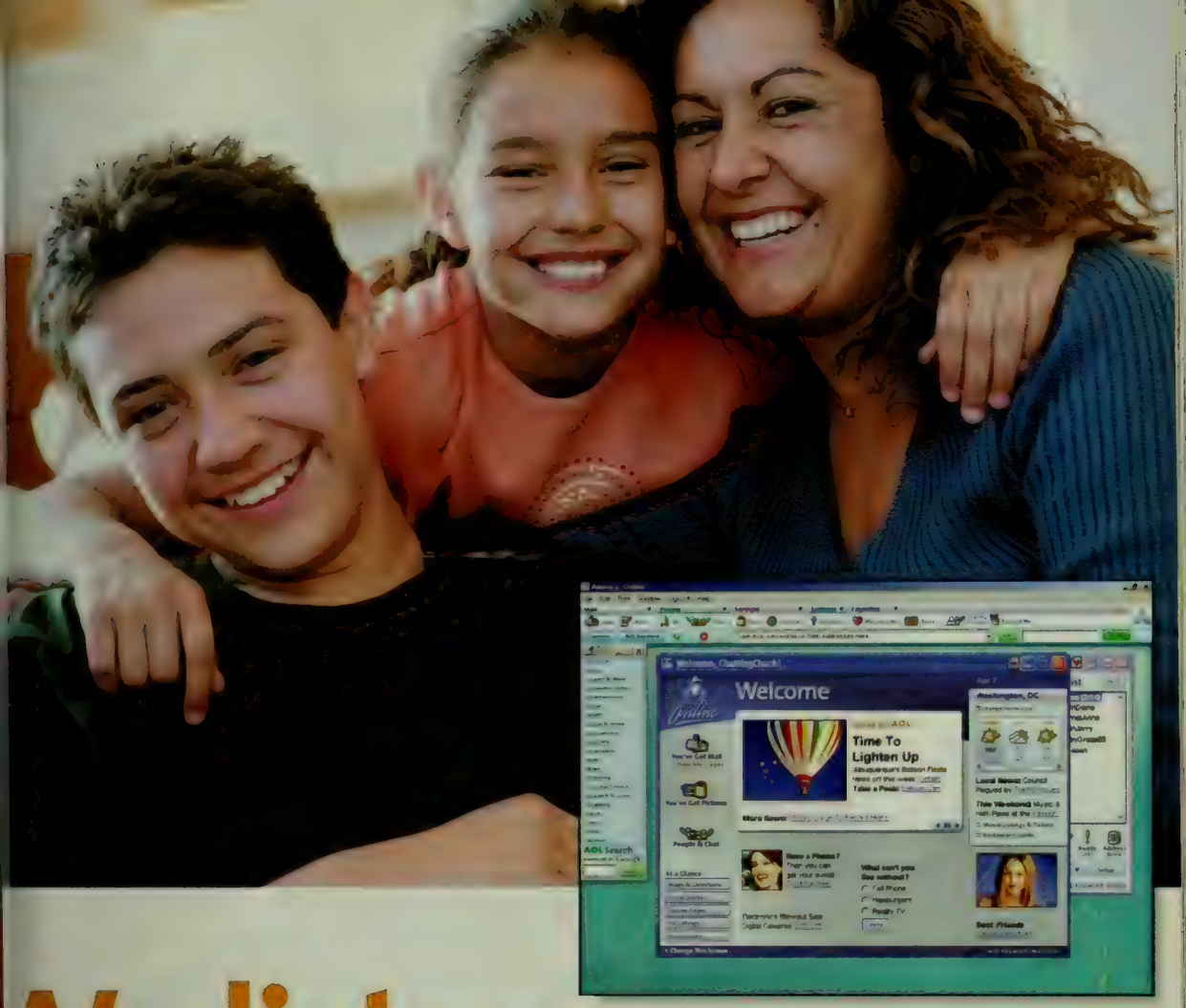
Fisher-Price

www.fisher-price.com

¡Gracias Mamá!



Lunchables



We listen.

ew **AOL 8.0** is here – and it's everything you asked for!

- Better Parental Controls helps safeguard your kids online
- Enhanced e-mail puts you in control
- Never miss another important event in your life with new AOL Alerts & Reminders
- Choose your AOL Welcome Screen to feature your interests
- Improved AOL Search gets you to what you're looking for fast
- AOL 8.0. Connecting you to the people and things you care about

AMERICA Online

So easy to use,
no wonder it's #1

Call 1-800-4-ONLINE today

for FREE AOL software and 1025 hours to try it out! for 45 days

UR FREE TRIAL MUST BE USED WITHIN 45 DAYS OF INITIAL SIGN-ON. TO AVOID BEING CHARGED FUTURE AOL FEES, SIMPLY CANCEL BEFORE TRIAL PERIOD ENDS. Avail. to new members in the US, age 18+, a major credit card or checking acct. is Premium services carry surcharges and communication surcharges may apply, in certain areas, including in AK, even during trial time. Members may incur phone charges on their phone bills, depending on their calling plan and location, even dur- me. America Online, AOL and the Triangle Logo are registered service marks of America Online, Inc. ©2002 America Online, Inc. All rights reserved.



BREWING UP EURO Flavor

INSPIRED BY HER ANNUAL JUNKETS TO PARIS, INTERIOR DESIGNER LINDA GOLDEN BRINGS CRISP CONTINENTAL STYLE TO HER REMODELED DETROIT HOME.

A professional-grade stainless-steel range backs up to vintage subway tiles, and is surrounded by well-used hanging pots and pans, plus Linda's favorite accoutrements for seasoning meals. The timeless mix gives her new kitchen global attitude.

BY **LAURA O'NEIL** PHOTOGRAPHS BY **BETH SINGER** PRODUCED BY **KHRISTI ZIMMETH**



YOU'LL WEAR OUT *BEFORE* WEAR-DATED® DOES.

WEAR-DATED® Carpet Fiber

Beautiful colors and styles for every need. Wear-Dated® carpet fiber is so durable we guarantee the entire carpet.* That's why carpet made with Wear-Dated is made for life.

www.weardated.com



>> from 98

For a few months each year, Linda Golden retreats to her Paris apartment before returning to the States renewed and invigorated. Charmed by the courtyard-style rooms of European farmhouses, Linda decided to romance her own home's kitchen in Michigan by giving it a cozy, rustic, old-world personality. Design features she borrowed included continental-influenced antiques and cooking accessories; warm, wood-toned, unfitted cabinetry; and earthy textural surfaces.

"I didn't want everything to match," the interior designer says. "My favorite kitchens are ones that look as if they've evolved, with ideas and collections from many places and many years."



MAMA'S NOT WORRIE
MAMA'S GOT THE MAG



Clorox® Bleach doubles the stain-removing power of your deter

2002 T-Fal



ww.t-fal.com

Thermo-Spot™ by T-FAL

The key to perfect cooking begins with preheating. But how do you know when your pan is hot enough? With Thermo-Spot there's no guessing. When the red lines turn into a solid red spot, your pan is preheated to just the right temperature. It's the cool way to start preparing a meal. Thermo-Spot. for perfect cooking every time.®



Not ready. Ready.

T-FAL

made in France

Linda's 900-square-foot kitchen was created during a large-scale remodel of her once-dull ranch home. She added 1,000 square feet along the back-side of the house, space previously occupied by a deck. While the kitchen is the undisputed star of the renovation, she also gained a family room, a powder room, a laundry room, and a back hall that improves flow through the house. >> on 102



French café chairs, granite countertops, and maple cabinets with architectural glass (*opposite*) are steeped in natural light coming from four skylights and a row of clerestory windows. The ceiling peaks at 16 feet. Linda brings in history with a worn-looking slate floor from India and treasures from her travels. Over the sink, letters spelling "chocolates" came from an old English confectionery shop. Hung high on the appliance wall (*right*) are washboards that date back to the 1850s. While antiques predominate, she also loves mixing moods and periods. An example is the dramatic metal, glass, and crystal chandelier (*opposite*) by San Francisco sculptor Jim Meisner over the island.

workaholic.



More than a quick fix today, Total Effects works over time, improving skin's moisture barrier better than several leading department store brands.

Fights seven signs of aging to improve the appearance of:

texture
tone
dullness
dryness
pores

7

OLAY
love the skin you're in™



>> from 101

The dining area is dominated by glazing, which lets in light and frames views—almost like Impressionistic paintings—of her English garden and wooded landscape. "When I look out at the grounds from my kitchen windows, I could be anywhere in Europe, from Tuscany to the French countryside," Linda says.

A built-in display wall showcases her best antiquing finds. "I like anything handmade—that human touch," the collector says. "My antiques tie me to other generations and other intriguing cultures."

Kitchen storage is addressed by a floor-to-ceiling pantry wall built into the area leading into the kitchen from the back hall. Linda says, "I designed it to store all those little things you don't know what else to do with," such as special-occasion serving dishes and utensils, table linens, and salt and pepper shakers.

RESOURCES >> 241



Lining the shelves (*top*) are groupings of art pottery by three Arts and Crafts artists—Weller, Niloak, and Fulper—and French memory art made of colorful shards of china. On the butler's pantry (*above*), the doors were made to look like individual squares of natural maple surrounded by dark green laminate. They also feature another of Linda's collections—crystal knobs.

MORE ABOUT KITCHEN REMODELING
www.bhg.com/kitchenguide



Every woman has her age zones: areas on her face that reflect past damage the most. Total Effects Intensive Restoration Treatment is the first Olay treatment developed exclusively to help restore the appearance of those zones. *A combination of VitaNiacin and the most concentrated pro-retinol available over the counter*†. Use it with your regular moisturizer and you won't look back. *www.olay.com*

OLAY

love the skin you're in™



COME LIGHT THE Menorah

Take a walk through your neighborhood during the eight days of Hanukkah and you're likely to see candles sparkling through the windows of many homes. More than any other token, the Hanukkah menorah stands as symbol of this Jewish holiday.

In fact, placing the menorah in the window is part of the Hanukkah tradition. The holiday is also known as the "Festival of Lights"; for Jewish people around the world, the lighted menorah publicly announces a season of miracles and promise.

Hanukkah celebrates the reclaiming, cleansing, and rededication of the Holy Temple in Jerusalem after a small band of warriors, the Maccabees, claimed victory in a war of religious persecution in 165 B.C.E.

When the Maccabees rededicated the destroyed temple, there was only one vessel of purified oil left to light the temple menorah—enough for one day. It took eight days to press and purify an adequate supply of oil; miraculously, the one vessel lasted the entire time until new oil was ready.

The nine-branched Hanukkah menorah's design is an adaptation of the traditional seven-branched temple menorah, with one branch added to represent eight days and one for the "shamash," or service light. Its true name is "hanukkiah" (ha-nu-KEY-ya)—"menorah" is the term for the ritualistic candelabrum found in synagogues. Some Hanukkah menorahs, such as the one at *left*, have oil receptacles and cotton wicks; today, most use candles.

By Jewish law, the light of the hanukkiah is to serve only as a symbol of the miracle of the oil, and should never be used for illumination.

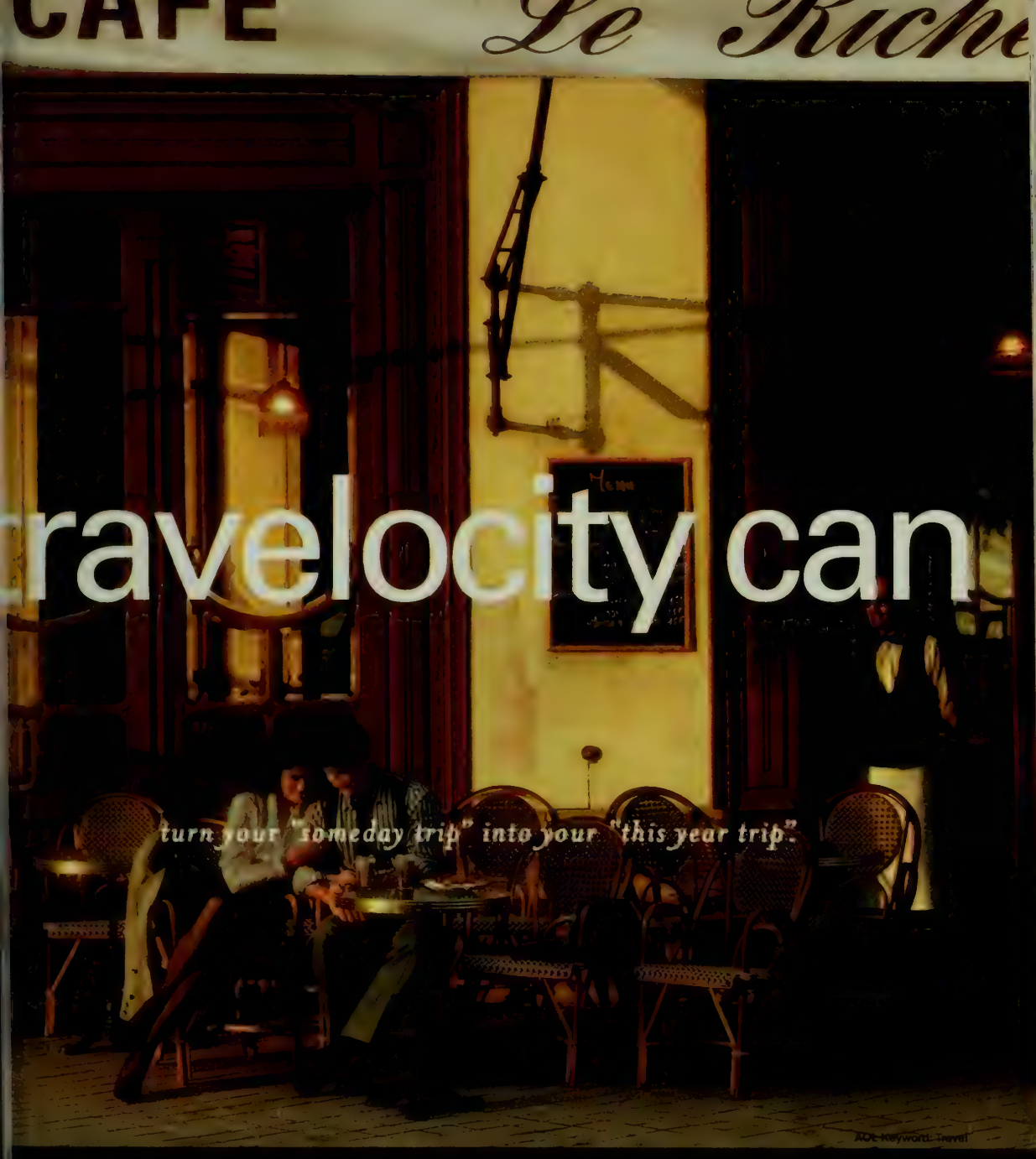
BY STEPHEN FEXEL. PHOTOGRAPHS, JIM KRANTZ
HANUKKAH MENORAH: ARTIST, JANET BERG
COURTESY OF SPERTUS MUSEUM, CHICAGO, ILL.

ART TELLS THE STORY



The Phillip and Sylvia Spertus Judaica Prize recognizes artists who bring Jewish ritual and spiritual values to their creation of ceremonial art. The 1994 first prize winner, a hanukkiah (*left*) by artist and teacher Janet Berg of Jerusalem, beautifully tells the Hanukkah story by the sum of its parts (*right*):

- The cap helps the shamash stand alone.
- The wick-holding plate keeps the wicks in line to ensure the flames burn separately.
- The top brace surrounds the wicks and reads: "These lamps which we kindle."
- The oil container draws the oil into the wicks so they will burn continuously.
- The blown-glass vessel contains purified oil plus a replication of the seven-branched temple menorah.
- The bottom brace quotes the blessing over the candles: "In those days at this season," recalling the menorah's long historical significance.



Trip Expert

r Trip Expert helps you plan a perfect trip that includes whatever you'd like to do.
velocity has the tools to plan, tools to save, tools to make your trip better.

Travelocity
A Sabre Company
1-888-TRAVELOCITY

FOR ALL THE
PEACE OF MIND
YOU NEED ON THE ROAD,
PRESS HERE.

WHEN YOU CHOOSE AN IMPALA EQUIPPED WITH ONSTAR®, YOU'LL HAVE PEACE OF MIND WHEREVER YOU GO — EVEN IF YOU RUN OUT OF GAS FIFTY MILES FROM NOWHERE. JUST PUSH THE BLUE ONSTAR BUTTON AND AN ADVISOR CAN PINPOINT YOUR LOCATION VIA SATELLITE AND SEND FOR ASSISTANCE. IF YOUR AIR BAGS DEPLOY, AN ADVISOR WILL CALL TO CHECK ON YOU. IF YOUR IMPALA IS STOLEN, WE CAN HELP AUTHORITIES TRACK IT DOWN. AND IF YOU UPGRADE TO THE ONSTAR DIRECTIONS & CONNECTIONS PLAN, ADVISORS CAN ALSO GIVE YOU DIRECTIONS AND INFORMATION ABOUT ANYTHING FROM ATMS TO ZOOS. TO LEARN MORE, VISIT ONSTAR.COM OR CALL 1-888-ONSTAR-7 (1-888-667-8277).

ONSTAR.COM CHEVROLET

CHEVROLET AND IMPALA ARE REGISTERED TRADEMARKS OF THE GM CORP. ©2002 ONSTAR CORP. ALL RIGHTS RESERVED.

The shamash provides symbolic lumination if the hanukkiah's candlelight is accidentally used for that purpose. Each candle should stand on its own, far enough away from its neighbors so the flames remain separate and never fuse together to burn like a torch.

The hanukkiah is lit at nightfall, starting with one candle and adding one each day of the holiday until eight candles in total commemorate the glory of the miracle, recalled by the increased light. Candles are placed right to left, but lit from left to right as one would mark the passage of time on a calendar, the newest candle lit first each night.

The candles should burn at least one-half hour after darkness falls or, according to tradition, after the last person has left the marketplace, so their light can remind the homeward bound of the celebration—one reason why the hanukkiah is placed in the window.

In most homes, children light the hanukkiah with help from their parents, recite the blessing associated with the candles, and sing "Ma'oh Tsur," which celebrates the Maccabees' victory and the rededication of the Temple with these words: "And from the one remaining flask, a miracle was wrought."



LIGHTING OUR HOLIDAY

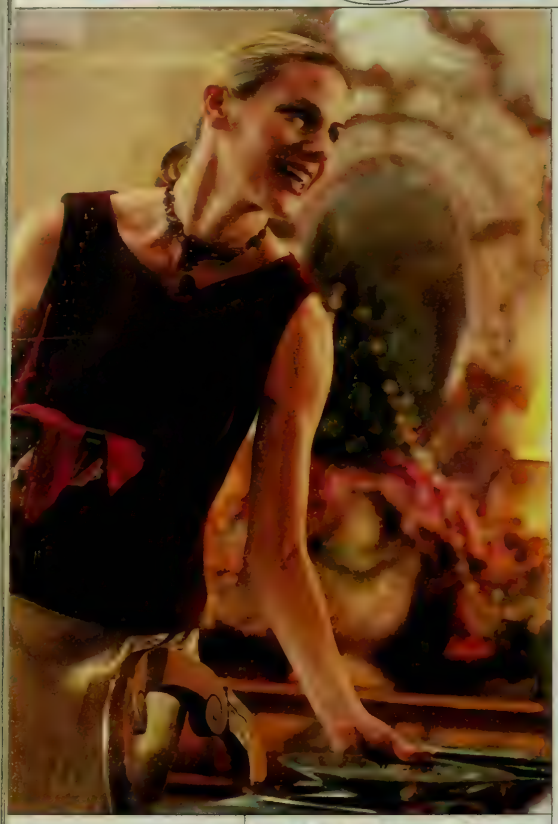
This is the Hanukkah menorah I grew up with, the one my brother now keeps and uses since our mother passed away. She brought it when she came to the United States from England in 1953. Her best friend, my "Aunt" Lee, recalls the first Hanukkah they used it: "We were roommates and both engaged. We felt so adult, finally having a menorah of our own." This was the beginning of a long tradition between our two families of sharing holidays; the menorah stands as one symbol to me of those times.

Memory is a strange thing: When I polish the menorah today—a holiday ritual in my family—I know instinctively where the decoration is worn, the silver scratched. The branch for the fifth candle dips a little, but I cannot tell you why. That candle has to be straightened by putting a piece of tissue in the cup, and it always burns a bit faster. The menorah is very much like a book, with secret chapters I'll never be able to read.

Other chapters, though, I have helped to write. You have to be careful when you polish the branch for the third day. It's loose; it had to be removed to return the fourth branch to its place when that one broke off (the culprit has yet to be discovered). The menorah disappeared then from the top shelf of the hutch. My mother must have tucked it away intending to have it repaired; I found it a few years later in the back of the buffet and secretly had it fixed in time for the holiday. It became a Hanukkah gift in itself; the candles had a special glow that year.

By habit we say "Mom's menorah," but in truth it is ours now, my brother's and mine. We also know we are only caretakers, that new chapters will be written. On the first night of Hanukkah last year, my brother telephoned; together with my 2½-year-old nephew D.J., we said the blessing and lit the candles long distance, sharing the miracle of the lights. STEPHEN EXEL


FIFTY MILES FROM NOWHERE
AND YOU'RE RUNNING ON FUMES.
IT DOESN'T GET
ANY BETTER THAN THIS.
It's hard to stop when you're having this much fun. That's why
Chevy® Impala® offers the safety and security of available OnStar.
Need gas? We'll be there. OnStar can give you everything from
accident/roadside assistance to GPS Stolen-Vehicle Tracking.
OnStar. A great way to enhance a great Impala drive.
chevy.com or 1-800-950-CHEV
IMPALA WE'LL BE THERE



FRESH FINDS

IF TABLES COULD TALK

That is, if Tracy Porter's tables could talk—what a merry story they would tell. Porter is the owner of Tracy Porter, Inc., a design firm known for its lively style and magical designs of dinnerware, rugs, books, home accessories, textiles, and more. "When setting holiday tables, it's important to ask yourself lots of questions. Is there a way to delight each guest? How can you add nostalgia? What are you trying to communicate? Then, let yourself experiment and play. If you have fun creating, your guests will have fun dining," says Porter.

A great table setting means more than a set of pretty dishes; consider where you'll dine, the colors, the mix of textures, and the light. Porter adds that it helps to have a stash of entertaining paraphernalia gathered to draw from—napkins, votives, place cards, ribbons, and keepsakes.

Porter remembers wee tykes, too, with their own table (*bottom right*). "There's no point to force little ones into something that doesn't make sense. Children need to have fun. They're making memories."



Tracy's tablescape features her "Beloved Country" pattern. From Zrike Co.; 212/686-3991. Dinner, $25. Salad/dessert, $20 each.




Campbell's
Select... delectable.
ply the best tasting
ken Noodle soup ever
n Campbell's Select. With
of oven roasted all white meat
ken that's even more tender than before,
pbell's Select is even more delectable. So
t it beat Progresso in a National Taste Test.
Campbell's
Select
Chicken with Egg Noodles
Only Roasted White Meat
Experience the simple pleasure of a great-tasting soup.



GOOD AS IT GETS

GINGERBREAD SEASON

These specialty treats give you maximum gingerbread impact without the work.

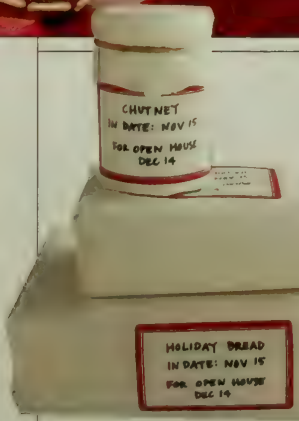
▪ Go ahead. Smile back. This Large Gingerbread Boy with a happy bow, three bold buttons, and zippy white stitching is hard to resist. Measuring 24 inches in height, you'll love its flavor too. From Albert's Cookie Company, 888/825-2437, or Barefoot Contessa, 631/324-0240. $60.



▪ Talk about having your gingerbread, now you can drizzle yummy all natural Gingerbread Honey on your morning toast. Or, slather on a bit of Gingerbread Creme. From Honey Acres; 800/558-7745. $4.50/jar. $5.29 for Honey Creme.

▪ This moist, bundt-shaped Deep Dark Gingerbread Cake defines gingerbread at its best. Serve it warm with whipped cream or lemon curd. Made-to-order from Dancing Deer Baking Co.; 888/699-3337. $14.50, plus shipping.





FROM THE BH&G® TEST KITCHEN

FREEZER HAPPY

Stash away. Stash away. Stash away all. Before freezing holiday baked goodies, be sure they are air-tight, labeled, and dated. Here are some guidelines:

▪ Breads: Freeze up to 3 months. ▪ Baked cookies: Freeze up to 8 months. ▪ Cheesecakes: Freeze for 30 days. ▪ Pies: Freeze for 4 months. ▪ Chutneys: Freeze up to 12 months.



LIFETIME®

SIMPLY BETTER.®

; on all the holiday parties and guests, the projects and
ays. With lightweight and easy-to-clean Lifetime tables and
s, you're ready. Made of tough polyethylene, your table's
y enough to hold a house, a holiday village, or a family feast.
the low price won't topple your budget, either.



Available at a warehouse club or retail store near you. Call or visit online.

800-225-3865 • www.lifetime.com

HOSTESS GIFTS

3 GREAT BOTTLES, 3 GREAT WRAPS

These bottle gifts show off their liquid assets with eye-catching ease. Simple but stunning, they're appropriately coordinated in regalia that plays off their winning labels. (*From left*):

- Ring the neck of a bottle with a wisp of grosgrain ribbon. Finish with a stylish tailored bow.
- Adorn a ready-cut manila tag with colorful sheer paper and felt circles. Topstitch circles in place.
- Fashion a garland using jewelry wire and beads of your choice. Attach using a glue gun and hot glue.



Lemony and luxurious. Drizzle this oil over pasta, roasted veggies, and fish. Meyer Lemon Oil, O Olive Oil; 888/827-7148. $18.

Napa's oldest vineyard provides this elegant, lush, spicy, chocolaty red. Napanook, 1999; 510/286-2000. $42.

Baskets of citrusy, peachy, tropical fruit flavors dance in Pine Ridge 2000 Dijon-clone Chardonnay. Napa Valley. 800/575-9777. $25.



FAMILY SERVICE

APPLE TRADITIONS

Imagine a cozy feast topped off with the aroma of an apple roasting to perfection in a pretty candle-fueled baker, right at the table. It's possible thanks to a German tradition first recorded around 1790—brought back to life by a dinnerware manufacturer. Core a medium apple and fill with a mixture of 1 tablespoon heavy cream; 1 teaspoon each of sugar, honey, and ground nuts; and pinches of cinnamon and cloves. Place in baker. Pour 1 to 2 tablespoons vodka or apple juice into dish. Light candle. Bake for 40 minutes. "Lara" Apple Baker. Villeroy & Boch; 800/845-5376. $50.


Make a handful
of memories.
The Original Chex® Party Mix.
A recipe for holiday traditions:
6 Tbsp. butter or margarine
2 Tbsp. Worcestershire sauce
1½ tsp. seasoned salt
¼ tsp. garlic powder
½ tsp. onion powder
3 cups Corn Chex® cereal
3 cups Rice Chex® cereal
3 cups Wheat Chex® cereal
1 cup mixed nuts
1 cup pretzels
1 cup garlic-flavor bagel chips
Heat oven to 250°. Melt butter in large roasting pan in oven. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. Makes 12 cups of snack mix.
Visit www.chex.com for more great Chex recipes.
Rice Chex
Corn Chex
Wheat Chex

QUESTION:

How can I enjoy the irresistible goodies offered during the holidays without putting on extra pounds?

ANSWER:

Just kiss those calories goodbye. Really. A 60-second smooch beneath the mistletoe burns 26 calories. Or chew gum before and after meals. It will keep you from sampling appetizers and sipping too many calorie-laden alcoholic beverages.

Chewing also burns calories. According to the Mayo Clinic, a person who chews sugarless gum burns about 11 more calories per hour than someone who does not. That could add up to 11 pounds a year (if someone chewed gum all day, every day). Better yet, just stick to the rule: Everything in moderation.

—JEANNE AMBROSE



SEASONAL

FOODIE ORNAMENTS

They're hard to resist and just right for all food-lovers on your gift-giving list. But don't stop here; the stores are brimming with options.

Candy Lollipop	www.midwestofcannonfalls.com	$14.50 each
"Friends Are Like Fine Wine"	Roman, Inc., 800/729-7662	$9 each
Red Candy, #221 9135	Raz Imports, Inc., 800/443-3540	$4 each
"Lismore Teapot"	Waterford Holiday Heirlooms, 800/955-1550	$52 each
"Mr. Chef"	Incredible Holiday Collection, 888/884-9627	$79 each

FOR THE KIDS

COLOR ME CHRISTMAS



Plan a cookie-making and decorating session just for kids and rely on these fun cookie finds. Add color with a tin of All-Natural Food Paints in five fantastic hues. Better still, start with a tub of ready-made dough. From Dancing Deer Baking Co.; 888/699-3337. $17 paints; $24 dough.



Kids can color and eat their works of cookie art, thanks to edible food-coloring markers. Assorted cookie designs, Color-a-Cookie; 516/349-0077. $4.99.

Simple as ABC

A. *Squeeze the trigger*

B. *Release the cleaner, no need for buckets*

C. *Toss the pad, dirt and all*



ling clean floors, even wood floors, in half the time. Clorox™ ReadyMop™ all-in-one mopping system. What could be simpler?

www.readymop.com

Brands Company.



GET YOUR SNOWMAN ROLLING!

WHEN THE SNOW STARTS PILING UP, RALLY THE TROOPS AND HEAD OUTSIDE TO BUILD A WINTRY FAMILY FRIEND.

BY **BECKY MOLLENKAMP** PHOTOGRAPHS BY **W. GARRETT SCHOLES** DESIGNS BY **ELISABETH SCHOLES**

Share Moments. Share Life.™





This is her big moment.
Don't lose it in the processing.

When pictures come out too dark, often it's because of your processing.
When you develop with KODAK, your pictures are true to life, true to the moment.
Don't trust your memories to anyone else. Ask for KODAK.



A DRAIN OPENER EXCLUSIVE



HOUSEWIFE CATCHES PLUMBER using Professional Strength Liquid-Plumr® clog remover to clear her tough clog.

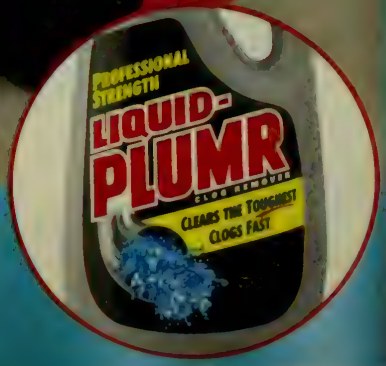
CLOG CLEARED IN PLUMBER INQUIRY

WHAT SHE SAW: Actual tool box containing bottle of Liquid-Plumr®

BOB COMES CLEAN:



I only did what was best for her backed up sink.



WHY THE PLUMBER DID IT: Liquid-Plumr® is best on the toughest clogs. It cuts through water like a missile.





FAMILY WEEKEND >> from 116

Snow was already falling as the children of Middletown, Connecticut, gathered at their bus stops last February 5 and prayed for school's cancellation. To their dismay, the bright yellow buses arrived as scheduled. But after school let out that afternoon, the three young McAlear brothers returned home to find several inches of snow on the yard with more falling in thick, white sheets. When dad Michael McAlear came home from work, the family's dinnertime discussion quickly turned to making a snowman.

Growing up in Montreal, McAlear spent many winter days building snowmen in the park just across the street from his home. The plan was always the same—to make the largest snowman possible.

McAlear's childhood goal hasn't changed. On that snowy night last February, he and his boys built a 12-foot behemoth. It was a "multifamily event," McAlear says, with the neighbors joining in on the fun.

With a little creativity and the right props, it's easy to create a snowy father-and-son ice-fishing team. Make sitting snowmen with two stacked balls, cylinder legs, and boots. A black felt circle gives the illusion of a fishing hole, and seasonal props (thermos, earmuffs, and mittens) set the mood.



BUILDING BASICS

Snowman construction isn't rocket science, McAlear says, but it can become a tricky business unless a few hard-and-fast rules are observed.

If there's an expert on snowman-making, it's Jim Sysko, the engineer behind the world's largest snowman, according to the *Guinness Book of World Records*. In 1999, the Bethel, Maine, resident and about 100 volunteers built a 114-foot-tall, 9-million-pound snowman.

Sysko says it's important to find the right day to get rolling. Granted, with a little determination, you can build a snowman in just 2 to 3 inches of snow. For a perfect creation, however, wait for >> on 120



FAMILY WEEKEND >> from 119

temperatures of 25 to 40 degrees. Any warmer and snow turns to slush; any cooler and snow is too powdery to stick.

Rolling snowballs is straightforward. In fact, 7-year-old Thomas McAlear was put in charge of this task.

"I like rolling snowballs to the top of the hills and then rolling them down," Thomas says with a giggle.

Sysko says to stop rolling the first ball where the snowman will sit. To delay meltdown, it's best if the spot is in the shade. Also, while the first ball can be as large as desired, the next balls should be lighter. Two adults can typically lift a 30-inch-diameter snowball. To create their super-size snowman, the McAlears used a ramp (an old door) to roll the heavy balls into place, then packed snow between the balls for stability.

MORE THAN JUST CORNCOB PIPES

For the finishing touches, the McAlears used a traditional scarf and top, but for the snowmen in this story, designer Elisabeth Scholes brainstormed theme ideas. In addition to gathering items in the house, she also hunted outside for pretty and animal-safe decorations, such as nuts, berries, and pinecones.

"It's fun to collect things and keep them all in a tote for a snowy day. We bring it outside and work with what we have in front of us," she says. "It really gets the kids thinking creatively."

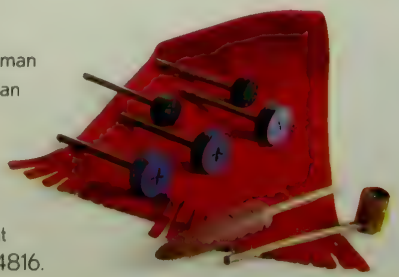


Apricot eyes, a pinecone nose, and pine green eyebrows and mustache give Farmer Fred (*right*) a bit of character. U-shaped bobby pins hold it all in place.

MORE ABOUT SNOW FOLKS, www.bhg.com/snowman

YOU CAN BUILD A SNOWMAN

Instead of rummaging around for snowman accessories, try the Land's End Snowman Kit. It comes with a red scarf, corncob pipe, buttons, coal eyes, and carrot nose (made from wood for longevity). The kit is $29 plus tax and shipping. To order, visit the company's Web site at www.landsend.com or call 800/963-4816.



IT'S EASY TO MAKE KELLOGG'S RICE KRISPIES PRESENT TREATS.

3 tablespoons margarine or butter
1 package (10 oz. about 40) marshmallows or 4 cups miniature marshmallows
6 cups Kellogg's Rice Krispies cereal
Candies, fruit-flavored candy strips,

1. In a large microwave-safe bowl, melt margarine and marshmallows on HIGH for 2 minutes, stirring after 1 minute. Stir mixture until smooth.
2. Add Kellogg's Rice Krispies cereal; stirring until well coated. When slightly cooled, shape cereal mixture into gifts with cookie cutters or buttered hands to create your own shapes. Allow to cool.
3. Decorate with candies or other Kellogg's cereals. For ribbon use fruit-flavored candy strips

DON'T BE SQUARE.

Kellogg's RICE KRISPIES

SEE THE BOX OR GO TO RICEKRISPIES.COM FOR MORE RECIPES.





A MOST PRECIOUS Gift

HALF A WORLD AWAY FROM HOME, THESE FAMILIES OFFER THE TRUE SPIRIT OF THE SEASON.

At first, Mark Cameron had planned to take his sons to Hawaii for the holidays. The idea of sharing Christmas cheer surrounded by warm sands and crashing surf sounded wonderfully alluring. Instead, Mark, a vice president for the University of Phoenix in Salt Lake City, Utah, took sons Blake, 17, Bryce, 13, and Bryan, 11, to Garbanzo, Mexico. A tiny village at the end of a dirt road, Garbanzo is home to 80 impoverished souls who scratch out an existence growing meager gardens and herding bedraggled goats. In place of comfortable Hawaiian condos and dreamy palm trees, the Camerons would find stone huts with dirt floors and no electricity. The only toilet in the entire town is a two-hole latrine dug into the yard behind Garbanzo's tiny one-room school. Instead of relaxing on the beach and digging their toes in pristine sand, the Camerons would be working in the mud.

And they couldn't have been happier.

BY **JAMES MCCOMMONS**


audition black
lonely nights
washed up gray
IT'S YOUR COLOR TO KEEP.
COLORGUARD
cheer

Ever since his brother, a travel agent, had told him about a secular volunteer organization called the Center for Humanitarian Outreach and Inter-Cultural Exchange (CHOICE), Mark had wanted to take his boys on a CHOICE expedition.

"My brothers and I were taught the lessons of service—that you find true happiness when you give of yourself," says Mark. "It was something I wanted to instill in my own boys." And while the Camerons had always been active in their church and community, this trip would be completely different, requiring a long and arduous journey from their comfortable home in the U.S. to the poorest regions of central Mexico. And it would change their lives forever.

CHOICE, a nonprofit agency based in Utah, leads small groups—including families—to villages in Vietnam, Mexico, Kenya, Bolivia, and Nepal. Volunteers help build schools, medical centers, and water projects. They vaccinate animals, work in literacy programs and, if they are doctors or dentists, dispense health care.



Families work to improve the villages they visit—but as Bryce Cameron learned, there's always time to make new friends.

MY CHILDREN WEREN'T JUST FOCUSED ON HAVING FUN, BUT ON SERVING PEOPLE.

—DOUGLAS MOWER



High in the Andes, the Mower family helped build a school foundation by hand. The hard work brought them closer together.

The one- to two-week expeditions aren't vacations. For the most part, participants camp outdoors; eat communal meals; use public latrines; and live without electricity, running water, or telephones.

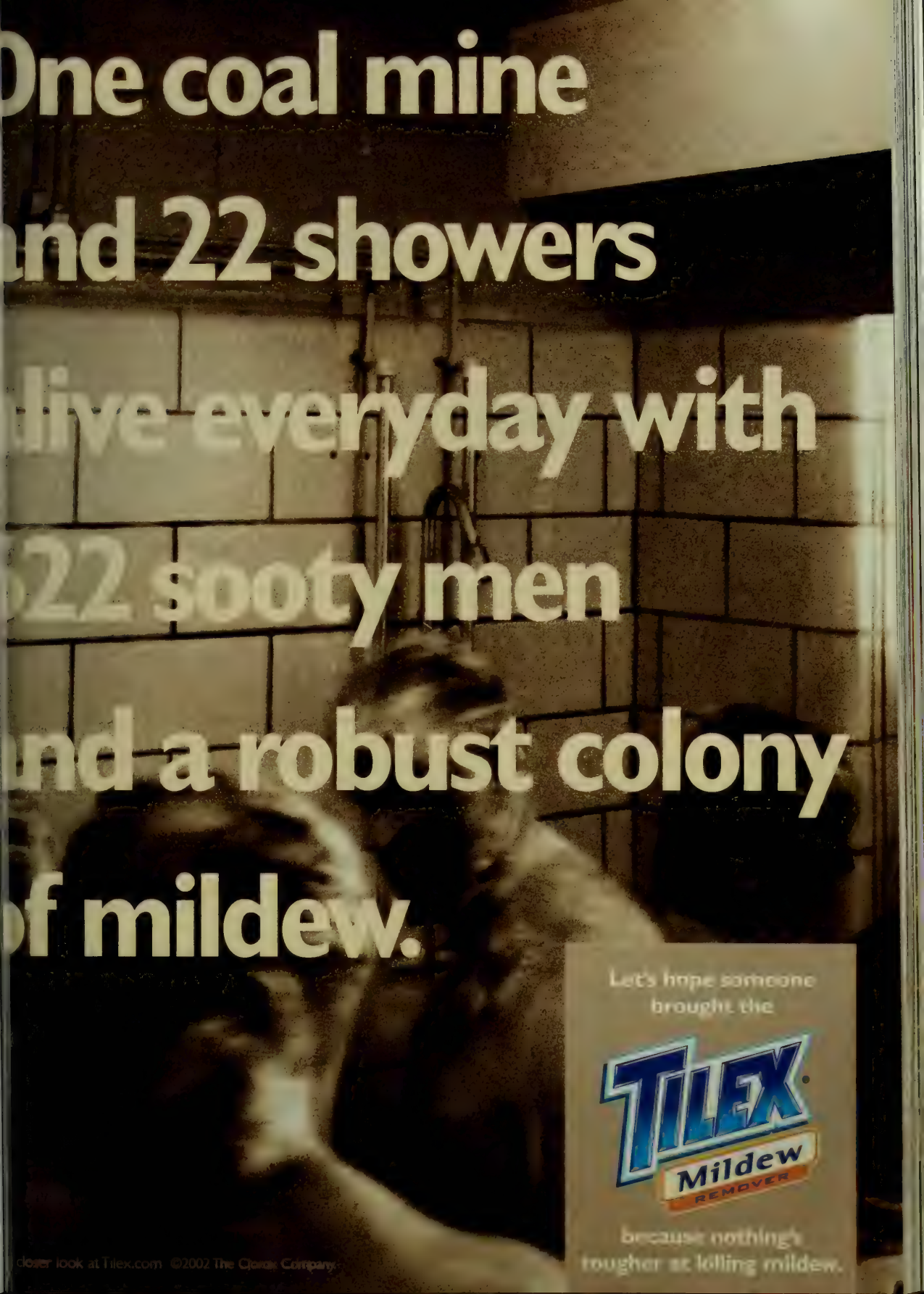
Last Christmas, Dr. Douglas Mower, a family practitioner in Alpine, Utah, took children Mindy, 20, Matt, 18, and Clint, 16, to Huancuyo, a village high in Bolivia's Andes mountains. Mindy was overwhelmed by the reception when they arrived.

"The people were so excited to have us there," she says. "When we came into the village, a band was playing and the women threw confetti on our heads."

The Mower children played soccer with the village boys—who were a little taken aback by Mindy's athletic prowess. Mindy made plastic-bead necklaces with the children. The boys brought baseball equipment and introduced the game to the village.

"I've spent time with my children on family trips, but this was different," Douglas says. "They weren't just focused on having fun, but on serving people."

For a week, the Mowers helped construct a foundation for a school building, hauling rock, mixing cement by hand, and laying brick alongside the villagers. To the Americans, the Bolivian villagers were tough and exotic. The women wore distinctive bolo hats and wrapped themselves in bright shawls. The men squatted in the schoolyard each morning to divide up the day's tasks, drink tea, and chew coca leaves. The air at the 14,000-foot elevation was cold and thin; the weather capricious—intense sunlight for a time, then rain and large hail. Always, though, the family felt warmth and >> on 126


One coal mine
and 22 showers
live everyday with
22 sooty men
and a robust colony
of mildew.
Let's hope someone brought the
TILEX
Mildew
REMOVER
because nothing's tougher at killing mildew.
closer look at Tilex.com ©2002 The Clorox Company

kindness from the people, and for each other.

"My brothers and I got along because we were in this strange place with one another," says Mindy. "We were all affected by what we did and saw. Now, something is there between us that wasn't there before we went." Such family bonding is common, born from roughing it together and sharing the realization of just how privileged their lives are back home. The Mowers got a perspective on that privilege on a visit to the farm of Alberto, the mayor of the town.



Although Dr. Douglas Mower's medical skills were invaluable, family members don't need special training—just a desire to help.



That day, under a light rain, Alberto proudly showed the Mowers his meticulously kept fields, dry farmed without irrigation and critical to his family's well-being.

Afterward, they entered Alberto's two-room adobe home, the big Americans ducking to get through the doorway. Alberto's wife and children sat on the edge of a bed. Alberto, looking about at his meager estate, apologized for his poverty. Douglas took a different view.

"I thought, 'Here is a man who is raising his own food, caring for his family. This is a father who loves his children just like I love mine,' " he remembers. "I thought about his life. I thought about mine. And I considered him a greater man than myself."

In anticipation of his family's village experience, Mark Cameron tried to prepare his kids for the poverty and starkness of life in Garbanzo.



When Mindy Mower wasn't stunning the local boys with her soccer-playing prowess, she was making necklaces with the village children.

"It doesn't look like the poor you see back home," says Mark. "My boys were shocked." But they were also struck by the villagers' frugality. If a chicken was lunch, chicken pieces showed up again at supper. A vegetable one day was soup the next. A barrel of rainwater lasts a family two months. "These people waste nothing," says Mark.

That includes opportunities to celebrate. At the end of each expedition, villagers and volunteers gather for a farewell party. In Garbanzo, the villagers put on their finest clothes, and people rode horses over from neighboring villages. Under the moon and stars, far from any city, with the horses neighing and music playing, the Americans and Mexicans danced in the dusty roadways.

"It was unlike anything I'd ever experienced," Mark says. "All the girls wanted to dance with my boys."

After the party, the Camerons had farewell gifts for Garbanzo's children. They met the village teacher at the one-room schoolhouse, a dim structure containing a table, some little chairs, and children's drawings stuck to the blue adobe walls. There, like latter-day Wise Men, the three boys unpacked paper, puzzles, preschool toys, and, finally, 50 cloth bags, each containing pencils, erasers, crayons, glue, a ruler, notebooks, and a pair of scissors. After the teacher understood that a bag was meant for each child, her dark eyes teared up. That's when she showed the Camerons a chipped, well-worn pair of scissors—the only pair in the school.

"To me, it was just all the stuff a child needs for school," says 13-year-old Bryce. "But when we saw her face light up, I could see it was much more than that."

For more information on expeditions or to make a donation to help in its humanitarian work, contact: CHOICE Humanitarian, 7879 South 1530 West, Suite 200, West Jordan, UT 84088; 801/474-1277. Or try their Web site: www.choice-humanitarian.org.

There are many other organizations offering travel and volunteer opportunities. Here are a few:

- www.idealist.org. Contains links to hundreds of nonprofit agencies.
- www.heifer.org. Heifer International explores solutions to hunger. Call 800/422-0474.
- www.volunteerinternational.org. A great search site for volunteer opportunities overseas.

—James McCommons teaches journalism at Northern Michigan University in Marquette.

PHOTOGRAPHS PROVIDED BY MARK CAMERON AND DR. DOUGLAS MOWER



SMART IDEA.



REALLY SMART IDEA.

Introducing the only
pitcher with a
digital timer.
So you'll always know
when to change the filter.
And your water
will always be clear
and refreshing.
Pretty smart, huh?



THE NEW SMART PITCHER.

BRITA

A Touch of Home

The family in focus — a priority at Gilda's Club®



Living with cancer? Come as you are.™

When cancer happens, the entire family is affected, not just the person with the diagnosis. Yet, according to Gilda's Club members, there are legitimate issues within the family that are often overlooked, because the focus is on the person with the illness. Family members often experience a range of emotions, including fear, guilt, anger, neglect, and loneliness. The real experts at Gild Club—the members—know that families need support and caring, too. "We all understand each other here, because we've been down the same road," says a member of Gilda's Club.

Visit www.bhg.com/gildadonation for a special book offer from Better Homes and Gardens.®

"I now know there is a place for me to get the support I need to help my father and sister-in-law live with their illnesses. Thank you for giving the families of peop living with cancer a place to come for support and understanding."

— member of Gilda's Club Detr

Reach out to a family living with Cancer



Gilda's Club members say it's best to offer specific assistance, as family members are often reluctant to ask, or may not realize they could use help.

For example:

- Provide a break — a movie, yoga class, dinner out
- Sit for kids and/or pets
- Set up a romantic dinner for a couple, at home or in the hospital room
- Videotape family events
- Fill out insurance forms
- Research options for family support. Gilda's Club has support communities in 14 cities, with more in development.

Gilda's Club needs your He

Gilda's Club is a network of free communities where men, women, teens and children living with all kinds of cancer, and their families and friends, come together for emotional and social support as a adjunct to medical care. Gilda's C Worldwide relies on donations fr individuals, corporations and foundations to help open Gilda's Clubs in more locations and mak its program available to all who h been touched by cancer.



For more information on Gilda's visit www.gildasclub.org or call 1 GILDA-4-U.

sponsored by PROCRIT®



COULDN'T LET THE FATIGUE FROM CHEMO EEP ME FROM DOING WHAT I LOVE.

I TALKED TO MY DOCTOR ABOUT GETTING MY STRENGTH BACK.

u're on chemotherapy and feel more tired than usual, don't just cut back on your favorite activities like going market every day. You may actually be anemic and not even know it. Anemia affects 7 out of 10 chemotherapy nts and can cause extreme tiredness, dizziness, or shortness of breath. That's why it's important to tell your r about your fatigue. Ask if PROCRIT is right for you.

CRIT is for chemotherapy-related anemia in patients with most kinds of cancer. This prescription medication cted by your doctor or nurse. PROCRIT helps you regain red blood cells lost during chemotherapy, and more ood cells can mean more strength.

CRIT is proven and safe. In studies, diarrhea, edema, fever, vomiting, shortness of breath, tingling and respiratory infection occurred more often with PROCRIT than placebo. Although high blood pressure has been rarely in cancer patients treated with PROCRIT, blood pressure should be monitored carefully, ularly in patients with a history of high blood pressure or heart disease. Please see the following brief summary scribing Information.

ive up doing the things you love? Find out how PROCRIT can treat your anemia, lp you get back the strength you need – your strength for living.

YOUR DOCTOR ABOUT PROCRIT, OR CALL 1-877-4-PROCRIT.

PROCRIT®
EPOETIN ALFA
strength for living

FOR CHEMO RELATED ANEMIA IN PATIENTS WITH MOST TYPES OF CANCER

BRIEF SUMMARY OF PRESCRIBING INFORMATION INDICATED FOR THE TREATMENT OF ANEMIA OF CANCER PATIENTS ON CHEMOTHERAPY

PROCRIT®
EPOETIN ALFA
For Injection

FOR FULL PRESCRIBING INFORMATION FOR ALL INDICATIONS, REFER TO THE *PHYSICIANS' DESK REFERENCE®*

INDICATIONS AND USAGE
PROCRIT® (Epoetin alfa) is indicated for the treatment of anemia in patients with nonmyeloid malignancies where anemia is due to the effect of concomitantly administered chemotherapy. PROCRIT is indicated to decrease the need for transfusions in patients who will be receiving concomitant chemotherapy for a minimum of 2 months. PROCRIT is not indicated for the treatment of anemia in cancer patients due to other factors such as iron or folate deficiencies, hemolysis, or gastrointestinal bleeding, which should be managed appropriately.

CONTRAINDICATIONS
PROCRIT is contraindicated in patients with:
1) Uncontrolled hypertension.
2) Known hypersensitivity to mammalian cell-derived products.
3) Known hypersensitivity to Albumin (Human).

WARNINGS
Pediatric Use: The multidose preserved formulation contains benzyl alcohol. Benzyl alcohol has been reported to be associated with an increased incidence of neurological and other complications in premature infants, which are sometimes fatal.

PRECAUTIONS
The parenteral administration of any biologic product should be attended by appropriate precautions in case allergic or other untoward reactions occur (see CONTRAINDICATIONS). In clinical trials, while transient rashes were occasionally observed concurrently with PROCRIT therapy, no serious allergic or anaphylactic reactions were reported. (See ADVERSE REACTIONS for more information regarding allergic reactions.)

The safety and efficacy of PROCRIT therapy have not been established in patients with a known history of a seizure disorder or underlying hematologic disease (eg, sickle cell anemia, myelodysplastic syndromes, or hypercoagulable disorders).

In some female patients, menses have resumed following PROCRIT therapy; the possibility of pregnancy should be discussed and the need for contraception evaluated.

Hematology: Exacerbation of porphyria has been observed rarely in patients with chronic renal failure (CRF) treated with PROCRIT. However, PROCRIT has not caused increased urinary excretion of porphyrin metabolites in normal volunteers, even in the presence of a rapid erythropoietic response. Nevertheless, PROCRIT should be used with caution in patients with known porphyria.

In preclinical studies in dogs and rats, but not in monkeys, PROCRIT therapy was associated with subclinical bone marrow fibrosis. Therefore, cancer patients should have hematocrit (HCT) measured once a week (QW) until HCT has been stabilized, and measured periodically thereafter.

Delayed or Diminished Response: If the patient fails to respond or to maintain a response to doses within the recommended dosing range, the following etiologies should be considered and evaluated: 1) Iron deficiency: Virtually all patients will eventually require supplemental iron therapy (see Iron Evaluation). 2) Underlying infectious, inflammatory, or malignant processes. 3) Occult blood loss. 4) Underlying hematologic diseases (ie, thalassemia, refractory anemia, or other myelodysplastic disorders). 5) Vitamin deficiencies: folic acid or vitamin B12. 6) Hemolysis. 7) Aluminum intoxication. 8) Osteitis fibrosa cystica.

Iron Evaluation: During PROCRIT therapy, absolute or functional iron deficiency may develop. Functional iron deficiency, with normal ferritin levels but low transferrin saturation, is presumably due to the inability to mobilize iron stores rapidly enough to support increased erythropoiesis. Transferrin saturation should be at least 20% and ferritin should be at least 100 ng/mL.

Prior to and during PROCRIT therapy, the patient's iron status, including transferrin saturation (serum iron divided by iron binding capacity) and serum ferritin, should be evaluated. Virtually all patients will eventually require supplemental iron to increase or maintain transferrin saturation to levels which will adequately support erythropoiesis stimulated by PROCRIT.

Drug Interactions: No evidence of interaction of PROCRIT with other drugs was observed in the course of clinical trials.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: Carcinogenic potential of PROCRIT has not been evaluated. PROCRIT does not induce bacterial gene mutation (Ames Test), chromosomal aberrations in mammalian cells, micronuclei in mice, or gene mutation at the HGPRT locus. In male and female rats treated intravenously (IV) with PROCRIT, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg.

Pregnancy Category C: PROCRIT has been shown to have adverse effects in rats when given in doses 5 times the human dose. There are no adequate and well-controlled studies in pregnant women. PROCRIT should be used during pregnancy only if potential benefit justifies the potential risk to the fetus.

In studies in female rats, there were decreases in body weight gain, delays in appearance of abdominal hair, delayed eyelid opening, delayed ossification, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. In female rats treated IV, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg.

Nursing Mothers: Postnatal observations of the live offspring (F1 generation) of female rats treated with PROCRIT during gestation and lactation revealed decreases in body weight gain, delays in appearance of abdominal hair, eyelid opening, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. It is not known whether PROCRIT is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when PROCRIT is administered to a nursing woman.

Pediatric Use: See WARNINGS, Pediatric Use.

Pediatric Cancer Patients on Chemotherapy: Published literature has reported the use of PROCRIT in approximately 64 anemic pediatric cancer patients ages 6 months to 18 years, treated with 25 to 300 U/kg subcutaneously (SC) or IV, 3 to 7 times per week. Increases in hemoglobin and decreases in transfusion requirements were noted.

Hypertension: Hypertension, associated with a significant increase in HC been noted rarely in cancer patients treated with PROCRIT. Nevertheless, pressure (BP) in patients treated with PROCRIT should be monitored ca particularly in patients with an underlying history of hypertension or cardiova disease.

Seizures: In double-blind, placebo-controlled trials, 3.2% (N=2/63) of pa treated with PROCRIT and 2.9% (N=2/68) of placebo-treated patients had se Seizures in 1.6% (N=1/63) of patients treated with PROCRIT occurred context of a significant increase in BP and HCT from baseline values. Howeve patients treated with PROCRIT also had underlying CNS pathology which ma been related to seizure activity.

Thrombotic Events: In double-blind, placebo-controlled trials, 3.2% (N=2/ patients treated with PROCRIT and 11.8% (N=8/68) of placebo-treated patien thrombotic events (eg, pulmonary embolism, cerebrovascular accident).

Growth Factor Potential: PROCRIT is a growth factor that primarily stimulat cell production. However, the possibility that PROCRIT can act as a growth for any tumor type, particularly myeloid malignancies, cannot be excluded.

ADVERSE REACTIONS
Adverse experiences reported in clinical trials with PROCRIT in cancer p were consistent with the underlying disease state. In double-blind, pl controlled studies of up to 3-months duration involving 131 cancer pa adverse events with an incidence >10% in either patients treated with PRO placebo-treated patients were as indicated below.

Percent of Patients Reporting Event: Event followed by Patients Treate PROCRIT (N=63) first, Placebo-Treated Patients (N=68) second:
Pyrexia 29%, 19%; Diarrhea 21%,[a] 7%; Nausea 17%,[b] 32%; Vomiting 17% Edema 17%,[c] 1%; Asthenia 13%, 16%; Fatigue 13%, 15%; Shortness of 13%, 9%; Paresthesia 11%, 6%; Upper Respiratory Infection 11%, 4%; Di 5%, 12%; Trunk Pain 3%,[d] 16%.
[a]*P*=0.041; [b]*P*=0.069; [c]*P*=0.0016; [d]*P*=0.017.

Although some statistically significant differences between patients treate PROCRIT and placebo-treated patients were noted, the overall safety pr PROCRIT appeared to be consistent with the disease process of advanced During double-blind and subsequent open-label therapy in which patients (N total exposure to PROCRIT) were treated for up to 32 weeks with doses as 927 U/kg, the adverse experience profile of PROCRIT was consistent w progression of advanced cancer.

Based on comparable survival data and on the percentage of patients treat PROCRIT and placebo-treated patients who discontinued therapy due to disease progression or adverse experiences (22% and 13%, respectively; *P* the clinical outcome in patients treated with PROCRIT and placebo-treated p appeared to be similar. Available data from animal tumor models and measu of proliferation of solid tumor cells from clinical biopsy specimens in respo PROCRIT suggest that PROCRIT does not potentiate tumor growth. Nevert as a growth factor, the possibility that PROCRIT may potentiate growth o tumors, particularly myeloid tumors, cannot be excluded. A randomized co Phase IV study is currently ongoing to further evaluate this issue.

The mean peripheral white blood cell count was unchanged following PR therapy compared to the corresponding value in placebo-treated group.

OVERDOSAGE
The maximum amount of PROCRIT that can be safely administered in s multiple doses has not been determined. Doses of up to 1500 U/kg weekly (TIW) for 3 to 4 weeks have been administered to adults without an toxic effects of PROCRIT itself. Therapy with PROCRIT can result in polyc if the HCT is not carefully monitored and the dose appropriately adjuste suggested target range is exceeded, PROCRIT may be temporarily withh the HCT returns to the suggested target range; PROCRIT therapy may resumed using a lower dose (see DOSAGE AND ADMINISTRATION). cythemia is of concern, phlebotomy may be indicated to decrease the HCT

DOSAGE AND ADMINISTRATION
Baseline endogenous serum erythropoietin levels varied among patients trials with approximately 75% (N=83/110) having endogenous serum erythr levels <132 mU/mL, and approximately 4% (N=4/110) of patients endogenous serum erythropoietin levels >500 mU/mL. In general, patie lower baseline serum erythropoietin levels responded more vigorously to P than patients with higher erythropoietin levels. Although no specific serum poietin level can be stipulated above which patients would be unlikely to res PROCRIT therapy, treatment of patients with grossly elevated serum erythr levels (eg, >200 mU/mL) is not recommended. The HCT should be monito weekly basis in patients receiving PROCRIT therapy until HCT becomes st

Starting Dose: The recommended starting dose of PROCRIT for adults is 1 SC TIW. For pediatric patients, see PRECAUTIONS, Pediatric Use.

Dose Adjustment: If the response is not satisfactory in terms of transfusion requirements or increasing HCT after 8 weeks of therapy, the PROCRIT can be increased up to 300 U/kg TIW. If patients have not res satisfactorily to a PROCRIT dose of 300 U/kg TIW, it is unlikely that they will to higher doses of PROCRIT. If the HCT exceeds 40%, the dose of PROCRI be withheld until the HCT falls to 36%. The dose of PROCRIT should be by 25% when treatment is resumed and titrated to maintain the desired HC initial dose of PROCRIT includes a very rapid HCT response (eg, an inc more than 4 percentage points in any 2-week period), the dose of PROCRI be reduced.

STORAGE
Store at 2° to 8°C (36° to 46°F). Do not freeze or shake.

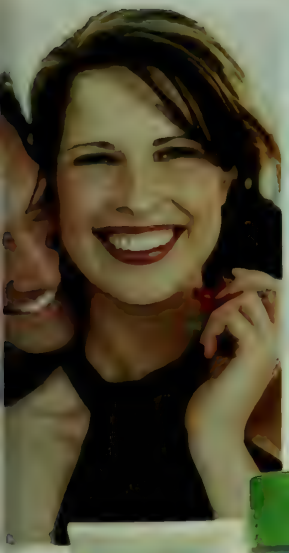
◆

ORTHO BIOTECH

Manufactured by: Amgen Inc., US Lic. # 1080, Thousand Oaks, California 913
Distributed by: **Ortho Biotech Products, L.P.**, Raritan, New Jersey 08869-0
December 2000 638-29

Celebrate the Season with Natural Beauty

Yves Rocher FRANCE



Long Lasting Nail Polish
Corail Cuivré
0.3 fl. oz./10 ml bottle

Luminous Lipstick
Beige Cuivré
0.12 oz./3.5 g stick

Fragrance
Eau de Toilette
0.25 fl.oz./
7.5 ml bottle

Lavender Foot Cream
1.7 fl.oz./
50 ml tube

10 HOLIDAY PERFECT PRODUCTS FOR ONLY $14.95

(Regularly $35.00)



Age-Defying Gentle Cleansing Lotion
1.7 fl. oz/50 ml. bottle

Age-Defying Self Defense Day/ Night/Eye Cream
.16 fl. oz./5 ml. tube

Age-Defying Hydrating Toning Lotion
1.7 fl. oz/50 ml. bottle

Highlighting Shampoo
6.7 fl.oz./
200 ml bottle



Get ready for Mistletoe moments!

FREE
10 trial lipsticks

100% Risk Free
MONEY BACK GUARANTEE!

Dressed in Holiday Style!

FREE
3-IN-1 WATCH



Faux Crystal Bezel | 2-tone Silver & Gold Bezel | Classic Gold Bezel

Your watch arrives with 3 interchangeable bezels and fits all wrist sizes.



CALL 1-888-909-2887 OR MAIL COUPON TODAY!

uld like to receive my
Discovery Kit for $14.95.

eceive:
1 Watch
Trial Lipsticks
pping and Handling
en Book of Beauty
tal is $14.95 .

s Rocher, Inc., P.O. Box 158
NY 12919-9677
00-321-4909
esRocher4u.com

❑ **YES!** Please send me the following **Special Bonus Buys** for only **$1.95 each** (only available with Discovery Kit purchase).

❑ #2 **15-Piece Sample Collection** **ONLY $1.95**	❑ #3 Cream Perfume Delicate Peach 0.24 oz. compact **Only $1.95**
❑ #4 Cream Perfume Sparkling Blackberry 0.24 oz. compact **Only $1.95**	❑ #5 Cream Perfume Warm Vanilla 0.24 oz. compact **Only $1.95**

Quantities are limited to one each per customer.

My total is _____. I have enclosed my payment.

❑ Check or money order made payable to Yves Rocher, Inc.
(Please include telephone number on check.)

❑ Charge my: ❑ Visa ❑ MasterCard ❑ Am Ex ❑ Discover

Credit Card Number _____ Expiration Date _____

Signature _____

Name _____

Address _____

City _____ State _____ Zip+4 _____

Important: Please include your phone number and e-mail address in case of questions.

Telephone ( ) _____ E-mail _____

95349

For a chance to receive a gift on your birthday, please include your date of birth

MONTH ____ / DAY ____ / YEAR ____

Offer valid until June 30, 2003. Quantities limited to one kit per customer. This offer is a unique discovery offer reserved for individuals who have not ordered Yves Rocher beauty products before. If you have already ordered Yves Rocher products, please pass this offer on to a friend. © 2002 Yves Rocher, Inc. Canadian orders, please call 1-800-824-8663 for a similar offer.



WINTER WISDOM

COLD-WINTER CARE TO KEEP YOUR CAR RUNNING ALL SEASON LONG.

Most drivers fail to realize how hard winter is on their trusty automobiles. Here are a few pointers to keep things like your engine and chassis in top form, and your concentration where it belongs—on the road.

COOL IT ON THE WARM-UPS. For years, you've been told to warm up your car before driving. That's just a myth born of the need for comfort, according to Tom and Ray Magliozzi, better known as Click and Clack, hosts of the radio talk show *Car Talk*.

"The engine warms up most efficiently while it's being driven, not while it's idling," says Ray. So start it up and drive slowly until you feel heat coming out of the vents. Then you can take it up to normal speed.

"If it's bitter cold out or the car stalls when you put it in drive, then you can warm it up for a minute or so," adds Tom. "Any longer is a waste of time and gas, and probably an affront to your still-sleeping neighbors."

PICK AN OIL AND STICK WITH IT. It used to be that you had to switch to a thinner motor oil in the winter. "But now, motor oils change viscosities all by themselves," says Ray.

Most manufacturers now recommend 5W30 oil for year-round use, so go with that. The numbers mean that the oil acts like thin 5-weight oil when the engine is cold and thickens to 30 weight when it reaches operating temperature.

DILUTE THAT ANTIFREEZE. Never put undiluted antifreeze in your radiator, says Dave Cappert, director of the National Institute for Automotive Service Excellence. Ironically, the freezing point of straight antifreeze is lower than antifreeze and water. The likely result? A burst radiator. Check the bottle for the proper mix: It's usually 50-50 or 70-30.

THAW A STICKY DOOR LOCK. Pouring warm water in the lock won't help. Instead, dip your key in rubbing alcohol to loosen the frozen lock. Or heat the key with a match or the car's cigarette lighter before inserting it in the lock.

KEEP YOUR CAR OUTSIDE. You would think parking in the garage would save your chassis from rust, but if the undercarriage is coated with even a thin layer of salt and ice, you could be in trouble. "When salty ice melts, it accelerates the chemical reaction that eventually turns a car into something my brother might drive," says Ray Magliozzi.



Leave your car in the driveway, out of the relative heat and humidity of the garage. "Generally speaking, chemical reactions slow down as temperatures drop," says brother Tom. "That's why your battery doesn't work as well when it's 5 below zero. By letting that salty ice stay frozen, you are, in effect, suspending the rusting process until you can clean the car."

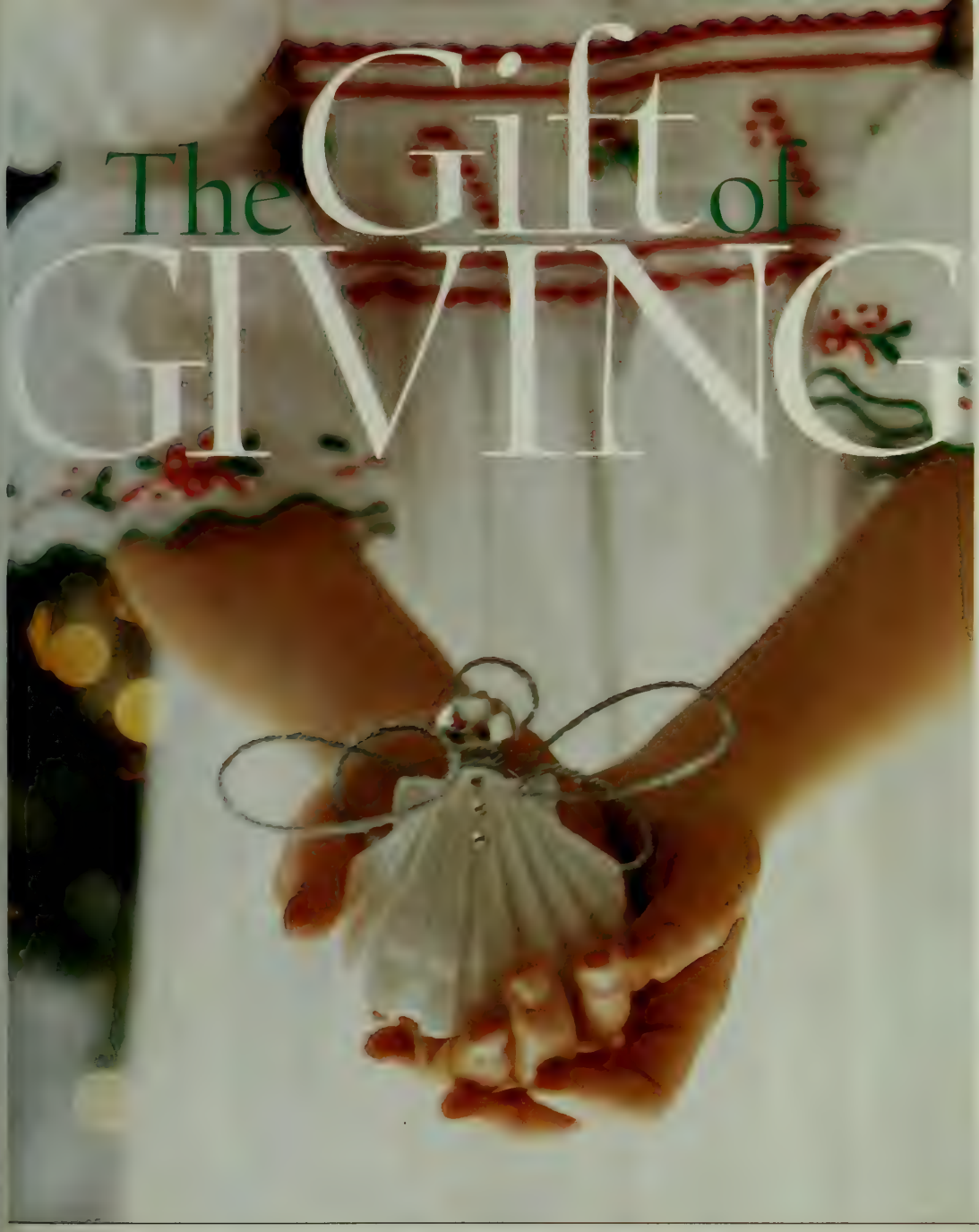
Christian Millman, author of the book, Guy Knowledge, *lives in snowy Pennsylvania.*

BY **CHRISTIAN MILLMAN** PHOTOGRAPHS BY **GETTY IMAGES**


One oil rig,
4 showers and the
soapy scum of 127
sweaty men,
or over a month.
TILEX
Soap Scum
REMOVER
©2002 The Clorox Company


Rocher is perfect for Christmas:
Share more than just a smooch.
FERRERO ROCHER
Luscious chocolate, crunchy hazelnut,
crispy wafer and always in good taste.
www.RocherUSA.com

The Gift of GIVING



THE WEEKS OF ADVENT ARE SPECIAL FOR THE RINOWSKI FAMILY. THEY ARE READYING THEIR MINNEAPOLIS HOME AND PREPARING THEIR HEARTS FOR THE BIG NIGHT.

BY **KRISTINE KENNEDY** PHOTOGRAPHS BY **JOHN REED FORSMAN** PRODUCED BY **CATHERINE KRAMER, KARLA KNIPPER,** AND **BONNIE BROTEN**

An angel ornament reminds Abby Rinowski of the spiritual dimension of the season. She and her sisters make ornaments like these out of seashells that their Florida cousins gather and send.



If Santa could tarry a bit in the midst of his dutiful Christmas Eve rounds, kick off his boots, and savor the spirit of the season, he could pick no better venue than the house of Candy and Joe Rinowski. Their charming Minneapolis home is aglow with holiday cheer—its wide, wrap-around porch twinkling with lights. The rooms are bedecked with hand-made ornaments and shimmery garlands, and stockings are hung by the chimney with care.

Perhaps the magic of the season is so well expressed in the Rinowski household because the celebration begins on Advent Sunday—four weeks before Christmas Eve. Mall sales and party invitations may beckon their four daughters, Molly, 19, Whitney, 14, Marissa, 11, and Abby, 8, but Candy and Joe try to keep everyone rounded up and at home as much as possible during this time. They host Advent activities with friends, and the family has fun decorating the house together. Amid all the hubbub, small acts of kindness are especially cherished, and a favorite tradition is tending to a winter-white calendar that marks the days of Advent. The girls scribble notes about their good deeds each day on paper ornaments and hang them on the calendar.



Abby, the youngest Rinowski, peeks in at the tree (*left*). Holiday accents in white, silver, and soft green add a light touch to the living room's coral-color walls. Over Abby's head is a kissing ball—mistletoe sprigs inserted into floral foam. Stockings (*above*) are sewn from white fleece and made unique with subtle ribbons and sparkly beads They are set against seeded eucalyptus painted with silver floral spray.





With their festive shapes and shades of pinky-white, delicate seashells loosen up traditional holiday displays. Tree ornaments (*opposite* and *left*) include unembellished starfish and angels crafted from clamshells. To hang starfish, thread monofilament line through a hole drilled with a 1/16-inch bit. Other tree decorations include glittery balls, jingle bells, and beaded garland. On the mantel (*below*), footed glass hurricanes reveal clusters of shells that remind the Rinowskis of family in Florida.

The living room, situated just off the main foyer, is a formal room where the family puts its "dressy" tree. White sparkly ornaments, seashells, mirrored balls, a garland of pearlescent and crystal beads, and hundreds of twinkle lights create a glistening, ice-frosted focal point in front of the windows. The girls can't resist a glance at it when they pass by, and at night, it shines out to the street.

The mantel gets proper attention, too, with a shimmery garland of seeded eucalyptus branches painted with silver spray paint. Candles in glass hurricanes are nestled in delicate pale pink seashells that relate to the coral wall color.

Candy displays her collection of Santas on the mantel in the family room, where a more casual tree is set up. Ornaments she or the girls have made through the years are a heartwarming hodgepodge. The showpieces, however, are large picture-frame ornaments crafted from peppermint sticks. Throughout the year, Candy snaps photos of the girls at various school activities and on vacation to place in the sweet frames. This memory tree becomes a way to relive the fun events of the year.





As the days of Advent go by, Candy readies the dining room for parties. She and Joe entertain at least once during the holidays, inviting people to the house after one of the girls' choral concerts, for example. Candy festoons the table with elegant ephemera—the living room's silver-painted eucalyptus garland is repeated on the dining room's chandelier—and puts out a buffet of festive treats.

A long-established tradition is baking cookies with the cousins. "That's one of my favorite things to do," says Molly, who is now away at college. The kids bake for each other and prepare jars of ingredients for distant relatives, but the young bakers are not in it just for the cookies. "We spend a lot of time sitting around talking," Molly says.

All this preparation serves as a backdrop for what Candy and Joe feel is the real importance of Advent. "We talk to the kids about how we're getting our houses ready for Christmas—decorating and baking," Candy says. "But we also ask, 'What should we be doing for our hearts, as well?' "



WHEN THE COUSINS MAKE COOKIES, THERE'S LAUGHTER AND COOKIE MIX TO SHARE.



A dressed-up dining room chandelier is evocative of an Advent wreath (*left*). The green wire wreath form, filled in with silver-painted eucalyptus, hangs from wires disguised by ribbon. Below, shells and ornaments hung from clear monofilament line form a pretty mobile. The wreath motif is repeated on the dining table, where painted seed sprigs are pinned around its perimeter. In the kitchen (*right*), Marissa and her cousin Claire spend as much time laughing as baking.







This **ADVENT CALENDAR** (*above, left* and *right*) rewards a child's efforts to serve others. Each pocket (for the days of Advent) holds a present, such as candy. To get the present, the child writes a good deed she has done that day, such as being nice to her sister, on the back of a tag and hangs it on the calendar's "tree." The pockets are pleated strips stitched horizontally along the bottom edge and vertically at the pleats to separate pockets. In keeping with the living room's white decorations, the burlap calendar features trees of white felt and calico. Buttons are hand-tacked in place, and miniature pom-poms are secured with crafts glue. The ornaments are office supply tags with snowflake stickers.

Tone-on-tone decorations in the formal rooms make way for old favorites in the family room, where the tree sports collected ornaments. Each year, Candy makes ornaments from photos showing her girls doing something special during the year (*left*). In the top frame, from left to right, are Marissa, Molly, Whitney, and Abby. To make these **PEPPERMINT FRAMES,** glue frame-style greeting cards onto cardboard backs. Glue peppermints to frames, let dry, and slip pictures inside. Underscoring Candy's Santa collection is a red-and-white **BEADED GARLAND** (*right*). Red wooden beads, interspersed with drilled starfish, are strung on thin wire.



THE HOUSE GLOWS WITH TWINKLE LIGHTS AND CANDLES.



When she and Joe were children, Christmas "was pretty much a gift-giving and gift-getting thing," Candy says. So the couple made a commitment: Their family would gather with neighbor friends to celebrate every Sunday during Advent, every year. The friends share a meal and then teach the children about that night's theme, usually through storytelling and crafts. If the topic is the Wise Men, the children may make crowns for themselves and velour hats for a local homeless shelter. The ritual has become so strong that four or five families regularly participate.

Joe and his daughter Whitney welcome an eager group of neighborhood carolers.

The Rinowskis' attention to their home and friends is meant to augment, not supplant, the gift-giving side of the season. "Part of the magic of Christmas is wishing for something special," Candy says. "That's OK with me."

Candy and Joe may have wonderful decorations and special presents, but they stress that the holiday means something more. It's obvious, as the Advent days move toward the magic of Christmas Eve, that their house glows not only with twinkling lights and sparkling ornaments, but also with the genuine spirit of the holiday.

RESOURCES >> 241

MORE ABOUT HOLIDAY DECORATING: www.bhg.com/xmasdecor

© 2002 B&WT Co.

HE SMOOTHER, FILTERED



BURNS SLOWER

LASTS LONGER

Filtered Pall Mall gives you more puffs than other major brands



Avg. Puffs Per Cigarette
Source: B&W Analytical Test Results (FTC Method)
Comparison of Pall Mall, Marlboro, Winston, Camel, Doral and Basic King Size Filter Box

nd Basic are registered trademarks of Philip Morris Incorporated.
amel, and Doral are registered trademarks of RJ Reynolds Tobacco Company.

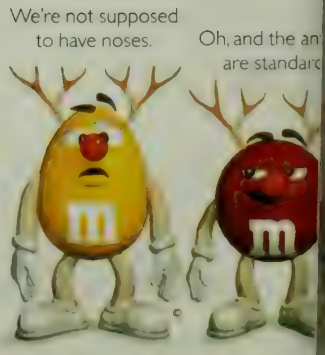
lenthol, 12 mg. "tar", 1.0 mg. nicotine; Lights, 12 mg. "tar", 1.3 mg. nicotine; Filter, tar", 1.3 mg. nicotine, av. per cigarette by FTC method. Actual deliveries will vary how you hold and smoke your cigarette. For more product information, visit our at www.bw.com

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

You should see the tree.



The holidays are here and M&M'S® Chocolate Candies have dressed up in red and green for the occasion. They're so delicious and irresistible, they even look festive just sitting in a bowl.



For this holiday idea and more, visit www.marsbrightideas.com/wreath

™ M&M'S, the color M and the M&M'S Characters are registered trademarks of Mars, Inc. and its affiliates. © Mars, Incorporated 2002



THE COLORS OF CHRISTMAS

HOLIDAY HUES THAT WILL SOOTHE AND SURPRISE, IMAGINATIVE TWISTS ON RIBBONS AND BOWS, AND BRIGHT COMBINATIONS OF GLASS AND GOLD MAKE ROOMS THAT SPARKLE WITH HOLIDAY CHEER.

BY **ED MCCANN** PHOTOGRAPHS BY **SAM GRAY** PRODUCED BY **RICHARD KOLLATH** AND **ED MCCANN**



[illegible] Glass icicles, mirrored ornaments, and a variety of white Moravian stars lighten and brighten the dark fir tree (*left*). A white statice wreath looks dusted with snowflakes. To make the wreath, dip short stems of fresh or dry white statice in a pot of hot glue and insert them into a grapevine wreath form until it's completely covered. Wrapped gifts broaden the color scheme to include this year's hot color: yellow-green. It can be as tangy as lemon-lime soda or as soft as sage leaves. These different shades show up in the pottery on the table (*below left*), where delicate ribbon candy and an assortment of sparkling sugared fruit create an inviting display. To coat fruit with sugar crystals (available from baking supply shops), brush fruit with egg whites using a pastry brush or soft-bristled artist's brush. Then roll each piece in sugar or sprinkle sugar on with your fingers, let dry, and arrange pieces on stacked cake stands. Do not eat fruit after it has been sugared.

[illegible] Dark evergreen hues in the potted trees and wreath (*below right*) stand out against the matelassé table skirt and walls. A white pillar candle is silhouetted in a jade-colored hurricane glass, and dusty miller is a powdery standout in a silver bowl. Branches of lemon leaf—a florist supply staple—are woven through the stairway balustrades to create an airy, graceful garland that requires no tools or wire. Bright red is a bold accent in clusters of anemones and candy canes.







WHEN INFLUENCED BY YELLOW,

THIS FORMALLY ARRANGED MANTEL HOLDS TRADITIONAL EVERGREENS, BUT IT'S A TRIO OF JUST-SHY-OF-RIPE BARTLETT PEARS THAT PUTS AN INTERESTING SPIN ON THE COLOR WHEEL. Their yellow hue is picked up in the scalloped edges of the stockings (*left*), tailored from matelassé pillow shams. Hand-thrown cachepots and the arrangement's showpiece, a square wreath, also carry out the pear-green scheme. To fashion a similar wreath, attach clusters of hypericum sprigs to a wire wreath form by overlapping them and wrapping them with waxed florist's twine. Smooth metals are an interesting textural balance to the rough and spiky trees posted on flanking bookshelves and peeking out of the stockings: Oversize silver julep cups hold boxwood, and a glass cloche is filled with warmer, mid-tone green ornaments. Cheeky anemones are not afraid to seem out of step on the mantel. Their purple and red petals keep the one-color scheme from becoming stale. A glowing forest of creamy pillar candles in varying sizes illuminates the hearth, providing a simple and attractive alternative to firewood. Be sure to position the wicks at least 3 inches apart to prevent them from uniting into one large flame. Never leave lit candles unattended.

THIS YEAR'S GREEN LOOKS TART.







IN A DINING ROOM SUITED FOR ENTERTAINING, AN OPULENT SCENE IS SET BY RUBY-RED DECORATIONS MATCHED IN WATTAGE BY SHINY METALLIC GOLD. Twin centerpieces anchor the tablescape (*left*): glass hurricanes surrounded by rings of roses, anemones, and dusty miller. To make your own rings, place water-saturated floral foam on a plate, then insert the blooms of your choosing. White china dinnerware floats atop gold chargers and linen place mats that range in hue from cherry to deep amethyst. Suspended in front of the mirror by monofilament is a pepperberry wreath made by hot-gluing clusters of dried pepperberry to a straw wreath form. Gilded lemon leaves dance below the mantel in a clean-lined garland. Try this at home in a well-ventilated area: Spray individual fresh leaves with gold paint, then punch holes in them and thread them onto thin gold cording.

THIS NEUTRAL SEATING AREA IS DRESSED FOR THE HOLIDAYS WITH A MOUTH-WATERING COLOR COMBO OF BERRY AND HONEY. Almost touching the ceiling with a topper made from cranberry glass, the tree (*above*) is decorated with a mix of traditional ornaments, beaded glass garland, and amber lights. A large wreath of gilded lemon leaves draws the eye toward the windows. To make an equally rich wreath, spray clusters of fresh lemon leaves, still on their stems, with gold paint. Let them dry, then insert the stems into a plastic-foam wreath form until it's densely covered.

RED AND GOLD—A TIMELESS COMBINATION—DEEPEN THIS YEAR TO RICH, SATURATED HUES.



A TRIED-AND-TRUE COLOR COMBINATION FOR THE HOLIDAYS, RED AND GOLD TELL A NEW STORY WITH MORE INTENSE TONES. Reds are juicier—running the gamut from cranberry to grape—and gold has a strong influence from brown, giving it an amber cast. A gilded wooden tray (*above, left*) carries sparkling wine and an assortment of golden baubles to the table. Etched-glass votives glow from within, where tea lights nestle. Glass ornaments from India have a spicy hue. On the tree (*above, right*), amber twinkle lights bathe new and old ornaments in a light similar to candle glow. A garland of red, green, and gold glass trinkets strings all the colors together.

RESOURCES >> 241

MORE ABOUT FESTIVE STYLE IDEAS, www.bhg.com/decoratingcenter

You could **Win**

one of 101 daily prizes

through December 24!

Call
1-866-DAILYGAME
(1-866-324-5942)
Or play online at
daily-game.com



Purchase one or more of the ConAgra Foods* products below and call for your chance to win!

One Grand Prize
75 $50 Grocery Shopping Checks
25 Mannheim Steamroller CDs
given away every day!

ConAgra Foods



Everyday Reasons to Celebrate the Season™

©2002 ConAgra Foods, Inc.



Introducing New Hershey's® Chocolate Covered Pretzel Bites. (Now There's A Mouthful.)



New Hershey's Chocolate Covered Pretzel Bites are in stores now for a limited time. In milk chocolate and white chocolate, they're the most munchable little chocolate-covered pretzels around.

COMFORT AND JOY



IN A HOUSE FILLED WITH KIDS, COLOR, AND CREATIVITY, AN OREGON FAMILY CELEBRATES IN A VERY MERRY WAY.

Stars in all shapes and sizes light up Carole and Bill Meyer's home for the holidays. Carole found the straw stars (above) in Mexico, where they are often covered in flowers and used for weddings and other celebrations.

BY **SHARON OVERTON** PHOTOGRAPHS BY **JON JENSEN** PROPS STYLED BY **BARBARA MUNDALL**



Drive over the river. Turn left at the woods. You'll come to Carole and Bill Meyer's Portland home—a grandchild's paradise if ever there was one. There are cabinets full of toys, closets full of dress-up clothes, and pots of paint in terrific colors waiting to be smeared on hands and faces and even, occasionally, the walls. And then there's Carole. Tall and blonde, she looks like a modern fairy godmother surrounded by little girls playing make-believe in gossamer wings. After a morning of tumbling over the living room furniture and each other, these sugarplum fairies are as cranked up as coffee fiends. "When can we paint with the messy paints," begs the littlest one, wearing pixie bangs and a devilish grin. Off come the angel wings, on go the play clothes, and out come wooden stars for painting and hanging on the tree.

"Her mom doesn't let her paint with these," Carole says conspiratorially, spreading newspapers and grown-up paints on the kitchen table for her granddaughter, CeAnn Romanaggi, and two playmates. "She only does this with me."

Such are the privileges of being a grandparent. Carole also claims a right to paint the dining room purple and the living room taxicab yellow, to open Christmas presents a week early, and to disregard entirely the notion of decorating with just plain red and green.

"When my daughters were little, Christmas was pretty traditional," Carole recalls. It was only after her three girls were grown with children of their own that she really relaxed and got into the spirit of the holidays. "My whole thing now is, let's kick the stress part out and have a day that works for everyone. We'll just enjoy being together."

Even little angels get dirty hands and faces. Washable white slipcovers take the worry out of Carole's decorating scheme."You can just throw those puppies in the wash," she says, referring to the slipcovers, not the girls—CeAnn Romanaggi, 4, and Lauren MacLean, 5 (*right*). Carole and Bill enjoy a rare moment of quiet (*above*).

Made from boiled wool, red and yellow stockings and pillows (*below*) add pulsating color to practical white woodwork and upholstery. The pillows are appliquéd with Carole's favorite holiday motif—stars.













Carole takes a similar spirited approach to decorating her home. A portrait photographer by profession, she picks up a paintbrush as easily as most people grab a fork. Every room in her house is painted a different vivid color. A few years ago, she took up painting canvasses, partly as a way to get even more color on the walls. She craves color year-round, though especially near the holidays when the winter days grow shorter. "You need to be around what makes you happy," she says.

When friends comment on her design courage, she confesses that it didn't come easy. "When I was younger, my walls were off-white. Lord knows I couldn't think of another color to paint them." Now she encourages others to be bold, but pragmatic. Use color where it can be easily changed—on walls, pillows, and artwork. Keep upholstered furniture and other investment pieces fairly neutral. Chile-pepper red walls? "It's only paint," she says. "The scary thing is to spend $3,000 on a red leather couch."

Simplify holiday decorating by choosing one motif to play a starring role. Carole has been hooked on stars since one memorable night in Mexico when she gazed at a dazzling sky. She helps Emeri Lyons, 4, CeAnn, and Lauren (*left*) paint wooden stars for the living room tree. Purchased purple balls and multicolored metal star ornaments (*above left*) shine on a tabletop tree stuffed into a Mexican shopping basket (*right*)

To make the star wrappings (*above right* and *opposite*), wrap each package twice, then cut a star shape from the top layer to reveal the contrasting color underneath. The cut stars can be pierced with a decorative punch and reattached or used as name tags



The table (*above*) is set with plates that Carole made at a do-it-yourself ceramics shop. The rooster painting is hers, as well. Carole took up painting a few years ago on a whim, despite never having had lessons. "If you let your fear of failure stop you from trying," she says, "well, I guess you'll never know."

For a low-stress holiday, free yourself from the tyranny of an attic full of dusty decorations. Carole focuses on a few areas with the greatest impact—the tree, the mantel, the table—and trims the rest of the house minimally with stars, candles, and flowers. A blue star pillow plays off deep violet walls (*right*).

>> p. 164





One more curious than the next. That's just the way kids are. Which is a very good reason to put away things you don't want them to have — like cigarettes*. So if someone in your household smokes, please ask them to put their cigarettes where kids can't get them.

It's within your reach to help keep cigarettes out of theirs.

Philip Morris USA • Youth Smoking Prevention • philipmorrisusa.com

*01 results of the Teenage Attitudes and Behavior Study, conducted for Philip Morris U.S.A. Youth Smoking Prevention, show that in households with at ne smoker, 20% of 11–14-year-olds who smoked at least one cigarette in the past month usually obtained their cigarettes from a family member's pack.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, And Emphysema.

Carole believes that being a grandparent means you've earned the right to dispense with the rules. Especially at the holidays. Sometimes the Meyers celebrate on Christmas Eve; other times "we just pick a day." One year, she decided not to put up a tree and decorated with a single evergreen sprig, instead. "It wasn't a very popular year," she says with a laugh.

With a big, growing family (the fifth grandchild is expected in January), Bill and Carole have learned to focus on what really matters—making the holidays a time of sharing and fun.



At the end of the day, when the angels have packed in their wings and the fairy dust has settled, Bill and Carole retreat to a master suite (*above*) that's blissfully free of holiday excess. Though even here, Carole can't resist gathering just a few more stars into her constellation: a collection of Mexican glass stars on the mantel, an antique star quilt on the bed, and the littlest angel (*right*), who pops up for a story before bed.

RESOURCES >> 241

MORE ABOUT HELPING KIDS DECK THE HALLS, www.bhg.com/kidsdecor

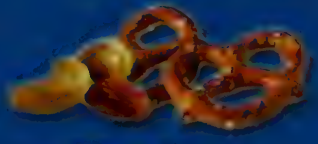
Crispix one box logic.



Pour



Mix



Bake



Kellogg's® Crispix Mix® Original Recipe

7	cups	Kellogg's® *Crispix*® cereal
1	cup	small pretzels
1	cup	mixed nuts
3	Tbls.	margarine, melted
2	tsp.	lemon juice
4	tsp.	Worcestershire sauce
1/4	tsp.	garlic salt and onion salt

Directions:

1. In a large mixing bowl, combine Kellogg's® *Crispix*® cereal, pretzels, and nuts. Set aside.

2. In small mixing bowl, combine remaining ingredients, mixing well. Pour seasoning mixture over *Crispix*® mixture. Gently stir until evenly coated. Pour mixture into 13 x 9 x 2-inch baking pan.

3. Bake at 250°F for 45 minutes, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container.

Yield: 9 cups
Serving Size: 1/2 cup (28 grams)

For microwave directions, nutrition information, & more mix ideas, visit www.crispixmix.com

® © 2002 Kellogg Company

One of my favorite cooking tips—
for more flavor, simmer veggies in Swanson broth
instead of water.

Barbara Samson, Delaware
Cooking Consultant



Savory Vegetables
Prep/Cook Time: 20 min.

1 cup Swanson chicken broth
3 cups cut-up vegetables
Mix broth and vegetables in saucepan. Heat to a boil. Cover and cook over low heat 5 min. or until vegetables are tender-crisp. Drain.
Serves 4.



Use Swanson to make your everyday cooking come alive with flavor.
We make Swanson® Chicken Broth the way you would–from real chicken, with just the right amount of vegetables and seasonings for rich, distinctive flavor.

Swanson® Broth. Flavor's in. Water's out.™

Go to **swansonbroth.com** and find out how to get a free cookbook while supplies last.

© 2002 Campbell Soup Company



Smoky Mountain Holiday

GRAB A COAT AND A WALKING STICK. YOU'RE ALL SET TO ENJOY THE SIMPLE, EARTHY CUISINE OF BLACKBERRY FARM.

BY **NANCY WALL HOPKINS** PHOTOGRAPHS BY **COLLEEN DUFFLEY**
FOOD STYLIST **BROOKE LEONARD** PROP STYLISTS **KAREN JOHNSON, JAMES PRINE, MARY CELESTE BEALL**



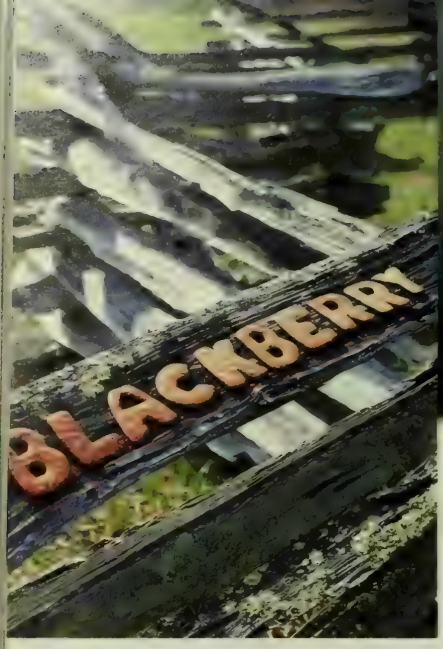
Way down a winding hollow, along the foothills of the Great Smoky Mountains, there's a country house hotel in Walland, Tennessee, known as Blackberry Farm. It's an easygoing place where memories are made and traditions are kept; where Southern comfort meets old-time elegance, and leisure cozies up with high adventure. Come holiday time, when mountain haze hangs like dreamy garlands on the evergreen forests, this 1,100-acre retreat welcomes families for a stay amid the magical warmth of the season.

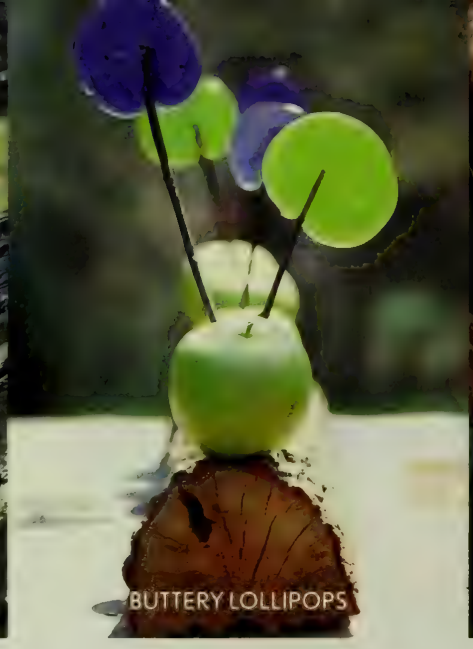
There are trout streams and ponds, horses galore, charming footbridges, and miles of glorious fencerows to explore. The kids can romp, listen to homespun Santa tales, and decorate a sweet country Christmas tree. Even when hunger beckons, there's plenty to do—a quiet breakfast by a crackling fire, a luncheon hike up a rocky path, a homey feast under a cottage roof, and a cookie-and-nog storytelling session around a bonfire are all essentials of the Blackberry Farm experience.

All the requisite Tennessee classics are on the holiday menu. The Christmas Eve Feast consists of (*left*) Corn Pudding with Smoked Oysters, Collard Greens with Tasso Ham, and Braised Fresh Pork Hocks with Bourbon Gravy. Stacked Orange and Chocolate Chess Pies close the meal (*below left*). A strand of limes graces a Tennessee rocker (*below center*). Generous helpings of pork hocks, corn pudding, and collard greens make a feast plate like no other (*below right*).

Recipes begin on page 178









During more than 30 years of welcoming guests, proprietors Kreis and Sandy Beall have always had only one mission: Helping folks feel comfortable from the moment they rise from their fluffy feather beds until they have their last bite of dessert. At Christmastime, this translates to seasonal greenery dripping from the doorways and mantels; freshly cut trees; heirloom decorations; and the heady aromas of baked breads, cookies, cider, and candies at every turn. There are surprises for all—this year there's a holiday camp tailored especially for kids.

"A Tennessee Christmas is simple and relaxed. Ideally, it's about great food and how many extended kin you can gather in one place," executive chef John Fleer says.

Turn a nose-nipping afternoon hike into a spelling bee with Alphabet Chocolate Graham Crackers (*above left*). Or, tote along a Buttery Blackberry or Green Apple Lollipop (*above center*). Cameron Beall and her mom, Mary Celeste Beall, (*above right*) nestle by a frosty trout stream, then enjoy a bucket lunch with a Smoked Trout Club Sandwich, Peanut Soup, and Pear Isaacs (*right*). Chef John Fleer named the cookie treats "Isaacs" since "Newton" was taken.

Recipes begin on page 182



THE ONLY THING BETTER THAN THE LUNCH-TO-GO IS THE SCENERY. FEAST ON BOTH.



HIKER'S LUNCH BUCKET



WHITE CHOCOLATE AND JAM S'MORES



PICY BITTERSWEET COCOA



HOLIDAY BLACKBERRY NOG



"We believe that great cooking is nourishment for the soul," Fleer says. "It should never intimidate and should always satisfy. My grandmother called it comfort food; I call it foothill's cuisine." Fleer describes his cuisine as wandering a fine line between familiar and new, refined and rugged, and straightforward and simple. It's humble and always delicious. "We don't float up into the neverland of gourmet, but stay rooted in what makes sense."

"Just like our local terrain, this food is a blend of 'high' and 'low' cuisines, merging classic techniques with regional, historical, familial, and seasonal influences," says Fleer. Aside from the farm's namesake blackberries, which are found in dishes year-round, there are plenty of "native" ingredients that Fleer loves to spotlight.

The tradition of spinning tales hits its stride during nightly bonfire sessions on the farm. Local storyteller Willard M. Abbott (*above right*) shares old-time tales while guests, Marie and Sam Carroll, sip and snack to their heart's content on Spicy Bittersweet Cocoa (*above left*), luscious Holiday Blackberry Nog (*above center*), and decadent White Chocolate and Jam S'mores and Sorghum Gingersnaps (*left* and *right*).

Recipes begin on page 188

SMOKY MOUNTAIN TALES AND YUMMY S'MORES. THEY'RE MAGIC UNDER THE STARS.





JACKSON'S CEREAL BLEND



CRANBERRY-BLACK WALNUT COFFEE CAKE



WAKE-UP SMOOTHIES

WE COOK FOOD THE WAY IT SHOULD BE— WITH HEART & SOU

EXECUTIVE CHEF JOHN FLEER

"I'm completely infatuated with sorghum," says Fleer. In fact, it's one of the darlings in Fleer's seasonal specialties. He regularly stirs a bit of the locally made, thick, sweet syrup into the Blackberry Gravy that's used to top tender biscuits and to lace together ooey-gooey, kid-pleasing s'mores.

At Blackberry, every kitchen favorite is fair game when it comes to planning holiday menus. Take Fleer's cherished peanut soup. "Even though it's native to Williamsburg, this soup was and is, to this day, a must-have for my family and for guests to the farm. It's how my family has always started Christmas dinner," says Fleer.

John Fleer's 10-year-old son, Jackson, is the creator of one of Blackberry's most popular cereals, Jackson's Cereal Blend (*left top*). Guests like this cross of sweet granola and super healthy cereal. Save room for the Cranberry-Black Walnut Coffee Cake (*left middle*), Wake-Up Smoothies (*left bottom*), and big Tennessee Orange Biscuits with Blackberry Gravy (*right*).

Recipes begin on page 190



TENNESSEE ORANGE BISCUITS WITH
BLACKBERRY GRAVY







ALPHABET CHOCOLATE GRAHAM CRACKERS



Yet, whether with peanut soup or any other dish, Fleer often relies on an old Irish proverb, "The laughter is brightest where the food is best." He says, "While guests celebrate the holidays with us, I hope they experience the table as a place where the spirit of the season is rekindled."

Kreis Beall adds, "The main thing is this: There is no right or wrong way to relish the season. It's the spirit behind the effort that becomes memory."

Luscious blackberries (decorative, of course), petite limes, and giant cookie B's adorn a holiday tree (*above*). Baskets brim with Alphabet Chocolate Graham Crackers (*above right*). The feast begins at dusk out by the pond in the majestic Yallarhammer Pavilion (*right*).

Blackberry Farm information: 865/380-2260 or www.blackberryfarm.com

MORE ABOUT HOLIDAY RECIPES, www.bhg.com/xmasfood or AOL Keyword: Food

BECAUSE **MAN CANNOT LIVE BY CHEESE CAKE ALONE**

INTRODUCING SARA LEE® BAKERY BREADS



…, breads good enough to be Sara Lee. Honey White. And Honey Wheat. Like all our new breads, …e made with the finest ingredients, baked the homestyle way, and served up in thick, hearty slices. …or them in your store. (Cheesecake sold separately.) Once again, {NOBODY DOESN'T LIKE SARA LEE.

SMOKY MOUNTAIN HOLIDAY >> from 176



The string holds the meat together as it cooks to fork-tender doneness.

Braised Fresh Pork Hocks with Bourbon Gravy

If you can't purchase the fresh pork hocks from your butcher, order from Niman Ranch at 510/808-0340 or www.niman-ranch.com. Ask for Pork Osso Buco in a package of six, $28.

PREP: 30 MINUTES **BAKE:** 2½ HOURS

- 6 fresh pork hocks (about 5½ lb.)
- ¾ tsp. salt
- ¾ tsp. pepper
- ¾ cup all-purpose flour
- 3 Tbsp. olive oil
- ¼ cup bourbon whiskey
- 1 14-oz. can beef broth
- 3 Tbsp. (¼ of a 6-oz. can) tomato paste
- 1½ cups coarsely chopped Vidalia onion or other sweet onions
- 1 small leek, coarsely chopped
- 1 small stalk celery, coarsely chopped
- 1 small carrot, coarsely chopped
- 4 cloves garlic, peeled
- 3 sprigs thyme
- 1 bay leaf
- Fresh sage leaves (optional)

1. Preheat oven to 325° F. Tie each pork hock tightly around the middle with heavy kitchen string. Season meat with salt and pepper. Place flour in shallow dish. Add pork and turn to coat with flour, shaking off excess. Discard any extra flour.
2. In an 8- to 10-quart Dutch oven heat oil over medium heat. Brown pork on all sides in hot oil. Remove from pan. Drain excess oil. To deglaze pan, add bourbon, scraping browned bits off bottom with wooden spoon, continuing to cook until liquid is nearly gone. Add broth and tomato paste, whisking until smooth. Bring to boiling. Return pork to pan along with onions, leek, celery, carrot, garlic, thyme, and bay leaf. Return to boiling.
3. Cover pan with foil and bake for 2½ to 3 hours or until meat pulls apart easily with a fork.
4. Place hocks on platter. Remove string. Remove bay leaf and thyme from remaining mixture; discard. Season to taste. Skim fat. Spoon sauce over pork. Top with sage leaves. Makes 6 servings.

EACH SERVING: 351 cal., 19 g total fat (5 g sat. fat), 55 mg chol., 611 mg sodium, 20 g carbo., 2 g fiber, 19 g pro. Daily Values: 34% vit. A, 12% vit. C, 4% calcium, 13% iron.

Collard Greens with Tasso Ham

Tasso ham really isn't ham. It's lean pork that is richly seasoned and cured before smoking. Primarily used as a seasoning, it is available in specialty food stores.

PREP: 30 MINUTES **COOK:** 10 MINUTES

- 4½ lb. collard greens
- 2 Tbsp. clarified butter, or butter
- 1½ cups finely chopped tasso or fully cooked country ham
- ⅓ cup packed brown sugar
- ⅓ cup red wine vinegar
- 1 tsp. salt
- 1 tsp. pepper

1. Remove stems and thick ribs from greens. In a 4-quart Dutch oven immerse greens, one-third at a time, in boiling water for 30 seconds. Remove with tongs; drain. Coarsely chop; set aside.
2. In 12-inch skillet heat butter over medium-high heat. Add tasso; cook and stir for 1 minute. Add brown sugar and vinegar. Stir until sugar dissolves. Add greens, salt, and pepper. Cook and stir until heated through. Serve immediately. Makes 6 to 8 servings.

EACH SERVING: 218 cal., 9 g total fat (1 g sat. fat), 22 mg chol., 998 mg sodium, 23 g carbo., 7 g fiber, 13 g pro. Daily Values: 141% vit. A, 63% vit. C, 28% calcium, 7% iron.

Corn Pudding with Smoked Oysters

Chef Fleer takes license with this recipe title—the grits count as the corn. Spoon this puddinglike pleaser into a bowl to serve.

PREP: 45 MINUTES **BAKE:** 30 MINUTES

- Nonstick cooking spray
- 4 cups reduced-sodium chicken broth
- 1⅓ cups yellow stone-ground grits
- ½ tsp. cayenne pepper
- 6 Tbsp. butter
- 1¼ cups chopped red sweet pepper
- 1 cup chopped celery
- ½ cup bias-sliced green onions
- 1 Tbsp. snipped fresh parsley
- 4 egg yolks, beaten
- ½ cup grated dry Monterey Jack or Parmesan cheese
- 2 Tbsp. all-purpose flour
- 12 oz. smoked oysters*, canned or fresh, drained and coarsely chopped
- 4 egg whites

>> on 180

© 2002 Campbell Soup Company

Campbell's

It started as Mom's holiday tradition.

Thanksgiving, 1978





...w it's mine!

Thanksgiving, 2001



...ething else that never changes – Uncle Pete. ☺

...s on how to get a free cookbook ...pbellskitchen.com while supplies last.

M'm! M'm! Good!®

Campbell's® Green Bean Casserole

Prep Time: 10 min. Cook Time: 30 min.

1 can (10 3/4 oz.) **Campbell's®** Cream of Mushroom **or** 98% Fat Free Cream of Mushroom Soup
1/2 cup milk
1 tsp. soy sauce
Dash pepper
4 cups cooked cut green beans
1 1/3 cups French's® French Fried Onions



MIX soup, milk, soy, pepper, beans and **2/3 cup** onions in 1 1/2-qt. casserole.

BAKE at 350°F. for 25 min. or until hot.

STIR. Sprinkle with remaining onions. Bake 5 min. Serves 6.

Searching for a healthy party favor? Now we're talkin' almonds!

When you're looking to impress your guests, invite California Almonds to the party. Because we're not only delicious, we're also nutritious.

Here's a crowd pleasing recipe!

Honey Crystal Almonds

- *2 cups whole natural almonds*
- *1/4 cup honey*
- *2 tablespoons butter*
- *1 cup turbinado sugar (Sugar in the Raw®)*

Spread almonds in a shallow pan. Place in cold oven; turn oven to 350°F and roast 12 to 20 minutes, stirring occasionally, until well roasted. Over medium heat in medium saucepan, heat honey and butter to boiling. Reduce heat to medium-low, simmer 2 minutes, stirring occasionally. Add almonds; simmer and stir 2 minutes. Using slotted spoon, transfer almonds to baking sheet sprayed with non-stick cooking spray; spread in single layer and cool slightly. Toss almonds with sugar to coat.

Here are some party serving suggestions

Serve Honey Crystal Almonds with...

- Sharp Cheddar and blue cheeses for the perfect flavor fit
- Champagne for an instant celebration
- Fruit salad for a crunchy alternative

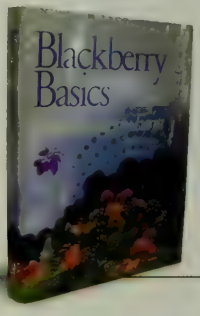
CALIFORNIA almonds are in!
www.AlmondsAreIn.com



CHEF FLEER'S FOOTHILLS CUISINE

Since 1992, John Fleer has been serving his creative cuisine, concentrating on the bounty of the season and the foods of his Southern upbringing. For more recipes, order ***Blackberry Basics: Recipes from Blackberry Farm***. This beautifully photographed, 96-page hardcover cookbook contains recipes that rely heavily on the regional history and ingredients that make up "Foothills Cuisine." The cost is $37.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066 or visit www.bhgcatalog.com.



1. Lightly coat a 3-quart rectangular baking dish with cooking spray; set aside. Preheat oven to 350° F.
2. In a large saucepan bring the chicken broth to boiling. Gradually whisk in the grits and cayenne pepper. Reduce heat to low. Cook, uncovered, about 25 minutes for regular grits (5 minutes if using instant grits) or until thick and bubbly, stirring frequently.
3. Meanwhile, in skillet melt 1 tablespoon of butter over medium heat; add red pepper, celery, onions, and parsley. Cook and stir until tender, about 5 minutes; remove from heat and set aside.
4. Remove cooked grits from heat; stir in remaining butter until melted. Place egg yolks in a small bowl. Gradually stir about 1 cup of the cooked grits into the egg yolks. Return mixture to the remaining cooked grits. Stir in cooked vegetables, cheese, and flour. Gently stir in oysters; set aside.
5. In mixing bowl beat egg whites with mixer on high speed until stiff peaks form. Fold egg whites, one-third at a time, into grits mixture. Spoon into dish.
6. Bake, uncovered, about 30 minutes or until a knife inserted near center comes out clean. Makes 10 to 12 servings.

*NOTE: You can smoke the oysters at home. Soak 2 cups hickory or mesquite wood chips for 1 hour in enough water to cover. Drain. Place 1½ pounds drained, shucked oysters, half at a time, in single layer in 8x11-inch foil pan or grill pan. In charcoal grill, arrange medium-hot coals around outside edge of grill. Test for medium heat in center of grill. Sprinkle drained chips over coals. Place pan with oysters in center of grill rack. Cover; smoke 10 to 12 minutes or until edges of oysters begin to curl. Repeat with remaining oysters.

EACH SERVING: 291 cal., 16 g total fat (8 g sat. fat), 114 mg chol., 513 mg sodium, 24 g carbo., 1 g fiber, 14 g pro. Daily Values: 35% vit. A, 54% vit. C, 8% calcium, 33% iron.

>> on 182



n you're talking almonds, you're talking about the ultimate party favor.
ause not only are they fun to crunch on, they're also a handy source
itamin E, a healthy antioxidant. Plus, they're cholesterol free
low in saturated fat*. So when your party spirit comes out,
e sure California Almonds are in.

CALIFORNIA almonds are in!

www.AlmondsAreIn.com

Orange Chess Pie

In true Tennessee style, serve these pies stacked. Prepare two Orange Chess Pies and one Chocolate Chess Pie. Carefully remove pies whole from each pie plate and stack together. Top with fresh blackberries. The slicing is easier than it looks—just go slow and be gentle.

PREP: 25 MINUTES **BAKE:** 40 MINUTES

- 1 recipe Sweet Pastry Dough
- Nonstick cooking spray (optional)
- 4 eggs
- 1¼ cups sugar
- ⅓ cup butter, melted
- ¼ cup buttermilk
- 2 Tbsp. cornmeal
- 2 Tbsp. vanilla
- 1 Tbsp. finely shredded orange peel
- 1 Tbsp. orange liqueur
- ¼ tsp. salt
- ⅛ tsp. ground nutmeg

1. Prepare Sweet Pastry Dough. Preheat oven to 375° F. If stacking pies, line bottom of a 9-inch pie plate with foil. Lightly coat foil and sides of plate with cooking spray. Line prepared pie plate with pastry. Trim pastry to ½ inch beyond edge of pie plate. Fold extra pastry under; crimp edge. Line pastry with double thickness of foil. Bake 10 minutes. Remove foil. Bake 5 minutes more or until set and dry. Reduce oven temperature to 325° F.
2. For filling, in mixing bowl slightly beat eggs with fork. Stir in sugar, butter, buttermilk, cornmeal, vanilla, orange peel, orange liqueur, salt, and nutmeg. Pour into partially baked pastry shell.
3. Bake 40 minutes or until edges are golden (center may shake). Cool on rack. Cover; refrigerate within 2 hours. Serves 8.

SWEET PASTRY DOUGH: In a medium bowl stir together 1¼ cups all-purpose flour, 1 tablespoon sugar, and ¼ teaspoon salt. Using pastry blender, cut in ⅓ cup shortening until size of small peas. Add 1 tablespoon cold water over part of mixture; gently toss with fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon cold water at a time, until all dough is moistened (4 to 5 tablespoons total). Form dough into ball. Flatten dough. Roll out dough on lightly floured surface to 12-inch circle.

EACH SERVING: 401 cal., 19 g total fat (8 g sat. fat), 128 mg chol., 268 mg sodium, 50 g carbo., 1 g fiber, 6 g pro. Daily Values: 10% vit. A, 3% vit. C, 4% calcium, 8% iron.

Chocolate Chess Pie

PREP: 30 MINUTES **BAKE:** 40 MINUTES

- 1 Recipe Sweet Pastry Dough (see above)
- Nonstick cooking spray (optional)
- 3 oz. bittersweet chocolate, chopped
- 6 Tbsp. butter, cut up
- 4 eggs
- 1⅓ cups sugar
- 2 Tbsp. all-purpose flour
- ¼ tsp. salt
- 2 Tbsp. whipping cream
- 1 Tbsp. Southern Comfort or bourbon
- 1½ tsp. vanilla

1. Prepare Sweet Pastry Dough. Preheat oven to 375° F. If stacking pies, line bottom of 9-inch pie plate with foil. Lightly coat foil and sides of plate with cooking spray. Line prepared pie plate with pastry. Trim pastry to ½ inch beyond edge of pie plate. Fold extra pastry under; crimp edge. Line pastry with double thickness of foil. Bake 10 minutes. Remove foil. Bake 5 minutes more or until set and dry. Reduce oven temperature to 325° F.
2. For filling, in a small heavy saucepan combine chocolate and butter; cook and stir over low heat until melted.
3. In a mixing bowl slightly beat eggs with fork. Beat in sugar, flour, and salt. Stir in whipping cream and chocolate mixture. Add Southern Comfort and vanilla; stir. Pour into pastry shell.
4. Bake about 40 minutes or until set (top will puff and fall during cooling, leaving a slightly crackled crust). Cool on wire rack. Cover; refrigerate within 2 hours. Makes 8 servings.

EACH SERVING: 469 cal., 25 g total fat (12 g sat. fat), 136 mg chol., 273 mg sodium, 56 g carbo., 1 g fiber, 6 g pro. Daily Values: 11% vit. A, 1% vit. C, 3% calcium, 10% iron.

Chocolate Graham Crackers

Use these crackers to make S'mores (*page 189*). For alphabet crackers (*page 170*), use cutters sold on (*page 194*). >> on 184

FRESH FRUIT GIFT BOX



This exclusive **Citrus and Tea Time Gift Box** contains about 15 pounds (five or six of each fruit) of sweet navel oranges, tangelos, and juicy ruby-red grapefruit, plus a stainless-steel grapefruit knife, four grapefruit spoons, apricot tea, orange-blossom honey, a linen tea towel, and kitchen-tested recipes. Your special *Better Homes and Gardens®* price is $31.48, plus $6.95 for shipping and handling (regularly $62.95, plus $6.95 shipping and handling).

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/767-2358. Or visit our Internet site at www.bhgcatalog.com.


Not all
Christmas specials
are watched
from here.
TOLL HOUSE
Nestlé
Semi-Sweet
Morsels
e it a Toll House® Holiday. And make something wonderful.
Bake The Very Best.™
www.VeryBestBaking.com

SMOKY MOUNTAIN HOLIDAY >> from 182

PREP: 30 MINUTES **BAKE:** 8 MINUTES/BATCH **CHILL:** 1 HOUR

- ⅓ cup milk
- ¼ cup honey
- 2 oz. bittersweet chocolate, chopped
- 1 Tbsp. vanilla
- 2 cups all-purpose flour
- 1 cup packed brown sugar
- ½ cup whole wheat flour
- 1 tsp. baking soda
- ½ tsp. salt
- ½ cup butter

1. In a small saucepan combine milk, honey, and chocolate; cook and stir over low heat until chocolate is melted. Cool 15 minutes. Add vanilla.
2. In food processor bowl combine all-purpose flour, brown sugar, whole wheat flour, baking soda, and salt. Cover; pulse to combine. Add butter; pulse until mixture resembles coarse crumbs. (Or, place dry mixture in a large bowl. Cut in butter using a pastry blender until mixture resembles coarse crumbs.) Add chocolate mixture and pulse (or stir) until just combined. If necessary, knead dough gently to form a ball. Divide dough into fourths. Wrap each portion in plastic wrap and chill for about 1 hour or until easy to handle.
3. Preheat oven to 350° F. On a lightly floured surface, roll one portion of dough to ⅛-inch thickness. Cut with 3-inch scalloped round cutter or 3-inch letter-shaped cutters. Place on ungreased cookie sheets. Mark tops of round crackers in a snowflake pattern using tines of fork.
4. Bake 8 to 10 minutes or until edges are firm. Remove and cool completely on wire rack. Makes 4½ dozen crackers.

EACH CRACKER: 63 cal., 2 g total fat (1 g sat. fat), 5 mg chol., 66 mg sodium, 10 g carbo., 0 g fiber, 1 g pro. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, 2% iron.

Buttery Blackberry and Green Apple Lollipops

PREP: 20 MINUTES **COOK:** 45 MINUTES **COOL:** 35 MINUTES

- 1 cup water
- 2 cups sugar
- ¾ cup light-colored corn syrup
- 1 Tbsp. butter
- ¼ tsp. blackberry flavoring oil or ½ tsp. apple flavoring
- 6 drops purple or 2 drops green gel food coloring (optional)
- Lollipop sticks or clean maple twigs

1. In medium saucepan bring water to boiling. Stir in sugar, corn syrup, and butter. Cook and stir over medium-high heat until mixture boils, stirring to dissolve sugar (about 7 minutes). Clip candy thermometer to side of pan. Reduce heat; continue boiling at moderate, steady rate, stirring occasionally until thermometer registers 300° F, hard-crack stage (45 to 50 minutes).
2. Remove from heat; stir in flavoring and gel food coloring. Let stand until thermometer registers 220° F (about 20 minutes). Butter 2 baking sheets. Place sticks 4 inches apart on sheets.
3. Working quickly, spoon 1 tablespoon of candy mixture over top 1 inch of each lollipop stick (do not spread; mixture will flow out). Cool completely. Wrap each lollipop in plastic wrap. Store at room temperature up to 2 weeks. Makes 18 to 20 lollipops.

EACH LOLLIPOP: 127 cal., 1 g total fat (0 g sat. fat), 2 mg chol., 24 mg sodium, 32 g carbo., 0 g fiber, 0 g pro. Daily Values: 1% vit. A.

Smoked Trout Club Sandwich

PREP: 20 MINUTES **CHILL:** UP TO 8 HOURS

- 12 slices firm textured white bread (Pain de Mie), toasted
- 1 cup Scallion Mayonnaise (recipe *below*)
- 1 lb. smoked trout or smoked white fish, boned and broken into chunks
- 8 slices bacon, crisp-cooked, drained, and halved crosswise
- 1 to 1½ cups arugula leaves
- ½ cup Pecan Sweet Hot Mustard Sauce (recipe, *page 186*) or honey mustard

1. Spread 4 slices of bread with ½ cup of Scallion Mayonnaise. Top with half of trout. Add half of the bacon and half of arugula.
2. Spread both sides of 4 more bread slices with Pecan Sweet Hot Mustard Sauce. Place on top of arugula. Layer remaining trout, bacon pieces, and arugula.
3. Spread one side of remaining 4 bread slices with remaining Scallion Mayonnaise. Place, mayonnaise down, on arugula. Wrap; chill up to 8 hours. Halve sandwiches. Makes 8 servings.

EACH SERVING: 838 cal., 52 g total fat (8 g sat. fat), 153 mg chol., 1,576 mg sodium, 65 g carbo., 1 g fiber, 31 g pro. Daily Values: 5% vit. A, 10% vit. C, 27% calcium, 20% iron.

Scallion Mayonnaise

PREP: 15 MINUTES

- 12 green onions, chopped (about 1½ cups)
- 1 tsp. cooking oil
- 1 cup mayonnaise
- 1½ tsp. lemon juice
- ½ tsp. kosher salt
- ¼ tsp. cracked black pepper

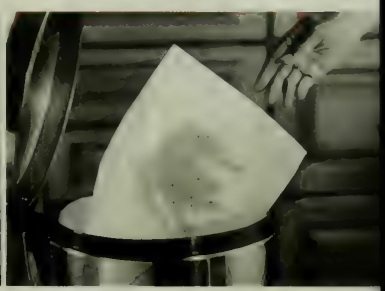
1. In small saucepan cook half of green onions in hot oil for 1 to 2 minutes or until bright green. Remove from heat; cool.
2. In blender container or food processor bowl place cooked green onions, remaining green onions, mayonnaise, >> on 186

Eww. *Yuck.* Gross.

(Why New Saran™ Disposable Cutting Sheets were invented.)









Easy? Wow, are they ever. New Saran™ Disposable Cutting Sheets are cut-resistant and absorbent. So you just cut right on 'em then toss out the juicy, germy mess. Easy. Smart. And very ungross.

A Family Company

lemon juice, salt, and pepper. Cover; blend or process until smooth. Cover; store in refrigerator up to 1 week. Makes 1½ cups. **EACH SERVING:** 70 cal., 8 g total fat (1 g sat. fat), 3 mg chol., 91 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Values: 2% vit. C, 1% iron.

Pecan Sweet Hot Mustard Sauce

PREP: 10 MINUTES

- ½ cup Dijon-style mustard
- ½ cup stone-ground mustard
- 1½ cups packed brown sugar
- ½ cup chopped pecans, toasted
- 2 Tbsp. cider vinegar
- ½ tsp. bottled hot pepper sauce

In medium bowl stir all ingredients together until combined. Cover and store in the refrigerator up to 1 week. Makes 1½ cups. **EACH TABLESPOON:** 44 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 99 mg sodium, 6 g carbo., 0 g fiber, 1 g pro. Daily Values: 2% calcium, 2% iron.

Peanut Soup

PREP: 30 MINUTES **BAKE:** 25 MINUTES **COOK:** 30 MINUTES

- 8 medium shallots, chopped (about 1 cup)
- 1 cup finely chopped celery
- ¼ cup butter
- 2 Tbsp. all-purpose flour
- ¾ cup creamy peanut butter
- 2 Tbsp. chopped unsalted raw Spanish peanuts
- 1 49-oz. can chicken broth (6 cups)
- ½ cup whipping cream
- Dash cayenne pepper
- 1 recipe Red Spiced Peanuts

1. In a saucepan cook and stir shallots and celery in hot butter over medium heat 5 minutes. Add flour; cook and stir 2 minutes.
2. Stir in peanut butter and peanuts; cook until peanut butter melts. Gradually whisk in chicken broth. Bring to boiling (watch carefully to prevent soup from boiling over); reduce heat. Simmer, uncovered, for 30 minutes, stirring occasionally.
3. Stir in whipping cream and cayenne pepper. Top with Red Spiced Peanuts. Makes 6 servings.

RED SPICED PEANUTS: Preheat oven to 350° F. Line 15x10x1-inch baking pan with foil; grease foil and set aside. In large skillet melt ¼ cup butter over medium heat. Stir in ¼ cup granulated sugar, ¼ cup packed brown sugar, ½ teaspoon salt, and ¼ teaspoon cayenne pepper. Stir in ¼ cup water. Cook and stir until sugars dissolve. Add 2 cups unsalted raw Spanish peanuts. Bring to boiling. Boil gently, uncovered, 5 minutes. Transfer nut mixture



The amount of pears is generous—allow a ½-inch border for sealing dough.

to prepared pan, spreading in even layer. Bake, uncovered, 25 minutes, stirring occasionally. Remove foil lining with peanuts; place on wire rack. Cool. Break into clusters. Store in airtight container up to 2 weeks. Freeze for longer storage. Makes 3½ cups. **EACH SERVING:** 396 cal., 34 g total fat (12 g sat. fat), 42 mg chol., 1,008 mg sodium, 17 g carbo., 3 g fiber, 12 g pro. Daily Values: 16% vit. A, 4% vit. C, 5% calcium, 8% iron.

Pear Isaacs

PREP: 1 HOUR **BAKE:** 20 MINUTES PER BATCH **COOL:** 2 HOURS **CHILL:** 2 HOURS

- 3 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- ½ tsp. ground cinnamon
- ¼ tsp. baking soda
- 1 3-oz. pkg. cream cheese, softened
- ¼ cup butter, softened
- 1 cup packed brown sugar
- 2 egg whites
- 1½ tsp. vanilla
- 6 medium pears, peeled, cored, and cut into eighths
- 1 tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- 3 Tbsp. butter
- ½ cup granulated sugar
- 1 tsp. finely chopped crystallized ginger
- Coarse sugar

1. Stir together flour, baking powder, salt, cinnamon, and baking soda. In mixing bowl beat cream cheese and ¼ cup butter with mixer on medium speed 30 seconds. Add the brown sugar; beat until fluffy. Beat in the egg whites and 1 teaspoon of the vanilla. Beat in flour mixture. Divide into fourths. Wrap; chill 2 hours or until firm.
2. For filling, in large bowl toss together pears, lemon peel, and juice. In large skillet, melt 3 tablespoons butter. Add >> on 188



a's Natural® Premium Brand orange juice is made just from our fresh oranges, not from concentrate. And it's the eading brand owned by a small co-op of growers, so only our personal best goes into every carton. Visit us w.floridasnatural.com. **We own the land, we own the trees and we own the company.®**

to send a mouth-watering holiday gift?
fresh oranges and grapefruit right from our groves. 1-888-209-6427.
39



of Growers, a division of Citrus World, Inc., based in Lake Wales, FL. ©2002

pear mixture, granulated sugar, and ginger. Stir until sugar is dissolved. Cook over medium heat 15 to 20 minutes or until pears are translucent, stirring occasionally. Stir in ½ teaspoon remaining vanilla. Strain pears, reserving syrup. Transfer pears to bowl. Return syrup to skillet. Heat to boiling; reduce heat. Simmer, uncovered, 5 minutes or until thick. Stir into pears; chill.

3. Preheat oven to 350° F. On lightly floured surface, roll one portion of dough to 9-inch square. Transfer to cookie sheet, placing dough near one end of sheet. Spoon one-fourth of pear mixture (about ½ cup) over half of dough, to within ½ inch of edges. Brush edges with water. Fold uncovered dough over filling; press edges to seal. Brush top of dough with water and sprinkle with coarse sugar. Repeat with another portion of dough and one-fourth of filling, placing second rolled dough near other end of cookie sheet. Bake 20 minutes or until browned and edges are firm. Cool on rack. Repeat with remaining dough and filling.

4. With a serrated knife, trim edges to make a smooth edge. Cut each portion crosswise into six cookies. Makes 24 cookies.

EACH COOKIE: 182 cal., 5 g total fat (3 g sat. fat), 13 mg chol., 133 mg sodium, 32 g carbo., 1 g fiber, 2 g pro. Daily Values: 4% vit. A, 3% vit. C, 3% calcium, 6% iron.

Spicy Bittersweet Cocoa

START TO FINISH: 25 MINUTES

- ½ cup unsweetened cocoa powder
- ½ cup sugar
- 6½ cups whole milk
- 1½ cups whipping cream
- 1 2-inch piece stick cinnamon
- 1½ tsp. vanilla
- 5 oz. bittersweet chocolate, chopped
- Whipped cream (optional)

In a large saucepan stir together the unsweeted cocoa powder and sugar. Using a whisk, stir in the milk, whipping cream, stick cinnamon, vanilla, and chopped bittersweet chocolate. Heat and stir over medium heat until just boiling. Remove the cinnamon stick. Serve immediately topped with whipped cream. Makes 10 servings.

EACH SERVING: 348 cal., 24 g total fat (15 g sat. fat), 71 mg chol., 92 mg sodium, 28 g carbo., 1 g fiber, 8 g pro. Daily Values: 15% vit. A, 3% vit. C, 27% calcium, 6% iron.

Jell-O® & Cool Whip Easy Chocolate Trifle

Because 'twas the night before Christmas and you need an easy dessert.

Because visions of chocolate will dance in their heads.



POUR 2 1/2 cups milk into large bowl. **ADD** 2 p
(4-serving size each) JELL-O Instant Chocolate Pudd
BEAT with wire whisk until well blended. **MIX** in 1 tub COOL W
Whipped Topping, thawed. **LAYER** brownie cubes, pudding
COOL WHIP mixture, raspberries or strawberries and additi
1 tub COOL WHIP in large glass bowl as desi
REFRIGERATE 1 hour or until ready to serve. Makes 16 servi





jello.com

Holiday Blackberry Nog

PREP: 15 MINUTES **CHILL:** 4 TO 24 HOURS

- 4 egg yolks, beaten
- 1¾ cups milk
- ⅓ cup sugar
- ¼ tsp. ground nutmeg
- 1 cup whipping cream
- 2 tsp. vanilla
- 1½ cups fresh blackberries (6 oz.) (optional)

1. In a medium, heavy saucepan combine egg yolks, milk, sugar, and nutmeg. Cook and stir over medium heat until mixture coats a metal spoon. Remove from heat. Place pan in bowl of ice water; stir 2 minutes.
2. Stir in whipping cream and vanilla. Cover and chill 4 to 24 hours. Place blackberries in individual bottles or pitcher. Pour eggnog over berries. Makes 8 servings.

EACH SERVING: 194 cal., 15 g total fat (8 g sat. fat), 151 mg chol., 42 mg sodium, 12 g carbo., 0 g fiber, 4 g pro. Daily Values: 14% vit. A, 1% vit. C, 10% calcium, 2% iron.

White Chocolate and Jam S'Mores

PREP: 8 MINUTES

- ¼ of a 4-oz. white chocolate bar
- 2 Chocolate Graham Crackers (recipe, *page 182*)
- 3 large marshmallows, toasted*
- 2 Tbsp. blackberry jam

Place white chocolate on top of one of the crackers. Place marshmallows on top of chocolate. Spoon jam over marshmallows; top with remaining cracker. Makes 1 serving.

***NOTE:** To toast, place marshmallows on end of long skewer; hold over campfire flame 30 to 60 seconds, turning frequently.

EACH SERVING: 465 cal., 14 g total fat (9 g sat. fat), 15 mg chol., 199 mg sodium, 80 g carbo., 1 g fiber, 4 g pro. Daily Values: 3% vit. A, 6% vit. C, 6% calcium, 5% iron.

BROILER: Place 4 crackers on foil-lined baking sheet. Layer 1 ounce of white chocolate and 3 large marshmallows on each. Broil 4 inches from heat 30 to 60 seconds. Remove; top with 2 tablespoons jam. Top with cracker. Makes 4. >> on 190

Jell-O® & Cool Whip® Easy Strawberry Trifle

Because Santa shouldn't be the only one jiggling this holiday season.

Because when was the last time you ate a sugarplum?

1 1/2 cups boiling water into 1 pkg. (8-serving size) berry JELL-O gelatin in large bowl until completely dissolved. in 1 1/2 cups cold water. **POUR** into 13 x 9 inch pan. **IGERATE** 3 hours or until firm. Cut gelatin into cubes. **R** gelatin cubes, pound cake, 1/2 tub COOL WHIP ped Topping and 2 cups sliced strawberries in large bowl. Top with remaining COOL WHIP. **IGERATE** 1 hour or until ready to serve. Makes 15 servings.





©2002 KF Holdings

Catch a snowflake on your tongue.



'Tis the season to pick up some Holiday Ritz!

Sorghum Gingersnaps

PREP: 25 MINUTES **BAKE:** 12 MINUTES PER BATCH

- 2 cups sugar
- 1 cup shortening
- 2 eggs
- ½ cup sorghum or mild-flavored molasses
- 3½ cups all-purpose flour
- 2 tsp. baking soda
- 2 tsp. ground ginger
- 1¼ tsp. ground cinnamon
- 1 tsp. ground cloves
- Sugar

1. Preheat oven to 350° F. In a large mixing bowl beat the 2 cups sugar and shortening with an electric mixer on medium speed until fluffy. Beat in eggs and sorghum.
2. Stir together flour, baking soda, ginger, cinnamon, and cloves. Gradually beat or stir flour mixture into beaten mixture. Shape dough into 1-inch balls; roll in additional sugar. Place on ungreased cookie sheet. Bake 12 minutes or until bottoms are lightly browned. Cool on racks. Makes about 7 dozen cookies.

EACH COOKIE: 66 cal., 3 g total fat (1 g sat. fat), 5 mg chol., 32 mg sodium, 10 g carbo., 0 g fiber, 1 g pro. Daily Values: 1% calcium, 2% iron.

Jackson's Cereal Blend

PREP: 10 MINUTES

- 1 18-oz. pkg. whole bran cereal (about 8 cups)
- 1 18-oz. pkg. low-fat granola (about 6 cups)
- 1 16-oz. pkg. Grape Nuts cereal (about 4 cups)
- 1 14-oz. pkg. seven-grain-and-sesame medley cereal (7 cups)
- 2 cups dried cranberries and/or raisins

Stir together cereals and cranberries. Cover; store up to 2 weeks. Or, seal in freezer bags; freeze up to 3 months. Makes thirty-five, ¾-cup servings.

EACH SERVING: 193 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 143 mg sodium, 45 g carbo., 8 g fiber, 5 g pro. Daily Values: 10% vit. A, 12% vit. C, 8% calcium, 33% iron.

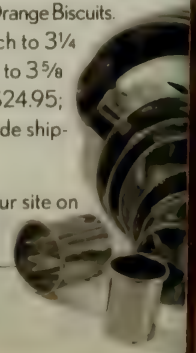
>> on 192

S'MORE THAN CUTTERS



Use **Fluted Circle Cutters** (*left*) for White Chocolate and Jam S'Mores and **Graduated Circles** (*right*) for Orange Biscuits. Both are sets of 11 (fluted style are ¾ inch to 3¼ inches in diameter; plain-edge are ¾ inch to 3⅝ inches in diameter). One set costs $24.95; additional sets are $20 each. Prices include shipping, handling, and sales tax.

TO ORDER call 800/881-4066. Or visit our site on the Web at www.bhgcatalog.com.




Bring joy to their world
with cookie cutters, Kraft® cheese, a little creativity,
and everybody's favorite crackers. For lots of fun ideas
visit us at www.nabiscoworld.com.
There's no place like
RITZ
CRACKERS

SMOKY MOUNTAIN HOLIDAY >> from 190

Cranberry-Black Walnut Coffee Cake

PREP: 45 MINUTES **BAKE:** 1 HOUR 15 MINUTES

- 2 cups dried cranberries (8 ounces)
- 1 cup apple cider
- ½ cup packed brown sugar
- ½ cup water
- 1 2-inch piece stick cinnamon
- 1 recipe Streusel Topping
- 3 cups all-purpose flour
- 1 cup granulated sugar
- 1 cup black or English walnuts, toasted and ground
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- ¼ tsp. salt
- 4 eggs
- 1 cup whole milk
- 1 cup butter, melted
- 1 tsp. vanilla

1. Grease a 10-inch springform pan; set aside. In medium saucepan combine cranberries, cider, brown sugar, water, and cinnamon. Bring to boiling, stirring to dissolve sugar. Remove from heat. Cover; let stand 10 minutes. Drain cranberries, discarding liquid and cinnamon. Coarsely chop cranberries; set aside.
2. Preheat oven to 325° F. Prepare Streusel Topping. Set aside.
3. In a large mixing bowl stir together the flour, granulated sugar, ground nuts, baking powder, ground cinnamon, and salt. In a medium bowl lightly beat the egg. Stir in the milk, melted butter, and vanilla. Add the egg mixture to the flour mixture and stir just until moistened. Spoon batter into prepared pan. Sprinkle the center with cranberries to within 1 inch of the outside edge.
4. Sprinkle streusel topping over top. Bake, uncovered, 1 hour and 15 minutes or until wooden toothpick inserted near center comes out clean. Remove; cool 15 minutes in pan on wire rack. Remove sides of springform pan. Serve warm. Serves 12.

STREUSEL TOPPING: In food processor bowl combine ⅔ cup all-purpose flour, ⅓ cup packed brown sugar, ¼ cup granulated sugar, ¾ teaspoon ground cinnamon, ¼ teaspoon salt, and ¼ teaspoon vanilla. Cover and process until combined. Cut up ⅓ cup butter; add to flour mixture; cover and process with several on-off turns until crumbly. (Or, in a mixing bowl stir together flour, sugars, cinnamon, salt, and vanilla. Using pastry blender, cut in butter.) Stir in ¼ cup chopped black or English walnuts.

EACH SERVING: 619 cal., 32 g total fat (15 g sat. fat), 132 mg chol., 422 mg sodium, 77 g carbo., 3 g fiber, 10 g pro. Daily Values: 20% vit. A, 1% vit. C, 11% calcium, 16% iron.

Wake-Up Smoothies

PREP: 10 MINUTES

- 1 cup apple cider, chilled
- 1 cup fat-free milk
- 1 8-oz. carton plain low-fat yogurt
- 1 banana, sliced
- ½ cup fresh blackberries
- 2 Tbsp. honey
- ¼ tsp. ground cinnamon
- ¼ tsp. ground white pepper (optional)
- ¼ tsp. ground allspice
- ⅛ tsp. ground nutmeg

In blender container combine all ingredients. Cover and blend until smooth. Pour into small glasses. Makes 8 servings.

EACH SERVING: 78 cal., 1 g total fat (0 g sat. fat), 2 mg chol., 37 mg sodium, 16 g carbo., 1 g fiber, 3 g pro. Daily Values: 2% vit. A, 7% vit. C, 10% calcium, 2% iron.

Tennessee Orange Biscuits with Blackberry Gravy

Also, spoon this yummy gravy over ice cream or pound cake.

PREP: 35 MINUTES **BAKE:** 12 MINUTES

- 3½ cups sifted cake flour
- 3 Tbsp. sugar
- 4 tsp. baking powder
- 1 Tbsp. finely shredded orange peel
- 1 tsp. salt
- ½ cup butter, chilled
- 3 eggs
- ½ cup whole milk
- ¼ cup whipping cream
- 1 Tbsp. orange juice
- 1 Tbsp. water
- Granulated sugar or extra-fine granulated sugar
- 1 cup fresh or frozen blackberries, thawed
- 1 cup Fresh Blackberry Jam (recipe, page 194)
- ¼ cup butter, softened

>> on 194

SPRINGFORM PAN SET

You'll need a 10-inch springform pan for the Cranberry-Black Walnut Coffee Cake (recipe *above*). Our **Set of Three Springform Pans** includes the 10-inch size, plus an 8-inch and a 9-inch pan. From Fox Run Craftsmen, the set costs $47.95, which includes shipping, handling, and sales tax.



TO ORDER call 800/881-4066. Or visit our site on the Web at www.bhgcatalog.com.



y, really fresh tasting salad dressing. Real blue cheese, sour cream and buttermilk. Three very good ns why you'll find us in the refrigerated produce section. **Marie's.® What makes it, makes it great.**

1. Preheat oven to 400° F. In a large mixing bowl combine cake flour, 3 tablespoons sugar, baking powder, orange peel, and salt. Using a pastry blender, cut in the ½ cup butter until mixture resembles coarse crumbs. In a medium bowl whisk together 2 of the eggs, milk, whipping cream, and orange juice. Add to dry ingredients and stir just to combine.
2. Turn dough out onto well-floured surface (dough will be slightly sticky). Knead by folding and pressing dough 10 to 12 strokes or until nearly smooth. Pat or lightly roll out dough to ¾-inch thickness. Cut with a floured 2- or 3-inch round cutter.
3. On a greased baking sheet arrange cutouts 1 inch apart. In a small bowl beat the remaining egg and water. Brush tops of cutouts with egg mixture; sprinkle with granulated sugar. Bake for 12 to 14 minutes or until golden brown.
4. For Blackberry Gravy, stir blackberries into Fresh Blackberry Jam. Transfer biscuits to a wire rack; cool slightly. To serve, spread tops of biscuits with softened butter; top with Blackberry Gravy. To store leftover gravy, cover and refrigerate for up to 2 weeks. Makes 12 small or 8 large biscuits.

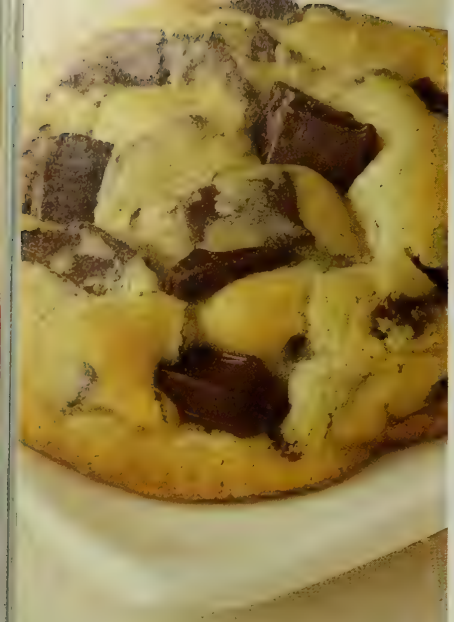
EACH SMALL BISCUIT WITH GRAVY: 385 cal., 16 g total fat (9 g sat. fat), 94 mg chol., 475 mg sodium, 54 g carbo., 4 g fiber, 5 g pro. Daily Values: 15% vit. A, 32% vit. C, 14% calcium, 18% iron.

Fresh Blackberry Jam

START TO FINISH: 15 MINUTES

- 3 cups fresh or frozen blackberries
- ⅓ cup sugar
- ¼ cup sorghum or molasses
- 3 Tbsp. blackberry brandy or orange juice
- ¼ cup orange juice
- 3 Tbsp. cornstarch

1. In a large saucepan combine blackberries, sugar, sorghum, and brandy. Bring to boiling; reduce heat. Cook, uncovered, over medium heat for 5 minutes, stirring occasionally.
2. In bowl stir together juice and cornstarch. Add to berry mixture in saucepan. Cook and stir until thickened and bubbly. Cook; stir 2 minutes more. Remove from heat; cool slightly. Cover and chill up to 2 weeks. Makes 2 cups.



Love

(cleverly disguised as chocolate)

Nothing says "I love you" like the rich, luscious taste of Baker's Chocolate Chunks.



Chocolate is chocolate, but Baker's is love.

kraftfoods.com

Check out our recipes on our package, or at bakerschocolate.com.
©2002 KF Holdings



ALPHABET CUTTERS

To make letter-perfect Chocolate Graham Crackers, you'll need our complete set of 26 tinplate **Alphabet Cookie Cutters**. Each cutter is 3 inches tall. The set costs $29.95.

TO ORDER call 800/881-4066. Or visit our Web site at www.bhgcatalog.com.

Alberto-Culver, Inc.

OUR APOLOGIES

WE'VE MADE IT NINE TIMES HARDER TO DECIDE WHAT'S FOR DINNER.

You can take any dish in a multitude of delicious directions with nine unique varieties of Mrs. h.® We've got lots of recipes for you to start with. *Garlic Herb Chicken with Fettuccini (pictured above).* So if you'd like to discover a world of seasoning nd salt, try Mrs. Dash. For recipes, just visit w.mrsdash.com.



WHY SALT WHEN YOU CAN SEASON?

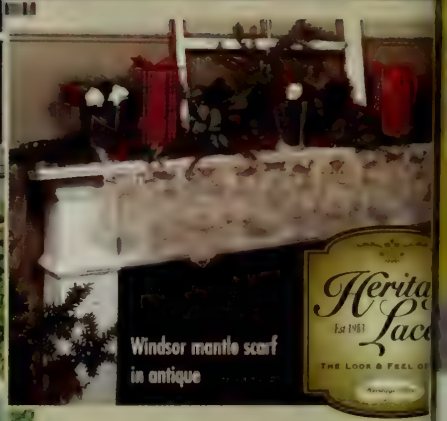
Holiday Elegance



Snowflake 9", 12" and 18" doilies



Heirloom 63" panels, and 36" table topper



Windsor mantle scarf in antique

For the holidays...for everyday.

Ready-made window treatments, wall décor, table textiles and coordinating mantle & shelf scarves beautiful enough for special occasions and durable enough for everyday use.

THE LOOK AND FEEL OF HOME.

Find our lace collections at these fine Heritage Lace Gallery* and Showcase Stores in the PACIFIC MOUNTAIN AREA.

ALASKA Anchorage **Three Olde Ladies** (907) 278-7760 • **ARIZONA** Lake Havasu City **The Oak Place** (928) 505-3005 • Mesa **Creative Impressions** (480) 984-8033 • Sun City **Steiner's Amish Furniture** (623) **CALIFORNIA** Arroyo Grande **Posies** (805) 481-0404 • Auburn **Cottage Rose** (530) 888-0277 • Big Bear Lake **Anything But Ordinary** abostore.com • Big Bear Lake **Cedar Rose Lane** (909) 866-197(**The Window Fair** (760) 873-6464 • Bonsall **Rose's Gift Menagerie** (760) 724-6175 • Burbank **Bell Cottage** (818) 841-8415 • Clovis **Ivy & Lace** (559) 299-4266 • Corona **Tom's Farms Country Fur** (909) 277-2857 • Coronado **Lavender Gift Shop** (619) 522-9868 • Downey **All American Home Center** (562) 927-8666 • Ferndale **Gazebo of Ferndale** (800) 362-FERN • Fort Bragg **Whistlestop Antiques** the-whistl Fremont **Antique Treasures** (510) 742-0664 • Fullerton **Heirlooms of Tomorrow** (800) 820-4438 • Hemet **The Oak Tree** (909) 765-1384 • Huntington Beach **Lace & Nutrition Parlor** (714) 799-5708 • Julian **The Wan** (760) 765-1022 • LaHabra **I Love Country** (562) 690-1778 • Marysville **"D" Street Mercantile** (530) 741-3370 • Napa **The Neighborhood** (707) 259-1900 • Orange **Sunday Sales from the Heart** (714) Pacifica **Hanni's Fine Gifts** (650) 359-4721 • Pacific Grove **The Woodenickel** (831) 646-8050 • Palm Desert **More Than Oak** (760) 674-4814 • Paso Robles **Country Florist** (805) 239-3032 • **Bee's Housewares & Gifts** (707) 762-6413 • Pismo Beach **Once Upon A Time** (805) 773-0713 • Ramona **Ramona Antique Mall** (760) 789-7816 • Redlands **Mozart's Inc.** (909) 798-2573 • Riverside **Home, Hearts &** (909) 343-1728 • San Bernardino **Tom's Farms Country Furnishings** (909) 383-1750 • San Dimas **The Snooty Goose** (909) 305-8711 • San Jose **Elegant Corner** (408) 225-9918 • Sebastopol **Country Home** (707) Solvang **Gerda's / IronArt** (805) 688-3750 • Sonora **Mountain Treasures** (209) 532-3356 • Sutter Creek **The Squirrel's Nest** (209) 267-5891 • Temecula **The Enchanted Home** (909) 699-4100 • Thou **Crafter's Guild & More** (805) 373-1821 • Truckee **St. Nick's Christmas Shoppe** (530) 582-0671 • Tulare **The Creative Eye** (559) 688-8138 • Valencia **Gifts in the Attic** (661) 255-9525 • Victorville **Country** (760) 245-8282 • Wrightwood **Applewood Court** (760) 249-6490 • **COLORADO** Boulder **Country in the Village** (303) 447-1587 • Castle Rock **Heritage Lace** (303) 814-3159 • Estes Park **Granny Gingh** (970) 586-4644 • Fort Collins **Little Country Store** (970) 226-2286 • Longmont **Mountain Laurel** (303) 774-9132 • Thornton **Past Times** (303) 255-8434 • **IDAHO** Coeur d'Alene **Granny's Wild Geranium** (888) **MONTANA** Billings **Country Cottage** (406) 652-3680 • Great Falls **In Cahoots For Tea** (406) 452-2225 • Hamilton **Robbins Hallmark** (406) 363-1733 • Miles City **Pleasantries** (406) 232-5644 • **NEVADA** **The Cottage** (702) 562 9090 • Minden **Purple Rose at Tumblewind Antiques** (775) 782-2444 • **OREGON** Troutdale **Front Porch Originals** (503) 492-2667 **UTAH** West Jordan **Village Whites @ Gard** (801) 562-8842 • **WASHINGTON** Bothell **Bows 'N Calicos** (425) 487-3223 • Clarkston **Bric-A-Brac Mall** (509) 758-7772 • Coupeville **A Touch of Dutch** atouchofdutch.com • Issoquah **The Battenberg Lace Shop** (425) Kenmore **Chalet Cadeau** (425) 489-0509 • La Conner **Homespun Market Inc.** (360) 466-4441 • Marysville **Third Street Interiors** (360) 658-1633 • Richland **Treasure Chest** (509) 946 7007 • Sammamish **From** (425) 836-9224 • Sumner **Corner Gift Box** (253) 863-3159 • Vancouver **Touch of Country** (360) 892-8220 • Woodinville **From the Heart** (425) 483-5275 • **WYOMING** Casper **Country Charm** (307)

For more information or to find a Gallery or Showcase Store in your area, visit **www.heritagelace.com** or call **(800) 354-0668**.



THE JOY OF CLASSIC COOKIES

The tradition of gathering family and friends to make holiday cookies goes back to the 1800s. The group session may have started when raisins were first added to cookies. At the time, seedless grapes didn't exist. That meant seeds had to be popped from the dried grapes or raisins—a task made easier by many hands.

Nancy Baggett, author of *The All-American Cookie Book*, discovered that seed story as she searched the country for cookie history. She says that the word cookie didn't pop up in the United States until the mid-19th century when the name was derived from the Dutch *koekjes*, meaning little cakes. Those first cookies probably were a serendipitous discovery that happened when early bakers popped tiny bits of cake batter into the oven to test the oven's temperature.

Today's celebration cookies bear little resemblance to those made by our foremothers. Because kitchens of yore had limited ingredients, bakers often flavored cookies with dates, rose water, or caraway seed. Lack of baking powder or baking soda for leavening often meant that cookies were dense and hard. Efforts to create lighter

BY JEANNE AMBROSE PHOTOGRAPHS BY COLLEEN DUFFLEY FOOD STYLING BY BROOKE LEONARD



>> from 197

versions using eggs for leavening gave birth to macaroons and meringues.

Peanuts, that all-American ingredient with a Southern upbringing, may have been introduced as a cookie ingredient in the North, Baggett says. The nuts, it seems, were regarded as hog feed. Even impoverished Southerners snubbed peanuts until food was scarce. During the Civil War, hungry Northern soldiers, unaware of the social taboo surrounding peanuts, began eating them. Back home after the war, the soldiers craved peanuts and shortly thereafter peanut cookies were born.

ALONG CAME CHOCOLATE

The addition of chocolate to cookies was a more recent development. About 1930, Ruth Wakefield, owner of the Toll House Inn in Whitman, Massachusetts, chopped up a chocolate bar and stirred it into cookie dough. Her recipe became so popular that sales of Nestle's chocolate bars skyrocketed. The company started printing the Toll House recipe on its wrappers and even included a special tool to chop the chocolate into chips.

We borrowed from the classics for our three new cookies. Wrap them—or your own favorites—in a pretty holiday package to share. >> on 200

PRESERVED, DRIED FRUITS, SUCH AS DATES, WERE USED IN THE 19TH CENTURY TO SWEETEN TINY CAKES, THE FORERUNNERS TO THESE TREATS.

Date-Cherry Pinwheels

PREP: 30 MINUTES **CHILL:** 5 HOURS **BAKE:** 7 MINUTES

- 1⅓ cups chopped pitted dates
- ¾ cup dried tart cherries, chopped
- 1 tsp. finely shredded orange peel (set aside)
- ½ cup orange juice
- ⅓ cup butter, softened
- ⅓ cup shortening
- ⅔ cup packed brown sugar
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 egg
- 1 tsp. vanilla
- 2 cups all-purpose flour

1. For filling, combine the dates, cherries, and orange juice in a small saucepan; bring to boiling. Reduce heat; cook and stir about 2 minutes or until thickened. Remove from heat. Set aside to cool.
2. In a bowl beat butter and shortening with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, baking soda, and salt. Beat until combined. Beat in egg and vanilla until combined. Beat in as much of the flour as you can. Stir in orange peel and any remaining flour with a wooden spoon. Divide dough in half. Cover and chill about 1 hour or until easy to handle.
3. Place half of the dough between two sheets of waxed paper and roll into a 10x8-inch rectangle. Remove top sheet of waxed paper. Spread half of the filling over dough to within ¼ inch of the edges. Roll up into a spiral, starting from a short side, removing bottom sheet of waxed paper as you roll (see photo, *below*). Pinch to seal. Wrap in waxed paper or plastic wrap. Repeat with remaining dough and filling. Chill about 4 hours or until firm.
4. Preheat oven to 375° F. Unwrap one roll of dough; cut into ¼-inch-thick slices. Place 2 inches apart on an ungreased cookie sheet. Bake for 7 to 8 minutes or until edges are browned. Cool on cookie sheet for 1 minute. Remove; cool completely on wire racks. Repeat with remaining dough. Makes 60 cookies.

EACH COOKIE: 61 cal., 2 g total fat (1 g sat. fat), 6 mg chol., 44 mg sodium, 10 g carbo., 0 g fiber, 1 g protein. Daily Values: 1% vit. A, 2% vit. C, 0% calcium, 2% iron.



STARTING THE SPIRAL

After rolling pastry onto waxed paper and filling with the fruit mixture, use the waxed paper to help roll the cookie dough into a tight spiral.

New Bounty Designer's Touch.

At last, modern doesn't mean just white.



9 elegant new designs at home in the most contemporary kitchens. Superior strength and absorbency complimentary.*



*wet strength & absorbency vs. leading 2-ply towels

The Quilted Quicker Picker-Upper.

See all the new designs at QuickerPickerUpper.com

©2002 P&G. ©AGC, Inc. ©Hallmark Licensing, Inc.

©2002 P&G

Nothing lifts spots and film better.

Try Cascade Crystal Clear, our best rinse aid ever. Its Pure Rinse formula helps remove spots and film so glasses shine like new.

Crystal Clear. Another breakthrough solution from Cascade.

Cascade CRYSTAL CLEAR



>> from 198

ULTRA-THIN, ULTRA-SPICED COOKIES MIMIC EARLY AMERICAN "LITTLE CAKES," OFTEN FLAT AND CRISP BECAUSE OF THE LACK OF LEAVENING.

Spice Crisps

PREP: 45 MINUTES **BAKE:** 6 MINUTES

- ¾ cup light-flavored molasses
- ⅔ cup packed brown sugar
- ½ cup shortening
- 2 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 tsp. ground cardamom
- 1 tsp. ground cloves
- ¾ tsp. baking soda
- ½ tsp. salt
- 1 cup whole wheat flour
- 1¼ cups all-purpose flour
- 1 tsp. finely shredded lemon peel

1. Preheat oven to 375° F. In a large mixing bowl beat the molasses, brown sugar, shortening, cinnamon, ginger, cardamom, cloves,

ROLLING ALONG

The thinner the better for this cookie dough (*right*). Place the dough between sheets of parchment before rolling it out.



baking soda, and salt with an electric mixer on medium to high speed until combined. Beat in whole wheat flour with the mixer. Stir in the all-purpose flour and the lemon peel.

2. Divide dough into thirds. Cut parchment paper to fit onto a cookie sheet. Flatten one portion of dough on parchment. Place another piece of parchment on top of the dough and roll ⅛-inch thick (*right*). Place flat in freezer for 25 to 30 minutes or until chilled. Remove top piece of parchment paper. Cut dough rounds about ½ inch apart, using a 2- to 2¼-inch round cutter, removing the scraps and leaving the rounds on the parchment. Transfer parchment to a cookie sheet. Reroll scraps.

3. Bake for 6 to 8 minutes or until edges are lightly browned. Remove parchment from cookie sheet; set aside to cool. When cool, peel cookies from parchment and put in a covered container. Repeat with remaining dough. Makes about 7 dozen cookies.

EACH COOKIE: 36 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 27 mg sodium, 6 g carbo., 0 g dietary fiber, 0 g protein. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, 2% iron. >> on 202





BUSH'S "PICK THE BEST. WE DO." CHILI CONTEST

ENTER TO WIN

With chili season upon us, Americans are once again cooking up their best chili recipes. No matter what's your secret ingredient, all the best bowls of chili start with one ingredient — Bush's Best Beans. At Bush's, we select only the highest quality, most tender and flavorful beans that will make your chili a winner every time. Pick the best. We do. Bush's Best Beans.

Enter for the chance to Win $5,000 in Bush's "Pick the Best. We Do." Chili Contest

Enter your favorite chili recipe using Bush's Beans at www.bushbeans.com/win. Also include a 50-word or less story on the origin of your best chili — whether it's a family heirloom or your own invention.

No purchase necessary. Void where prohibited. See official rules on Web site for details.



PICK THE BEST. WE DO.
www.bushbeans.com/win



BAKING >> from 201

Chocolate-Dipped Coconut Snowballs

PREP: 50 MINUTES **CHILL:** 1 HOUR
BAKE: 10 MINUTES PER BATCH **COOL:** 30 MINUTES

- 1/3 cup butter, softened
- 2/3 cup packed brown sugar
- 1/4 teaspoon baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1 egg
- 1/2 tsp. vanilla
- 1 1/3 cups all-purpose flour
- 1 4-oz. bar sweet baking chocolate, finely chopped
- 1/2 cup finely shredded coconut
- 1/2 cup finely chopped pecans, toasted
- 12 oz. bittersweet or sweet baking chocolate, chopped
- 4 tsp. shortening
- 2 1/2 cups finely shredded coconut, toasted

1. Preheat oven to 350° F. In a bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, baking powder, baking soda, and salt. Beat until combined. Beat in egg and vanilla until combined. Beat in as much of the flour as you can with the mixer; stir in any remaining flour with a wooden spoon. Stir in the finely chopped sweet chocolate, the 1/2 cup coconut, and the pecans.
2. Shape dough into 3/4-inch balls. Place balls 2 inches apart on ungreased cookie sheets. Bake 10 minutes or until edges are browned. Remove and cool on a wire rack.
3. Meanwhile, in a saucepan melt bittersweet chocolate and shortening over low heat, stirring until smooth. Dip cooled cookies in the melted chocolate, allowing excess to drip off. Transfer to a cookie sheet lined with waxed paper. Sprinkle with toasted coconut. Chill until firm (about 1 hour). Makes 60 cookies.

EACH COOKIE: 102 cal., 7 g total fat (4 g sat. fat), 6 mg chol., 48 mg sodium, 11 g carbo., 1 g fiber, 1 g protein. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, 2% iron.


DON'T COUNT
ON HAVING ANY
LEFTOVERS.
SINCE 1908
BUSH'S
BEST
Dark Red
Kidney Beans
PICK THE BEST. WE DO.
www.bushbeans.com/newrecipes

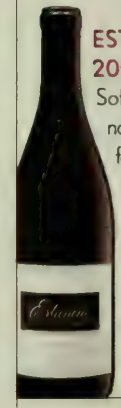


HOLIDAY REDS

At Christmas, you need a wine wardrobe: A bottle for when you want to put your best foot forward for your special-china guests; something to uncork at the "Night Before Christmas" feast; and a bright, comfy wine for those big casual parties you throw and attend during the season.

These wines have all been selected because they're deeply delicious, but like a great gown, they put the attention where it belongs. Serve any of these bottles and your food will be the star, while the wine goes about its quiet work of making you look sensational.

BY RICHARD SWEARINGER
PHOTOGRAPH: JOYCE OUDKERK POOL



ESTANCIA PINNACLES 2000 PINOT NOIR $16

Soft, juicy, cherry-rich pinot noirs like this one are the most food-friendly of holiday reds. So invite your favorite two couples, create a menu that includes the Corn Pudding with Smoked Oysters (*page 178*), and pour this ruby-hued beauty.

800/529-9463



LA CREMA 2000 SONOMA COAST PINOT NOIR $22

The subtle way the raspberry and clove flavors wrap themselves around your taste buds are only part of this wine's appeal. Its dreamy aromas of spice and flowers are a perfect armchair companion on a snowy day.

www.lacrema.com



COLUMBIA WINERY RED WILLOW VINEYARD SYRAH $35

A frank, big-boned wine; fruity and a little smoky. It's a perfect companion for a prime rib.

888/659-7900

An equally luscious choice is Chateau Ste. Michelle's 2000 Columbia Valley Syrah. $13.

www.ste-michelle.com



TRINCHERO FAMILY SELECTION 1999 MERLOT $12

The aroma of flowers and herbs are what you notice first about this velvety wine, and its beguiling scent makes it a wine that everyone can relish with something like a Smoked Trout Sandwich (*page 184*).

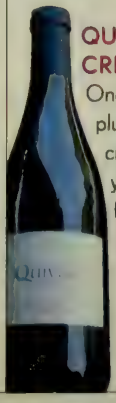
www.tfewines.com



MICHAEL PICARD 2000 MERLOT $8

At any big family gathering, this is the "let's catch up" wine for the living room; carry it to the table, and you'll find it has enough chocolaty backbone for such dinners as the Braised Fresh Pork Hocks with Bourbon Gravy (*page 178*).

www.brown-forman.com



QUIVIRA 2000 DRY CREEK CUVÉE $18

One flavor after another—plums, black pepper, cranberries—is revealed as you delve into this mouth-filling blend of grapes.

www.quivirawine.com

Another intriguing blend is Bonny Doon's Big House Red. $10.

www.bonnydoonvineyard.com



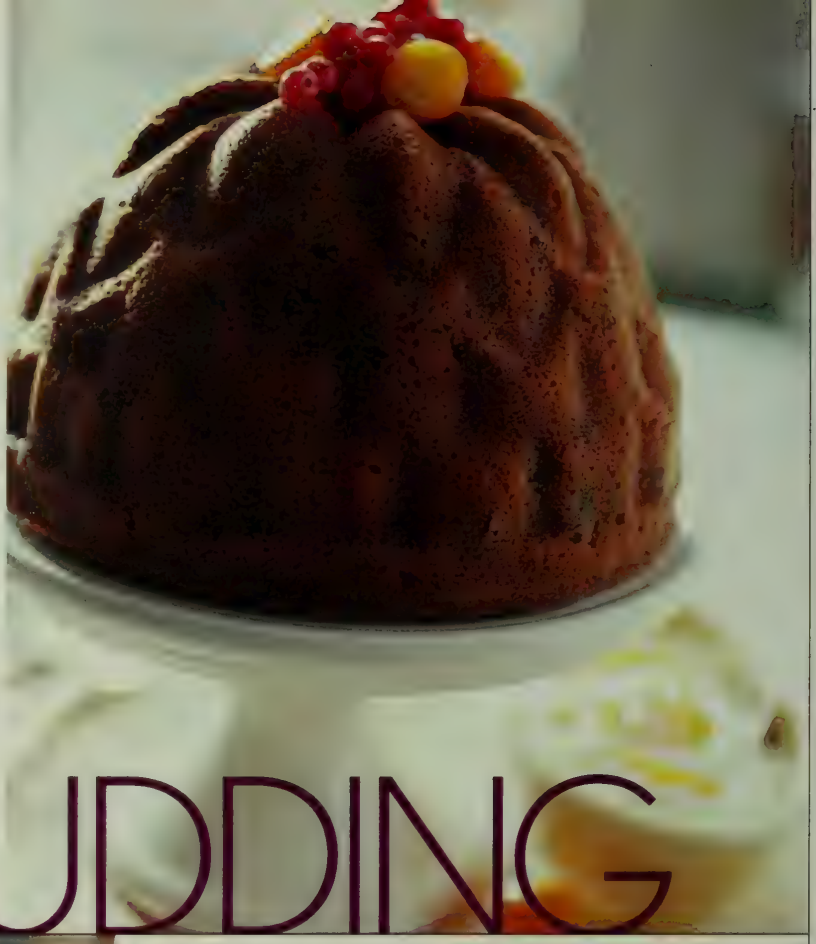
Our Café Europa Is Travel-Expert Samantha Brown's Only Carry-On Bag.

With over thirty exquisite tastes,
there's a Millstone coffee that's definitely you.

TASTE WHAT'S OUT THERE.™

MILLSTONE

P&G www.millstone.com



FIGGY PUDDING



Snipping figs is easier if you lightly coat your scissors with vegetable oil. Dried figs can get quite hard. If yours aren't snippable, microwave them along with a teaspoon of water for about a minute or until they soften.

There are reasons that figgy pudding has been a beloved holiday dessert for more than 600 years—it's easy to make, it tastes wonderful, and it has its own song: "Oh, bring us a figgy pudding; oh, bring us a figgy pudding; and bring it right now!"

This dessert also proves that you can take on a new recipe at the holidays as long as it's simple. This one may look difficult, but it's not. The proof is in the pudding.

Thanks to steaming—a technique that requires just the tiniest bit of attention—this pudding is easy. You have to check the water level in the bottom of the pan about halfway through the cooking time. That's it.

The original figgy pudding, thought to have been created sometime in the 1400s, was a dish of dried figs, dates, raisins, and spices boiled in almond milk. The steamed pudding of today has undergone a few changes for the better over the years, evolving into a shapely domed dessert (*above*) with the moistness of a carrot cake and the sweetness of dried fruit and spices. We serve ours with a traditional fluffy white sauce dolloped on each slice.

BY RICHARD SWEARINGER
PHOTOGRAPHS COLLEEN DUFFLEY
FOOD STYLIST BROOKE LEONARD


HEN RANCH TASTES THE WAY IT'S SUPPOSED TO,
IT SHOWS.
Hidden Valley
Hidden Valley
THE ORIGINAL
Ranch
WE MADE IT FIRST.
WE MADE IT RIGHT.

THE BETTER COOK >> from 206

Figgy Pudding

PREP: 30 MINUTES **COOK:** 1 HOUR
STAND: OVERNIGHT **COOL:** 10 MINUTES

- ½ cup snipped dried figs
- ¼ cup orange liqueur, such as triple sec, Grand Marnier, Cointreau, or curaçao
- ½ cup butter, softened
- ½ cup packed brown sugar
- ½ cup all-purpose flour
- ½ tsp. baking soda
- ¼ tsp. salt
- ¼ tsp. ground allspice
- ⅛ tsp. ground black pepper
- ½ cup fine dry bread crumbs
- 2 eggs, slightly beaten
- ½ cup milk
- ¼ cup chopped dates
- ¼ cup raisins
- ¼ cup coarsely chopped almonds
- ¼ cup walnut pieces



Use waxed paper or cheesecloth (or the wrapper from the butter) to spread the butter into all the corners of the mold.

- ¼ cup brandy (optional)
- 1 recipe Hard Sauce

1. Soak figs in orange liqueur overnight. In a bowl beat together butter and brown sugar with a mixer on medium speed until combined. Add flour, baking soda, salt, allspice, and pepper; beat on medium speed until combined. Stir in undrained figs, bread crumbs, eggs, milk, dates, raisins, almonds, and walnuts until combined.

Jimmy Dean

HOLIDAY RECIPES NEVER SOUNDED SO GOOD



★ SAUSAGE CHEESE BALLS ★

2 packages uncooked JIMMY DEAN FRESH SAUSAGE
16 ounces sharp cheddar cheese (or 4 cups shredded)
1 1/2 cups all-purpose baking/biscuit mix
1/2 cup finely chopped celery
1/2 cup finely chopped onion
1/2 teaspoon garlic powder



Preheat oven to 375°. Shred cheese and mix all ingredients. Form into 1" balls. Bake 15 minutes on ungreased baking sheet until golden brown. Makes about 6 dozen. Sausage Cheese Balls can be frozen uncooked. *For a firmer texture,* add an extra 3 cups of baking/biscuit mix and an extra 2 cups of shredded cheese to the ingredients listed above.

FOR MORE GREAT RECIPES, GO TO WWW.JIMMYDEAN.COM



Jimmy Dean
Signature Recipes

jack frost can take a hike.



Post grape-nuts® hot. crunch away the cold.

2. Butter or coat with nonstick cooking spray a 1-quart heatproof pudding mold, bowl, or casserole. Spoon batter into the pudding mold and cover the top with a double layer of aluminum foil. Press foil firmly around edges of mold to seal. Place pudding mold on a rack in a deep kettle. Add boiling water to a depth of about 1 inch. Cover the kettle. Bring to a gentle boil and steam for 60 to 75 minutes or until a long wooden pick or skewer inserted in center comes out clean. Add more boiling water to the kettle, as necessary.

3. Remove mold from kettle. Cool pudding for 10 minutes; remove pudding from mold. If desired, just before serving, in a small saucepan heat brandy until it almost simmers. Carefully ignite brandy with a long match. Pour over pudding. Serve immediately with Hard Sauce.

MAKE AHEAD: Prepare as above. Cool for 10 minutes; unmold. Let stand for 30 to 40 minutes on a wire rack to cool slightly. Wrap tightly in plastic wrap; store in the refrigerator for up to 2 days. To reheat, return pudding to the same bowl. Cover and steam about 40 minutes or until warm (an instant-read thermometer inserted near center registers 120-130°). Cool about 10 minutes and unmold; serve warm. Makes 8 servings.

EACH SERVING: 482 cal., 25 g total fat (12 g sat. fat), 104 mg chol., 422 mg sodium, 58 g carbo., 3 g dietary fiber, 6 g protein. Daily Values: 16% vit. A, 1% vit. C, 9% calcium, 11% iron.



A long skewer is used to test the center of the cake to see if it's done. Make sure there's enough room around the mold for you to reach in and remove it from the kettle. If not, borrow a bigger kettle.

HARD SAUCE: In a small mixing bowl beat together 1 cup sifted powdered sugar, ¼ cup softened butter, and 2 tablespoons brandy (or ½ teaspoon vanilla) with an electric mixer on medium speed for 2 to 3 minutes or until very light and fluffy. Cover and chill to harden, about 30 minutes. Makes ½ cup.



BETTER LIVING >> from 36

Ken Wilkinson's Holiday Fruitcake

Choose the pan size you prefer, then use the chart *below* to determine how many cups of batter are needed and how long to bake. This recipe yields 12 cups of batter. If you want to bake 21 eight-inch cakes (as Ken does), prepare seven batches and make sure you have plenty of bowls, pans, and time.

Note: Vapors from baked goods with a high alcohol content, such as this cake, may be combustible when baked. Use caution when opening the oven door while baking this cake.

PREP: 1 HOUR **STAND:** OVERNIGHT TO ONE WEEK

- 3/4 cup each: snipped dried pears, dried peaches, dried figs, and dried cherries
- 2/3 cup currants
- 1 15-oz. pkg. raisins (2 1/2 cups)
- 1 cup dark rum, Cognac, or apple cider
- 3/4 cup snipped dried dates
- 4 oz. chopped candied fruit peel, such as orange, grapefruit, lemon, or a mixture (3/4 cup)
- 1/4 cup chopped candied ginger
- 1/4 cup each: chopped pecans, chopped almonds, and chopped walnuts
- 2 1/2 cups all-purpose flour
- 1 tsp. salt
- 1/2 tsp. each: baking soda, baking powder, ground cinnamon, ground allspice, and ground nutmeg
- 1/4 tsp. ground cloves
- 1 cup butter, softened
- 1 cup packed brown sugar
- 5 eggs
- 1/2 cup currant jelly
- 1/2 cup molasses
- 1 1/2 cups dark rum, Cognac, or apple cider
- 1/4 cup strong coffee
- 1 Tbsp. almond extract (optional)

1. Soak dried fruit, currants, and raisins overnight (or up to one week) in 1 cup dark rum, stirring occasionally. Drain fruit, if necessary. Add dates, candied fruit peel, candied ginger, pecans, almonds, and walnuts. Mix well; set aside.
2. Grease and flour desired pans. (See chart, *left.*)
3. In a medium bowl combine flour, salt, baking soda, baking powder, cinnamon, allspice, nutmeg, and cloves; set aside.
4. In an extra large mixing bowl beat butter with electric mixer on medium speed for 30 seconds. Add brown sugar and beat until well combined. Add eggs, jelly, molasses, the remaining 1 1/2 cups rum, coffee, and extract, if using; mix thoroughly. (Mixture may appear curdled.) Add dry ingredients. Mix well.
5. Add soaked fruit mixture. Mix until thoroughly combined. Divide batter between prepared pans, filling pans three-fourths full. Bake in a 300° F oven (see timing chart, *left*) until toothpick inserted near center comes out clean.
6. Cool in pans on rack for 15 minutes. Remove from pans. Wrap cakes in rum-soaked cheesecloth. Overwrap with plastic wrap. Store in cool, dry place for 2 to 8 weeks to mellow flavors. Remoisten cheesecloth about once a week, or as needed. Makes 12 cups batter.

EACH SERVING (ONE SLICE): 263 cal., 7 g total fat (3 g sat. fat), 40 mg chol., 148 mg sodium, 40 g carbo., 3 g fiber, and 3 g pro. Daily Values: 6% vit. A, 1% vit. C, 4% calcium, and 8% iron.

BATTER UP!

PAN SIZE	BATTER AMOUNT	BAKING TIME
10-inch fluted tube pan	10 cups batter	2 hours
9x5x3-inch loaf pan	6 cups batter	2 hours
8x4x2-inch loaf pan	4 cups batter	1 hour 30 min.
7 1/2 x 3 1/2 x 2-inch loaf pan	3 cups batter	1 hour 20 min.
5 3/4 x 3 x 2-inch loaf pan	1 1/3 cups batter	45 min.



Peanuttier peanut butter cookies.

A big hit with family, friends and visitors from up north.

Creamy Jif has more fresh-roasted peanut taste than any other leading creamy brand – and you can imagine the difference that makes in a big batch of peanut butter cookies. Enjoy.

Irresistible Jif Peanut Butter Cookies

Ingredients

3/4 cup Jif Creamy Peanut Butter
1/2 cup Crisco® All-Vegetable Shortening
1 1/4 cups firmly packed light brown sugar
3 tablespoons milk
1 tablespoon vanilla
1 egg
1 3/4 cups all-purpose flour
3/4 teaspoon salt
3/4 teaspoon baking soda

Directions

Preheat oven to 375° F ~ Combine Jif, Crisco, light brown sugar, milk and vanilla in a large bowl ~ Beat at medium speed of electric mixer until well blended ~ Add egg ~ Beat just until blended ~ Combine flour, salt and baking soda ~ Add to creamed mixture at low speed ~ Mix just until blended ~ Drop by heaping teaspoonfuls 2 inches apart onto ungreased cookie baking sheet ~ Flatten slightly in criss-cross pattern with tines of fork ~ Bake at 375° F for 7-8 minutes or until set and just beginning to brown ~ Cool 2 Minutes on baking sheet ~ Makes 3 dozen cookies

For more recipe ideas go to www.jif.com

© 2002 The J.M. Smucker Company

Choosy moms choose





© 2002 ConAgra Foods, Inc. Hunt's is a registered trademark of ConAgra Brands, Inc.

NUTRITION INFORMATIO

HOW TO MAKE IT WORK FOR

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein help you keep tabs on what you eat.

You can check the levels of each serving for vitamins A and C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

HOW WE ANALYZE

We omit optional ingredients from the analysis. The analysis is calculated using 2 percent reduced-fat milk.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED:

Calories	About 2,000
Total fat	Less than 65 grams
Saturated fat	Less than 20 grams
Cholesterol	Less than 300 milligrams
Carbohydrate	About 300 grams
Sodium	Less than 2,400 milligrams
Dietary fiber	20 to 30 grams

Use our analyses to chart the nutrition value of food you eat. The guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day.

WIN MONEY

ENTER YOUR RECIPE TO WIN MONEY AND PRIZES IN OUR PRIZE TESTED RECIPES® CONTEST (SEE PAGE 215)

Your original recipe could be worth up to $400. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

MONTHLY PRIZES:

Two $400 winners, Two $200 winners, Ten $50 honor rolls

JULY 2003 CATEGORIES:

FROZEN HOMEMADE TREATS: When the weather heats up, there's no better way to cool off than with ice creams, sherbets, and slushes. Get creative and experiment with summer fresh fruits, such as peaches and plums, in these frozen refreshers. Perhaps you make individual bars or treats-on-a-stick for the kids or maybe it's a frozen pie or other frozen dessert that can be stashed away in the freezer to serve as the mercury climbs.

SUMMER FRIED CHICKEN: Summertime and fried chicken go hand in hand. And there are so many ways to prepare it. Do you use the deep-fat frying method or do you fry chicken in a skillet with a small amount of oil? What special seasonings do you add? So many things work well with the bird: everything from crunchy almonds in a batter-fried version to a quick coating of garlicky bread crumbs. What about herbs, spices, marinades, and rubs? Or do you put a spin on presentation and serve the chicken as a salad, as a pasta, or perhaps with a gravy or sauce? We want recipes that use any or all of the bird: wings, thighs, drumsticks, and breasts.

THIS MONTH'S WINNERS (PAGES 215-216)

$400 WINNERS: Betty Jean Nichols, Eugene, Ore.; Lori W. Thomas, Martinsville, Ind. **$200 WINNERS:** Roxanne E. Chan, Albany, Calif.; JoElla Hogan, Des Peres, Mo. **$50 HONOR ROLL WINNERS:** Doris Eberhardt, Cincinnati, Ohio; Pamela M. Foster, Plano, Ill.; Anne Frederick, Utica, N.Y.; Courtney McDowell, Loveland, Ohio; Diane Nemitz, Ludington, Mich.; Kati Rainboth, Gold Beach, Ore.; Judith Sandstrom, Waterloo, Iowa; Denise Sokolowski, Milwaukee, Wis.; Kathy Specht, Cambria, Calif.; Jeanne Walker, Oxnard, Calif.

CONTEST RULES

NO PURCHASE NECESSARY 1 THE CONTEST IS OPEN TO LEGAL U.S. RESIDENTS, EXCEPT MEREDITH CORPORATION EMPLOYEES, ITS AFFILIATES, SUBSIDIARIES, AND THEIR IMMEDIATE FAMILIES. 2. WITH EACH ENTRY, CLEARLY PRINT OR TYPE YOUR NAME, ADDRESS, PHONE NUMBER, AND RECIPE MARKED "FROZEN HOMEMADE TREATS" OR "SUMMER FRIED CHICKEN." SPECIFY BRANDS AND RECIPE ORIGIN. 3. SEND RECIPES BY POSTAL MAIL TO 0307 FOOD DEPARTMENT, *BETTER HOMES AND GARDENS*® MAGAZINE, DES MOINES, IA 50309-3023 OR, SEND E-MAIL ENTRIES TO PTR@MDP.COM. 4. ENTRIES MUST BE POSTMARKED BY DECEMBER 20, 2002, AND RECEIVED BY DECEMBER 31, 2002. E-MAIL ENTRIES MUST BE POSTED BY 11:59 P.M., EST, DECEMBER 20, 2002. 5. MONTHLY WINNERS WILL BE SELECTED ABOUT 60 DAYS LATER, THEN NOTIFIED BY MAIL. WINNERS MUST SIGN AFFIDAVIT, RELEASE, AND COPYRIGHT ASSIGNMENT. 6. ENTRIES MUST BE YOUR ORIGINAL RECIPES. NO PREVIOUSLY PUBLISHED RECIPES. THEY WILL BE JUDGED ON CREATIVITY, TASTE, AND PRACTICALITY BY *BH&G*® EDITORS. DECISIONS OF JUDGES ARE FINAL. 7. ENTRIES WILL NOT BE RETURNED. ALL COPYRIGHT RIGHTS OF WINNING RECIPES BELONG TO MEREDITH CORPORATION. WE RESERVE THE RIGHT TO ADJUST WINNING RECIPES. 8. ENTRY CONSTITUTES PERMISSION TO USE WINNER'S NAME AND HOMETOWN FOR EDITORIAL AND PROMOTIONAL PURPOSES, EXCEPT WHERE PROHIBITED BY LAW. SEND A SELF-ADDRESSED STAMPED ENVELOPE TO ABOVE ADDRESS TO RECEIVE WINNERS' LIST, AVAILABLE SIX MONTHS AFTER ENTRY DEADLINE. 9. MEREDITH CORPORATION ASSUMES NO RESPONSIBILITIES FOR ENTRIES THEY ARE UNABLE TO PROCESS DUE TO PHONE, NETWORK, ELECTRONIC, OR COMPUTER HARDWARE OR SOFTWARE FAILURES, OR TECHNICAL FAILURES OF ANY KIND. SUBJECT TO ALL U.S. FEDERAL, STATE, AND LOCAL LAWS AND REGULATIONS. VOID WHERE PROHIBITED. TAXES ON PRIZES ARE THE RESPONSIBILITY OF THE WINNERS.

Here's a fresh dinner idea from Hunt's.



Zesty Italian Ziti

Prep: 10 min. **Cook:** 20 min. **Serves:** 6-8

- 1 pound Italian sausage links, cut into 1/2-inch chunks
- 1 medium onion, cut into lengthwise strips
- 2 cans (14.5 oz. ea.) Hunt's® Diced Tomatoes in juice
- 1/4 cup Hunt's® Tomato Paste
- 16 oz. ziti, cooked according to package and kept warm
- 1/2 cup shredded mozzarella cheese

Cook sausage and onion over medium-high heat in large skillet until meat is no longer pink; drain.

Blend in tomatoes and paste; heat through.

Toss with pasta; top with cheese.

For more delicious recipes, visit www.hunts.com



Only the best tomatoes grow up to be Hunt's.

©2002 ConAgra Foods, Inc.
Hunt's is a registered trademark of ConAgra Brands, Inc.


SNYDER'S
OF HANOVER
Pretzel Bakery
America's Pretzel Bakery Since 1909
SNYDER'S
OF HANOVER
BURSTING WITH FLAVOR!
Honey Mustard
& Onion
PIECES
So Much Flavor!
So Many Choices!
With years of bakery experience under our apron, we know how America likes their snacks. Plenty of flavor. Plenty of choices. Take our Pretzel Pieces. They don't just have flavor. They burst with it!
SNYDER'S
OF HANOVER
PIECES
Visit us at www.snydersofhanover.com ©09/02

PRIZE TESTED RECIPES® $400 WINNER



APRICOT CHEESECAKE

LORI W. THOMAS, MARTINSVILLE, IND., IN THE FESTIVE PARTY CHEESECAKES CATEGORY, DECEMBER 2002

- 2 cups finely crushed butter cookies (about 30 cookies)
- 1/3 cup butter, melted
- 1 15 1/4-oz. can unpeeled apricot halves
- 3 8-oz. pkgs. cream cheese, softened
- 1 cup sugar
- 1 1/2 tsp. vanilla
- 3 eggs
- 1 10-oz. jar low-calorie apricot spread
- 1/4 cup apricot nectar

Preheat oven to 325° F. For crust, in a medium bowl combine crushed butter cookies and melted butter. Press mixture evenly onto bottom and 2 inches up the sides of a 9-inch springform pan. Bake for 8 to 10 minutes or until golden brown. Set aside.

For filling, drain apricot halves, reserving 3 tablespoons syrup. Coarsely chop apricots; set aside. In a large mixing bowl beat cream cheese, sugar, the reserved syrup, and vanilla with an electric mixer until combined. Add eggs all at once, beating on low speed just until combined. Stir in chopped apricots. Pour filling into crust-lined pan. Place on a shallow baking pan in oven. Bake about 50 minutes or until center appears nearly set when cheesecake is gently shaken. Cool in pan on a wire rack for 15 minutes. Loosen crust from sides of pan and cool cheesecake 30 minutes more. Remove the sides of the pan; cool cheesecake completely.

For glaze, in a small saucepan melt apricot spread over low heat. Remove from heat;

CLIP AND SAVE RECIPES IN YOUR **BETTER HOMES AND GARDENS®** NEW COOK BOOK

PRIZE TESTED RECIPES® $400 WINNER



HOLIDAY HAM WITH CIDER GLAZE

BETTY JEAN NICHOLS, EUGENE, ORE., IN THE HOLIDAY HAM CATEGORY, DECEMBER 2002

- 1 5- to 6-lb. cooked ham (rump or shank portion)
- 2 cups apple cider or apple juice
- 1 cup honey
- 1/2 cup cider vinegar
- 1/4 cup Dijon-style mustard
- 2 tsp. chili powder
- 1 Tbsp. butter or margarine
- 1/2 tsp. apple pie spice

Preheat oven to 325° F. Trim excess fat from ham. Score ham with diagonal cuts in a diamond pattern. Place ham on a rack in a shallow roasting pan. Insert a meat thermometer. Bake ham until thermometer registers 140° F (1 1/2 to 2 1/4 hours).

Meanwhile, in a large saucepan combine cider, honey, vinegar, mustard, and chili powder. Bring to boiling; reduce heat. Boil gently, uncovered, about 15 minutes, stirring frequently. (Watch carefully, as mixture will bubble up.) You should have about 2 cups of mixture. Remove half of the mixture to a small bowl. Stir in butter and 1/4 teaspoon of the pie spice. Set aside for sauce. Bring remaining mixture in saucepan to boiling; reduce heat. Boil gently for 5 minutes or until mixture is thickened and reduced to about 1/2 cup; stir frequently. Stir in remaining 1/4 teaspoon pie spice; use for glaze. If glaze should set up before using, cover and reheat in a microwave-safe dish on 100% power (high) for 1 minute or until warm. Brush ham with glaze the last 20 to 30

PRIZE TESTED RECIPES® $200 WINNER



GINGER PEAR RELISH FOR HAM

ROXANNE CHAN ALBANY CA IN THE HOLIDAY HAM CATEGORY, DECEMBER 2002

- ⅓ cup dried cranberries
- 2 pears, cored and chopped
- 4 green onions, thinly sliced
- 3 Tbsp. finely chopped crystallized ginger
- 1 Tbsp. olive oil
- 1 Tbsp. lime juice
- 1 Tbsp. honey
- 1 tsp. finely snipped fresh rosemary

Place cranberries in a small bowl; add boiling water to cover. Let stand 10 minutes; drain and return to bowl.

Add remaining ingredients; toss gently to coat. Cover and chill 1 to 3 hours. Serve with ham. Makes 8 to 9 servings (2⅓ cups).

MORE ABOUT RECIPES www.bhg.com/food or AOL Keyword Food

>> on 213

CLIP AND SAVE RECIPES IN YOUR BETTER HOMES AND GARDENS® NEW COOK BOOK

PRIZE TESTED RECIPES® $200 WINNER



BANANA CHEESECAKE

JOELLA HOGAN, DES PERES, MO., IN THE FESTIVE PARTY CHEESECAKES CATEGORY, DECEMBER 2002

- 2 cups graham cracker crumbs
- ½ cup finely chopped pecans
- ¼ cup sugar
- ½ cup butter, melted
- 3 8-oz. pkgs. cream cheese, softened
- ¾ cup sugar
- 1 tsp. vanilla
- 3 eggs
- 1 cup mashed bananas (about 2 medium)
- 1 8-oz. carton dairy sour cream
- 2 Tbsp. white crème de cacao
- 2 Tbsp. dark rum
- 1½ cups flaked coconut, toasted

Preheat oven to 350° F. For crust, in a medium bowl combine graham crackers, pecans, and ¼ cup sugar. Stir in melted butter. Press crumb mixture onto the bottom of a 13x9x2-inch baking pan. Set aside.

For filling, in a large mixing bowl beat cream cheese, ¾ cup sugar, and vanilla with an electric mixture until combined. Add eggs all at once; beat on low speed just until combined. Stir in mashed bananas. Pour filling into crust-lined pan. Bake for 30 minutes or until center is set.

Meanwhile, in a small bowl stir together the sour cream, crème de cacao, and rum. Spoon sour cream mixture over filling, spreading evenly; bake for 5 minutes more. (Sour cream layer may crack slightly.) Cool in pan on a wire rack. Cover and chill for 4 to 24 hours. To serve, sprinkle with toasted coconut. Makes 20 servings.

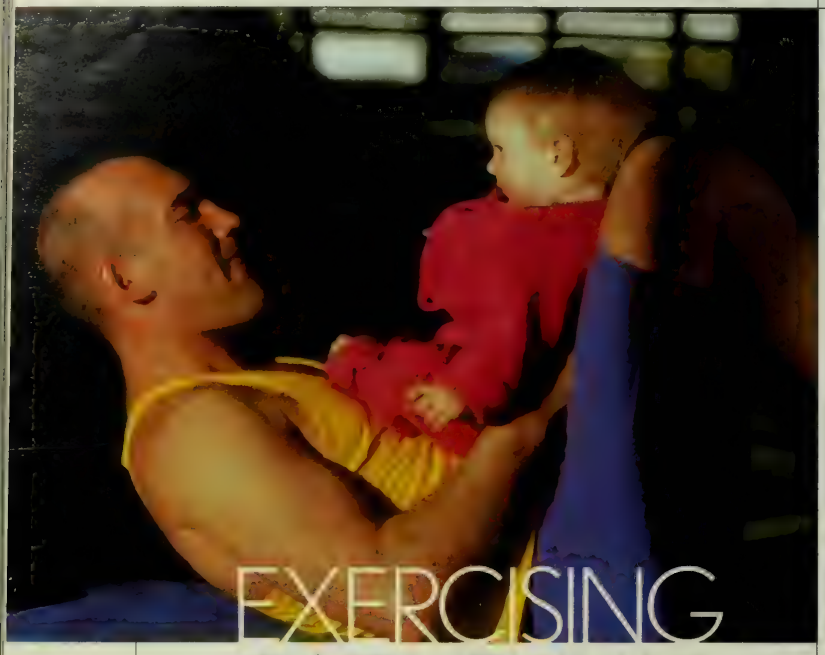
GRACE UNDER PRESSURE



GladWare's tough, like Tupperware®. It stands up to everyday pressures, including the microwave, dishwasher and freezer, yet costs only a fraction of what you'd pay for a Tupperware® container. All of which helps you keep your grace under pressure, too.



DON'T GET MAD. GET GLAD.®



EXERCISING FAITHFULLY

Places of worship across America are opening up fitness centers to provide strength of body as well as soul. "We minister to the physical and spiritual needs of the people," says Karen Croft, recreation director at Graceland Baptist Church in New Albany, Indiana.

Second Baptist Church in Houston, Texas, built an entire Family Life Center with programs for everyone from preschoolers to the elderly. Parents can work out in the gym while the children play in a special kid-friendly area called Rocket Town. Family-friendly fitness centers like these provide more than just exercise; they also preserve an atmosphere conducive to each church's values.

"In the secular world, the attire and the music is not always what you want your family to be exposed to," says Jay Klingenberg, director of the fitness center at Second Baptist. "You can come in here and it's what you would want your family to be a part of."

That feel-at-home atmosphere—even in the midst of a big city—is what the Life Center at Lindenwood Christian Church in Memphis, Tennessee, offers too. Located in midtown, the fitness center provides an environment that feels safe for family participants, said David Johnson, recreation director for Lindenwood. "We have a lot of seniors, and there are not a lot of places where they feel comfortable going," says Johnson. This church of nearly 2,000 members provides activities for all ages. The center, and others like it, are often open to the community at large.

—Elaine Cooper, R.N.

LOOSE LABELING

Men taking vitamin E or other supplements for prostate health may not be getting a reliable dose, according to new research.

In a recent study published in *The Journal of Urology*, researchers analyzed and compared different brands of vitamin E, vitamin D, selenium, lycopene, and saw palmetto—all of which have been linked to better prostate health. Compared to what the labels promised, some brands had nearly none of the active ingredients while others had up to 50 percent more than the stated amount. The fluctuation was most evident in saw palmetto, an herbal remedy.

The lack of quality control in the tested supplements is "very frightening," says Dr. Franklin C. Lowe, chairman of the American Urological Association's alternative medicine committee. He says stronger government labeling and testing requirements are needed. Meanwhile, Lowe advises men to try one brand for a month and if symptoms don't improve, to switch to another brand.

—Jeanne Ambrose



A new Metamucil. Taken, not stirred.



How do you stay regular with an irregular lifestyle? Try Metamucil in new capsule form. Get the same power of 100% natural fiber found in Metamucil powder. The only thing we added was convenience.

GET REGULAR. STAY REGULAR. CONVENIENTLY.

RAISE THE ALARM!

Give your family a gift that could save their lives: new or extra smoke and carbon monoxide alarms, and a load of fresh batteries. In the year 2001, there were nearly 400,000 house fires in the U.S., according to the National Fire Protection Association. Also, carbon monoxide, an odorless, colorless gas produced by fuel-burning appliances like furnaces and fireplaces, kills hundreds each year because of inadequate venting to the outside, according to the Consumer Product Safety Commission (CPSC). To avoid being a statistic, follow these tips:

Smoke Alarms: Have one installed on every level of your home and outside of sleeping areas. Change batteries annually and vacuum the alarm twice a year. Replace existing alarms every ten years.

Carbon Monoxide Alarms: Install at least one alarm per home, right outside the main sleeping area. If the alarm sounds, get out and call 911 from a neighbor's house.





TV TRAINING

Next time your children sit down to watch a holiday special, make sure they don't have a TV tray in front of them. A new study from the Cincinnati Children's Hospital Medical Center indicates that eating meals in front of the television may ultimately contribute more to certain health problems—obesity in particular—than when kids keep their eating and viewing separate.

The study, which has followed 169 children since 1990, showed that those who watched more than two hours of television per day weighed more than children of the same age who watched less. And eating in front of the TV only increased viewing time, when kids could be doing something more healthful and active.

The simple solution: Turn off the tube once a meal is served, says study leader Brian Saelens, Ph.D. Watch TV after meals, but plan what you watch (no channel-surfing!) and do something afterward to break the couch-potato mold—play a game or work on a holiday craft. Changing the activity level for even a half hour can have a significant impact on children's weight, says Dr. Saelens.

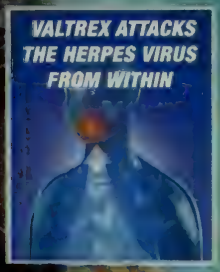
SHARE THE HEALTH!

Have you found a novel way to deal with insurance problems or to comfort a sick child? Got a home remedy or a quick cure that really works? Tell us about it! We'll pay $50 for each idea we use. Send your best health tips and ideas to: Family Health, *Better Homes & Gardens*®, 1716 Locust St., Des Moines, IA 50309-3023. All letters become *BH&G* property.

A cold sore starts inside you. Now VALTREX attacks it from within.

VALTREX is the first and only oral one-day treatment.

VALTREX is a prescription pill, so while creams and ointments are applied at the surface to treat a cold sore, VALTREX enters the bloodstream to attack the herpes virus from within. VALTREX should be taken at the first sign of a cold sore, such as tingling, itching, or burning. So talk to your doctor today about getting a prescription. With a one-day treatment of VALTREX on hand, now you're prepared to fight. For a free trial coupon, visit mycoldsore.com or call toll-free 877-coldsore.



VALTREX is available by prescription only. While taking VALTREX for cold sores, you should not exceed one day of treatment, two doses taken 12 hours apart. There are no studies that show if VALTREX works when used after the appearance of a cold sore, such as bumps, blisters, or sores. VALTREX is not a cure for the cold sore virus. Even with treatment, it may be possible to spread cold sores to others.

VALTREX is intended for healthy adults. If your immune system is not normal because of advanced HIV disease, bone marrow or kidney transplant, tell your doctor to avoid a potentially serious complication. Side effects include headache and dizziness.

VALTREX®
(valacyclovir HCl)
1g Caplets

prepared with a prescription. Talk to your doctor today.

Please see important patient information on the following page.

Patient Information About VALTREX® (valacyclovir HCl) Caplets

Although this summary contains important information about VALTREX, it is not meant to take the place of careful discussions with your doctor or other healthcare provider. Please read this information carefully before taking VALTREX. Remember that only your doctor or other healthcare provider knows your medical history and has the training and experience to weigh the risks and benefits of a prescription drug for you. Ask your doctor or other healthcare provider if you do not understand any of this information or if you want to know more about VALTREX.

What is VALTREX and how does it work?

VALTREX is the brand name for valacyclovir, a prescription antiviral medication. This antiviral medication interferes with the ability of a virus to reproduce in your body. The antiviral activity of VALTREX works against several of the herpes viruses: herpes simplex virus type 1 (HSV-1; the primary cause of cold sores), herpes simplex virus type 2 (HSV-2; the primary cause of genital herpes), and varicella-zoster virus (the virus that causes herpes zoster or "shingles"). VALTREX comes in the form of a pill, which is taken by mouth.

What conditions can be treated with VALTREX?

VALTREX is approved 1) for the treatment of recurrent outbreaks of cold sores, 2) for the treatment of the first outbreak of genital herpes, 3) for the treatment of recurrent outbreaks of genital herpes, 4) for the suppression of future outbreaks of genital herpes, and 5) for the treatment of herpes zoster ("shingles"). VALTREX is intended for adults with normal immune systems.

It is important to remember that VALTREX is not a cure for herpes. It is not known if VALTREX will prevent the spread of herpes to others.

Genital herpes is a sexually transmitted disease, and even with treatment, it may be possible to spread herpes to others. You should avoid all sexual contact when you have an outbreak, lesions, or other signs of genital herpes. In addition, genital herpes can be spread even when you have no visible symptoms. Whenever you have intercourse, it is important to always use a condom to help reduce the risk of spreading the virus to others.

Cold sores are also caused by a herpes virus and may be spread by kissing or other contact.

Who should not take VALTREX?

VALTREX is not for everyone, and you should talk to your doctor, pharmacist, or other healthcare provider to determine if VALTREX is right for you. You should not take VALTREX if you are allergic to valacyclovir (the active ingredient in VALTREX), acyclovir, or any component of VALTREX.

What should I tell my doctor before taking VALTREX?

Tell your doctor if:

- You have or think you have HIV, have recently been or are being treated for cancer, or have had a bone marrow or kidney transplant.
- You have problems with your kidneys.
- You are pregnant, are planning to become pregnant, or are breast-feeding.
- You are taking or planning to take any other prescription or over-the-counter medicines, supplements, or herbal remedies.
- You are allergic to any of the ingredients in VALTREX or acyclovir.

How should I take VALTREX? For how long?

Carefully follow the instructions of your doctor or other healthcare provider about when and how to take VALTREX. You may take VALTREX with or without food.

- To treat cold sores: The standard dose is 2 grams of VALTREX twice daily for 1 day (taken about 12 hours apart). While taking VALTREX for cold sores, you should not exceed one day of treatment. Start treatment at the earliest sign of a cold sore, such as tingling, itching, or burning. You should not take more than one day (2 doses) of treatment. There are no studies that show if VALTREX works when used after the appearance of a cold sore, such as bumps, blisters, or sores.

- To treat the first or "initial" outbreak of genital herpes: The standard dose is 1 gram twice daily for 10 days. VALTREX will be most effective if you take it within 48 hours of the start of any symptoms. There are no studies that show how well VALTREX will work if you take it more than 72 hours after the start of an outbreak.

- To treat recurrent outbreaks of genital herpes: The standard dose is 500 mg twice daily for 3 days. VALTREX is most effective when taken within 24 hours of the start of signs or symptoms. There are no studies that show how well VALTREX will work if you take it more than 24 hours after the start of symptoms.

- To suppress future outbreaks of genital herpes: The standard dose is 1 gram once daily. Your doctor may recommend an alternative approved dose, 500 mg once daily, if you have had a history of 9 or fewer outbreaks a year. There are no studies that show the safety and efficacy of therapy with VALTREX beyond one year.

- To treat herpes zoster ("shingles"): The standard dose is 1 gram three times daily for seven days. VALTREX is most effective when taken within 48 hours of the start of shingles. There are no studies that show how well VALTREX will work if you take it more than 72 hours after the start of shingles.

If your kidney function is not normal, tell your doctor or other healthcare provider because you may need your dose adjusted.

What if I miss a dose?

You should take the missed dose as soon as possible. If you aren't able to take the missed dose before the next scheduled dose, just go back to your regular dosing schedule without taking the missed dose. As with all medications, you should try hard not to miss a scheduled dose.



(valacyclovir HCl)
500mg, 1g Caplet

Can I take VALTREX with other medicines?

Ask your doctor, pharmacist, or other healthcare provider what is right for you. Scientific studies done so far suggest that VALTREX will not change the way other medicines work in your body. However, because stu cannot cover all possible combinations, you should talk to your doctor, pharmacist, or other healthcare provi about all other prescription medicines, over-the-counter medicines, supplements, and herbal remedies that y are taking.

Important safety considerations with VALTREX

In studies of patients who had immune systems that were not normal because of advanced HIV/AIDS, t marrow transplant, or kidney transplant and who received very high doses of VALTREX (8 grams per day a condition called thrombotic thrombocytopenic purpura/hemolytic uremic syndrome (TTP/HUS) was and in some cases this condition resulted in death.

What are possible side effects of VALTREX?

Elderly patients are more likely to have kidney problems or central nervous system side effects, such as agitation, hallucinations, or confusion. These patients should have their dose of VALTREX reduced by their doctor or other healthcare provider.

Patients whose kidneys are not working properly and who exceed the standard dosage of VALTREX may h additional problems with their kidneys or experience symptoms like agitation, hallucinations, confusion, or central nervous system side effects. These patients should have their dose of VALTREX reduced by their or other healthcare provider.

VALTREX may cause side effects in normal patients, but in studies, these side effects usually have been The side effects most commonly reported by patients on VALTREX are headache, nausea, abdominal pa vomiting, diarrhea, and dizziness. Other side effects reported include no menstrual cycle; joint pain; depres low red blood cell, white blood cell, or platelet counts; and changes in tests that measure how well the liv kidneys work. However, in these studies, patients who took a placebo (a pill containing no medication) h these other side effects about as often as the patients taking VALTREX. Other side effects that have been re during clinical use include swelling of the face; high blood pressure; fast heart beat; serious hypersens reactions with swelling, shortness of breath, rash, hives, and itching; aggressive behavior; agitation; coma; confusion; decreased consciousness; brain disease; serious mental illness; problems with the eye, liver infe kidney failure, problems with the blood-forming organs; and serious skin rashes including sensitivity to ligh The list above is not a complete list of side effects reported with VALTREX. VALTREX may cause other side besides those listed on this sheet. If you want more information or develop any side effects or symptom are concerned about, call your doctor or other healthcare provider immediately.

Are there other things I should know about VALTREX?

- Like most prescription drugs, VALTREX was required by law to be tested on animals before it could be teste or given to humans. There were no meaningful findings in any of the animal tests. There are no clinical tri pregnant women from which conclusions can be made regarding the safety of VALTREX in pregnant wome their developing fetuses.
- VALTREX should be used during pregnancy only if the potential benefit is greater than the potential risk to baby. If you are pregnant or thinking about getting pregnant, you should talk to your doctor before using VA
- VALTREX should be given with caution to a woman who is nursing a baby and only when necessary. If yo breast-feeding, you should talk to your doctor before using VALTREX.
- In children who have not been through puberty, the safety and efficacy of VALTREX has not been estab or studied.

Use VALTREX as directed

Medicines are sometimes prescribed for purposes not listed in this summary. Do not use VALTREX for a co for which it was not prescribed. Do not share your medicine with anyone else, even if they have a simila medical condition. If you have any questions about VALTREX, ask your doctor, pharmacist, or other health provider. This leaflet provides a summary of information about VALTREX. If you want the complete prescr information for VALTREX, ask your doctor, pharmacist, or other healthcare provider, or visit our web site a valtrex.com.

How should I store VALTREX?

Store VALTREX at room temperature (59° to 77°). Keep VALTREX in a tightly closed container out of the of children.

GlaxoSmithKline

©2002, GlaxoSmithKline All rights reserved September 2002

©2002 The GlaxoSmithKline Group of Companies All rights reserved Printed in USA

VA2139RO September 2002

©2002 Orange Glo International, Inc.

SAFELY REMOVES REALLY BAD PET STAINS. AS IF THERE ARE ANY GOOD ONES.



iClean® lifts out the worst organic stains and odors
m carpet and upholstery, without the damaging
ects of chlorine bleach. Perhaps today will be the
you reclaim your home territory from your pets.

Millions believe for a reason.™



STOMACH distress

ENJOY THAT HOLIDAY BUFFET, AND AVOID THE CAUSES OF THESE ALL-TOO-COMMON DIGESTIVE COMPLAINTS.

This time of year, stockings aren't the only things getting stuffed. As family and friends deck the tables with platters of rich foods and sinful treats, it's almost inevitable that you'll overindulge in some favorite dish or delicacy.

As many as 70 million people suffer from one digestive problem or another: heartburn, bloating and gas, diarrhea, and constipation are common complaints. Most are relatively minor, but any one of them can make you miserable.

If your digestive system has been sending you less-than-pleasant signals, here are a few ways to prevent tummy troubles—and enjoy the season's eatings.

HEARTBURN That burning, gnawing sensation you feel after a holiday meal—or any culinary indulgence—can be your gut's way of saying "shame on you." Heartburn occurs when acid rises from the stomach into the esophagus, because of an overly relaxed or ineffective gateway (known as the esophageal sphincter). "If there's enough acid, it causes a breakdown of the lining, and thus the burning," says Steven Carin Jr., D.O., chief of gastroenterology at Ohio University in Athens, Ohio.

More than 60 million Americans suffer chronic heartburn, called gastroesophageal reflux disease (GERD), says Yang Chen, M.D., professor of medicine at the University of Colorado Health Sciences Center. As many as 19 million Americans take drugs for the disease at least twice weekly.

The symptoms aren't limited to the typical burning sensation, though. In serious, chronic cases, heartburn can feel like pressure in the chest and throat, which gets worse when you lie down. Sometimes, swallowing may become difficult.

To put out the fire, try to avoid foods that stir up acid. That includes peppermint (keep the candy canes on the trees and out of your mouth), caffeine, garlic, onions, and such acidic foods as orange juice and tomatoes. Decadent stuff, like chocolate or alcohol, is a classic cause of heartburn, so go easy on it. And if you do eat a heavy meal, give yourself about three hours before you lie down.

Some medicines, including those used for birth control and asthma, may relax the esophageal sphincter and cause more acid to leak out, so check with your doctor or pharmacist to see if your meds might be

BY **MICHELE MEYER** ILLUSTRATION BY **NATHALIE DION**



VIOXX®
(rofecoxib)

Ask your doctor or other healthcare professional about prescription VIOXX from Merck.

VIOXX is a registered trademark of Merck & Co.,Inc.

MERCK

© 2002 Merck & Co., Inc. All rights reserved. 20208270(1)-VIO-CON

For more information about VIOXX, call 1-888-VIOXX-11 or visit vioxx.com.

HEALTH >> from 224

hurting more than helping. Your health-care team may be able to suggest a substitute.

Meanwhile, there are drugs that will thwart acid production. Over-the-counter acid blockers are effective. Traditional antacids can also help. But, if you're feeling heartburn days or weeks beyond your last holiday feast, don't dismiss the condition as trivial, warns Chen. Aside from simply making you miserable, poorly treated acid reflux can lead to more serious health problems, including ulcers, permanent scarring of the esophagus, and even certain types of cancer.

DIARRHEA Holiday stress, rich foods, an appetizer left out too long on the platter—any one of these and a dozen other conditions might trigger the evacuation signal in your bowels. If you've got a stomach flu or eaten something that's gone bad, diarrhea is your body's way of getting rid of the offending stuff fast. Most doctors recommend letting it run its course.

If your calendar is packed with dinners, parties, and last-minute shopping, it's only natural to want relief from diarrhea. An over-the-counter remedy containing loperamide can help quell the problem. Just don't take the medication any longer than directed.

But diarrhea is also a hallmark symptom of irritable bowel syndrome (IBS).

"It's a hodgepodge of different symptoms—including cramps, diarrhea, and constipation," says Dr. Alan Buchman, M.D., a gastroenterologist at Northwestern University Medical School in Chicago. "IBS is a waste-basket term used as a diagnosis when patients have troublesome, unexplained yet benign symptoms." Fifteen percent of Americans—nine of 10 being women—suffer from IBS or its attendant symptoms.

IBS can be a chronic condition that knows no season. The condition is caused by stress or being sensitive to certain food ingredients. Of course, the winter holidays are rife with stress, and those heaping party platters and cocktail trays that you love to sample are packed with some of the most common IBS triggers around.

Prevention is always easier on your body, so avoid foods that may be trouble. Common problem-foods include tomatoes and nuts. Another issue for adults is lactose intolerance, which is a condition where the body can't break down a dairy sugar known as lactose. As a result, such dairy foods as milk, ice cream, cheese, and butter can initiate bouts of bloating, gas, and diarrhea.

If you think you might be sensitive to a certain food, try eating just a little bit to see how it makes you feel. If you must have your favorite cheese or dairy product, try an over-the-counter lactase enzyme product. These drops or pills break down lactose, allowing you to enjoy dairy without any unpleasant side effects. For general bloating and gas, over-the-counter products containing simethicone can help.

If your IBS is a problem year-round, talk to your doctor about medications to help manage the symptoms. Low-dose antidepressants, known as SSRIs (selective serotonin re-uptake inhibitors) may work because they interfere with pain signals from the abdomen and help mediate some of the effects of stress.

CONSTIPATION Constipation causes bloating, lower abdominal cramps, and pain when you go to the bathroom. One of the best ways to ease the symptoms of this unpleasant condition is to bulk up your diet with fiber (fruits are an excellent source). Another effective remedy is to take a bulking agent that contains natural fiber or methylcellulose, such as Citrucel.

Also, the more fluid you drink, the less constipation you'll have, so carry a water bottle with you. Limit the amount of caffeinated and alcoholic beverages you consume. While caffeine can sometimes stimulate bowel function, it also leaches the fluid out of your body that you need to keep things moving. When diet changes don't work, stool softeners and mild laxatives, such as good old Milk of Magnesia, also are helpful.

heartburn LEFT UNCHECKED, EVEN MILD CAN BE A MAJOR PROBLEM

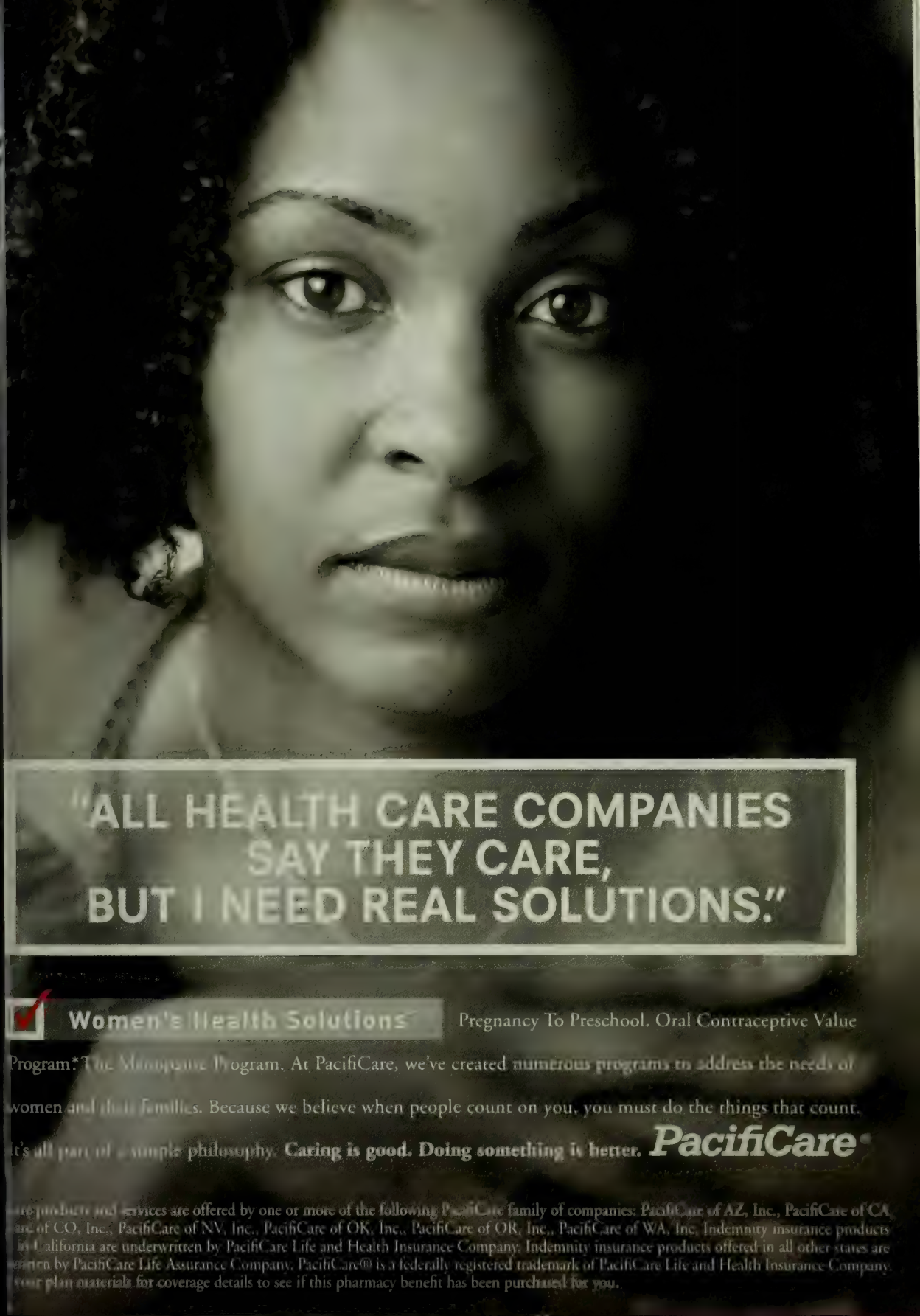
STILL HAVE PROBLEMS? Any persistent stomach pain should be evaluated by a physician, especially if you have weight loss, difficulty swallowing, or any signs of bleeding or fever, says Stuart Spechler, M.D., chief of gastroenterology at the Dallas Veterans Administration Medical Center. These could be signs of bowel obstruction, ulcers, or even cancer. Left unchecked, even mild heartburn can be problematic, so if pain lasts beyond the holidays, call your doctor.

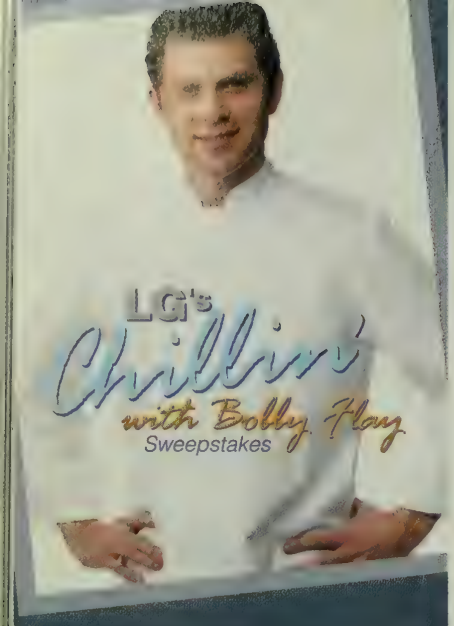
—Michele Meyer writes frequently on health and fitness issues. She lives in Houston, Texas.

...Kimberly-Clark Corporation. ©2001 K.C.C.




Just a sprinkle of Equal® pours on the taste!
EQUAL®
SWEETENER
www.equal.com
Starting every morning with Equal® makes your breakf
favorites even more delicious. But breakfast is just the beginnin
Rich coffee. Unbelievable apple pie. Refreshing lemona
Everyday, millions of people use Equal as a better way to the tastes they lo
For great Equal® recipes, visit www.equal.com
EQUA
Great Taste, 0 Calori


"ALL HEALTH CARE COMPANIES
SAY THEY CARE,
BUT I NEED REAL SOLUTIONS."
Women's Health Solutions
Pregnancy To Preschool. Oral Contraceptive Value
Program.* The Menopause Program. At PacifiCare, we've created numerous programs to address the needs of
women and their families. Because we believe when people count on you, you must do the things that count.
It's all part of a simple philosophy. Caring is good. Doing something is better. PacifiCare®
*Not products and services are offered by one or more of the following PacifiCare family of companies: PacifiCare of AZ, Inc., PacifiCare of CA,
Inc. of CO, Inc., PacifiCare of NV, Inc., PacifiCare of OK, Inc., PacifiCare of OR, Inc., PacifiCare of WA, Inc. Indemnity insurance products
in California are underwritten by PacifiCare Life and Health Insurance Company. Indemnity insurance products offered in all other states are
written by PacifiCare Life Assurance Company. PacifiCare® is a federally registered trademark of PacifiCare Life and Health Insurance Company.
Your plan materials for coverage details to see if this pharmacy benefit has been purchased for you.



Win a hot weekend with a cool chef!

We're giving away a first-class trip for two to New York City, **including dinner with Bobby at his award-winning restaurant Mesa Grill!**

Plus other great prizes including LG appliances!

Just log on to LGappliances.com to enter!

LG

Home Appliances

NO PURCHASE NECESSARY. A PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. Void in Puerto Rico, [illegible] of October 1, 2002 who are legal [illegible] and Florida) and Florida [illegible] ends on December 2, 2002. [illegible]

FALL TOOL CLEANUP

Taking care of your gardening tools will save you the cost of replacing them and keep them ever-ready. Garden designer Linelle Russ of Seattle offers one more reason ("a sneaky one") for cleaning your tools before putting them to bed for the winter: As you scour and scrub, do a tool inventory—and ready a Christmas want list.



1. DISINFECT

If you don't clean and oil your garden tools weekly during the growing season, now is the time. Then disinfect tools in a bleach solution for 15 seconds. Mix one part bleach to four parts water. Use fresh solution for each tool.

2. REMOVE RUST

Rub steel wool with the "grain" of tools to loosen specks of rust. Dust off steel wool and rust particles with a dry cloth. Then rub with a cloth sprayed with lubricant to prevent rust from forming during storage.

3. SHARPEN

Use a whetstone in a sweeping side-to-side motion. Follow the existing angle of the blade.

4. STORE FOR WINTER

Dump builder's sand and then a quart of motor oil into a large plastic bucket. Insert tools.

BY CRAIG SUMMERS BLACK
PHOTOGRAPHS: MICHAEL JENSEN
PRODUCER: LORALEE WENGER

Some refrigerators organize your food.
This one can organize your life.



Introducing the new LG Internet Refrigerator. Manage your calendar, download new recipes, watch the evening news, and even buy groceries – right from a touch-screen panel in the door. This is just one of the extraordinary products in LG's full line of refrigerators with features like LG's patented door cooling systems and a fingerprint-proof LG Titanium™ finish. To learn more about LG home appliances, call 1.866.473.5554 or visit www.LGappliances.com.

LG

Refrigerators • Washer/Dryer Combos • Microwave Ovens • Air Conditioners

Home Appliances

Discover LG home appliances at:

P.C. RICHARD & SON hhgregg Fry's ELECTRONICS Conn's American WARNERS STELLIAN



1 3
2 4



COUSCOUS

1. PAELLA COUSCOUS

Prepare couscous according to package directions, substituting chicken broth for water. Add saffron to cooking liquid; stir in frozen peas along with couscous. Meanwhile, sear peeled, deveined shrimp and scallops in a skillet. Remove and toss with cooked lump crabmeat. Whisk together olive oil, lemon juice, and a dash of salt. Pour over couscous. Add seafood, chopped tomato, and snipped fresh parsley. Serve warm.

2. GARDEN BOUNTY

Sauté slivered zucchini in olive oil until crisp-tender. Remove skillet from heat. Add quartered cherry tomatoes and shredded basil leaves. Toss with cooked couscous. Dress with a vinaigrette made from orange juice, olive oil, snipped fresh mint, and cider vinegar. Salt and pepper to taste.

3. SMOKE AND FIRE

Toss cooked couscous with diced red and yellow sweet pepper, crumbled bacon, snipped fresh cilantro, shredded Monterey Jack cheese, and one minced canned chipotle pepper.

4. ROASTED SQUASH

Toss peeled, cubed butternut squash with olive oil, dried rosemary, and salt. Roast in a 425° F oven for 20 minutes. Stir in slivered Granny Smith apples. Roast until apples and squash are tender. Meanwhile, bring 1¼ cups chicken broth and ¼ cup orange juice to boiling. Add dried apricot halves, halved, and 1 cup couscous. Let stand 5 minutes. Stir in squash mixture. Drizzle with fresh orange juice before serving.

BY MARGE PERRY
PHOTOGRAPHS, COLLEEN DUFFLEY
FOOD STYLIST BROOKE LEONARD

The difference between a poinsettia and a fruitcake? You could eat a poinsettia.

Before we go any further, let's salve our lawyers' onsciences and tell you we most definitely do not ecommend your sitting down and tucking into one.

Although you could.

Right now, some readers are saying to themselves nat their old college roommate had a cousin whose eighbor's sister had a boss who...you get the lea. Well, the time has come to end nese slanderous stories regarding ne of the finest plants in eation. Old wives' tales otwithstanding, the simple ct is the poinsettia completely non-xic, albeit foul tasting. hy, it'll even remove llutants from indoor r. It's safe for you. Safe r pets. A point that was made undantly and irrefutably clear the good people of Ohio State niversity. Their researchers discovered at a 50-pound child could eat more than 0 leaves and experience nothing worse than a mmy ache. Begging the question, which scientist nt home and excitedly told Junior, "Boy, oh, boy, I have a job for you!"?



This classic holiday decoration was brought to nerica in 1828 by our ambassador to Mexico, Joel berts Poinsett. Which means, you'd get good odds Laughlin that President Monroe was the first guy get one as a little Thinking-Of-You-During-This-ecial-Season deal. Yet, long before its arrival here, ancient Aztec priests prized a beautiful red plant own as cuetlaxochitl for its ability to fight fever, dye tiles and produce latex. To say nothing of the way ust brightened up the old pyramid. Now be honest, at other decoration gives you that kind of service?

So special are these plants that, by Act of Congress, December 12 was set aside as National Poinsettia Day. Now, if you've been worried about what to give that certain someone for this red-letter day, we suggest a poinsettia. From your local Orchard.

At OSH,® you'll find more than your garden-variety poinsettia. You'll find exotic variants like Monet, Winter Rose, Jingle Bells and last year's crowd pleaser, Plum Pudding. Poinsettias with a dash of individuality. And OSH has them in a range of sizes from 4" (perfect for studio dwellers) up to 8" behemoths (for those of you with a castle starter kit). And by growing them as early as July, OSH can give you a plant that's simply higher quality.

The nursery experts can show you the proper balance of light, darkness and water that will keep your poinsettia coming back year after year—like an uninvited uncle or fruitcake itself. And should you miss a step and send yours to that compost heap in the sky? No worries. All OSH plants are backed by our exclusive lifetime plant guarantee.

So, this holiday season, relax. Breathe easy. And deck your halls with cuetlaxochitl.

For 70 years, OSH has been helping Californians take care of their homes and gardens. And doing it with this simple philosophy: legendary customer service means having the things people need and offering them the help they want. There are over 45,000 items inside every OSH, and the people who know how to use them all. Come see us in person or click on to www.osh.com.

OSH®
Orchard Supply Hardware


cottage cheese
meets mom's
apple pie.
Knudsen
Cottage Doubles
APPLES & CINNAMON
kraftfoods.com
Try all six flavors.
Knudsen
Very Fresh. Very Knuds



BISCUITS FOR BREAKFAST

By now you're aware that oats are good for you. They're loaded with fiber, which is credited with preventing a buildup of cholesterol in your body and reducing your blood pressure.

The good-for-you-grain can be pretty tasty too. For instance, the rolled oats in these start-your-day biscuits add a nutty taste. The biscuits also take on a hint of citrus from the flavored dried plums, plus a touch of sweetness thanks to a sprinkling of cinnamon-sugar. These morning treats make a great grab-and-go option to the standard bowl of oatmeal.

Plum Oat Drop Biscuits

START TO FINISH: 30 MINUTES

- 2 Tbsp. sugar
- ½ tsp. ground cinnamon
- 1⅓ cups all-purpose flour
- 1⅓ cups regular rolled oats
- 1 Tbsp. baking powder
- 3 Tbsp. margarine or butter
- ¾ cup snipped, orange-flavored, pitted dried plums (prunes)
- 1 cup fat-free milk

1. Preheat oven to 450° F. Stir together sugar and cinnamon; set aside. In a large bowl stir together flour, oats, 1 tablespoon of the cinnamon-sugar, the baking powder, and *¼ teaspoon salt*. Use a pastry blender to cut in margarine until mixture resembles coarse crumbs. Stir in dried plums.
2. Make a well in the center of the flour mixture. Add milk. Stir until moistened. Drop dough onto a greased cookie sheet. Sprinkle with cinnamon-sugar. Bake for 10 to 12 minutes. Makes 12 biscuits.

EACH BISCUIT: 159 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 193 mg sodium, 28 g carbo., 2 g dietary fiber, 4 g protein. Daily Values: 8% vit. A, 1% vit. C, 10% calcium, 7% iron.

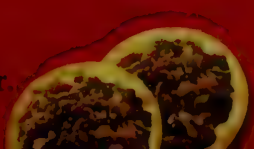
introducing

Lindsay® Olivada



olive spreads.

Spread the joy on crackers or whatever.



Luckily there's Lindsay®

WHAT'S ON THE MENU?

This quiz is a surefire way to sharpen your skills in the world of cutting-edge, trendy culinary language. Pick the correct answer to best describe each of these popular food terms, and move to the head of the buffet line. Extra credit if you know "Quark."*

BY BEV BENNETT

SWEATING

A) Slang for cooking in the heat of August
B) Cooking foods over low heat without browning
C) Induction week at cooking fraternities

SPOOM

A) A kitchen utensil that both sweeps and spoons
B) The sound ice cream makes when you drop it
C) A light-as-air frozen dessert

PORTOBELLO

A) A highly prized fortified wine from Porto, Portugal
B) An oversize brown mushroom with a meaty taste
C) The entry to an Italian restaurant; literally "beautiful door"

RAMP

A) The walkway between a restaurant's dining room and kitchen
B) The technical term for using a spatula, as in "ramp the burgers"
C) A wild onion

QUAHOG

A) An Atlantic Coast hard-shell clam
B) A breed of wild boar
C) The politically correct hog call that has replaced "sooey"

GANACHE

A) A French restaurant term for "we're out of that"
B) A mixture of melted chocolate and whipping cream
C) A favorite pastry of Marie Antoinette

WASABI

A) Kitchen slang for "hello"
B) A Japanese knife
C) A Japanese "horseradish"

BRUT

A) A method for kneading flatbread dough
B) A taste classification for champagne
C) A churlish waiter

GRANITA

A) A type of roasted chicken; literally "little Grandma"
B) A spice blend from the Caribbean
C) A grainy-textured frozen dessert

ANSWERS

1. B: Sweating refers to cooking foods, usually vegetables, covered, in a small amount of fat or liquid. Food releases its own juices and cooks in them.

2. C: A spoom is a type of sherbet made with a mixture of sugar syrup, a fruit juice or wine, and uncooked meringue.

3. B: A portobello is a cousin to the common white mushroom. One portobello cap is large enough to fill a sandwich.

4. C: The ramp resembles a broad-leafed scallion and has a strong garlicky-onion flavor. Its peak season is March to June.

5. A: The quahog clam clan includes popular littlenecks and cherrystones. The largest quahogs are called "chowder clams."

6. B: When cooled, ganache can be used as a frosting, or whipped to twice its volume and used as a filling for cakes.

7. C: Wasabi, a pungent, green-colored condiment, comes from a plant root similar to horseradish. It often accompanies sushi or is stirred into miso-based soups.

8. B: "Brut" champagne has a crisp, dry taste. "Extra-brut" does not mean a drier champagne, but a sweeter one.

9. C: Granita is an Italian dessert made by freezing water, sugar, and a liquid flavoring. Frequent stirring during freezing results in its texture.

***QUARK** is a soft, unripened cow's milk cheese.

MANUFACTURER'S COUPON EXPIRES 6/30/03

SAVE $1.00

On new Challenge European Style Butter.
(Unsalted or Salted)



106004

5 47200 12176 5

CONSUMER – Limit one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied. Consumer pays sales tax. RETAILER – Challenge will reimburse you at face value plus $.08 handling provided you and the consumer have complied with the offer terms. Cash redemption value 1/20 of a $.01. Invoices showing purchases sufficient to cover coupons must be presented upon request. For redemption mail your coupons to Challenge, P.O. Box 880346, El Paso, TX 88588-0346.

MANUFACTURER'S COUPON EXPIRES 6/30/03

SAVE 50¢

On Challenge Regular Butter.
(Unsalted or Salted)



106046

5 47200 11050 9

CONSUMER – Limit one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied. Consumer pays sales tax. RETAILER – Challenge will reimburse you at face value plus $.08 handling provided you and the consumer have complied with the offer terms. Cash redemption value 1/20 of a $.01. Invoices showing purchases sufficient to cover coupons must be presented upon request. For redemption submit your coupons to Challenge, P.O. Box 880346, El Paso, TX 88588-0346.

TWO DISTINCT WAYS TO

ROMANCE YOUR TASTE BUDS.

Create great tasting, delectable dishes with Challenge Butter. From our Regular Challenge, a family tradition since 1911, to our new European Style, for creamier taste and silkier texture. Either way, you're sure to prepare dishes that are distinctly delicious.

©2002 Challenge Dairy Products, Inc.



BROWNED BUTTER

If you think making a sauce is too fussy, too confusing, or too much trouble, there's one you've overlooked: browned butter sauce. Melt a stick of butter, and you're nearly there.

Browned butter is melted butter with a toasted attitude. The taste is bigger and earthier, and the aroma more enticing—much the way a toasted nut compares to a raw one.

Chefs like to make browned butter sauce with butter they have clarified, a process which removes the milk solids from melted butter. Home cooks can be more relaxed, though. Instead of clarifying the butter, just pour the browned butter through a fine mesh sieve to get a clearer sauce.

To make a simple browned butter sauce, melt ½ cup butter in a medium skillet over medium-low heat. Continue cooking for about 10 minutes, stirring the butter, and lifting and swirling the pan occasionally, until butter is golden brown. Strain butter through a fine mesh sieve over a small bowl. Stir in 2 tablespoons lemon juice and 2 tablespoons snipped fresh parsley. You'll end up with a clear winner.

BY KEN HAEDRICH
PHOTOGRAPHS: COLLEEN DUFFLEY
FOOD STYLIST: BROOKE LEONARD



POTATOES – Spooning browned butter into mashed potatoes is a Pennsylvania Dutch tradition. But don't stop with potatoes. Steamed vegetables taste bolder with a browned butter drizzle.



STEAK – A spoonful of browned butter sauce over steak does double duty: It will enhance any topper, such as a quick mushroom sauté, plus give the steak a nice glaze.



PASTA – Toss browned butter with hot pasta as an alternative to sauce or olive oil. Take full advantage of the nutty flavor by keeping the accompaniments simple.



INGREDIENTS: PORK, MECHANICALLY SEPARATED TURKEY, WATER, SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF BEEF, BHA, BHT, CITRIC ACID, FLAVORINGS, SALT, SUGAR.



INGREDIENTS: PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR.

Which sausage would your family prefer for breakfast?

Unlike other brands, which put preservatives and extenders in their sausages, the Jones family has been using the same recipe to make pure, pork sausage for over a hundred years. You don't even have to read the label because you can taste the difference in every bite.

Enjoy Jones Dairy Farm sausage in convenient precooked and traditional styles.



1889 JONES

Ingredients: Pork, Water, Salt, Spices, Dextrose, Sugar.

Jones. Pure sausage since 1889.

Jones Dairy Farm, P.O. Box 808, Fort Atkinson, WI 53538-0808 USA (800) 762-6524 • www.jonesdairyfarm.com









©2002 Jones Dairy Farm

Gel·ä·thin™ introduces its scientifically advanced topical gel that melts away cellulite.

Get a flatter, sexier tummy in 19 days!

Breakthrough Topical Gel

Emulsifies, Shrinks Fat on Contact

Introducing gel·ä·thin™, the scientifically advanced formula that tightens your skin and melts away stubborn cellulite with ease. This breakthrough formula with natural ingredients targets and dissolves cellulite and fat deposits on hips and thighs—even that tummy pouch. When diet and exercise aren't enough to tone those problem areas, gel·ä·thin™ dissolves fat in days wherever it's applied! It's fast and easy!

Clinically Proven Formula

It is documented that when beta-adrenergic stimulants such as the formula in gel·ä·thin™ are added to a culture dish with adipose (fat) cells, these cells deflate as they release their stored fat, similar to the way a balloon deflates when stuck with a pin. The evidence is conclusive. The formula in gel·ä·thin™ has been verified by two clinical trials and has been awarded dual United States patents [Nos. 4,525,359 and 4,588,724].



Reduce Cellulite-Affected Areas

"Gel·ä·thin™ is absolutely amazing! My thighs haven't been this smooth and firm since I was a teenager!" -Lori B.

"I've never felt better in my bikini! Gel·ä·thin™ worked wonders on my stomach, buttocks, and thighs. The results were quick and easy, I wish I would have tried it sooner!" -Cheryl W.



Emulsifies stubborn fat on contact.
Thighs, butt, and tummy...naturally, without the risk of surgery!

Reduce Cellulite-Affected Areas and Firm Up

Sculpt Your Body in Ways You Never Thought Possible!

Just apply gel·ä·thin™ to any area of your body that you want to be slimmer, smoother, and sexier! Gel·ä·thin™ works on almost any part of the body, including your buttocks, arms, chin, and neck! You can spot-reduce unwanted fat and unsightly lumps and bumps almost anywhere on your body safely and effectively without liposuction!



Call now for a risk-free trial

of gel·ä·thin™ and ask how to get a free bottle when you call.

Call and get tomorrow's fat-loss technology right now!

1-800-604-3206

Discount Code Ext 120

Guaranteed results for 30 days or you don't pay!

Reduce body fat around your hips, waist, thighs, buttocks, stomach, arms, chin, and neck.

Over 100 Breeds Available



Available on:

- Sweat Shirt
- T-Shirt
- Long Sleeve T-Shirt
- Denim Shirt
- Denim Jacket
- Night Shirt*

SHETLAND SHEEPDOG

Shirt 100% cotton
n's EDdm
men's EDdw
$24.95
add $5.00
Men's only
$10.00

ket EDdj
% Cotton
d sleeves.
m body.
ted cotton
g. Snap front
L **$69.95**
- 3XL **add $5.00**

Nightshirt EDn Scoop neck shortsleeve, 100% cotton. White only. One size fits most. **$16.95**

EDEN LANE®

* *Available as Giant Dog Head on Night Shirt*

Afghan
Airedale Terrier
Alaskan Malamute*
Australian Shepherd
Basenji
Basset Hound*
Beagle*
Bearded Collie
Bernese Mountain Dog*
Bichon Frise*
Border Collie*
Boston Terrier*
Bouvier Des Flandres
Boxer*
Brindle Boxer*
159 Brittany Spaniel
160 Bulldog*
161 Bull Terrier*
162 Cairn Terrier
163 Chihuahua
164 Chow Chow*
165 Cocker Spaniel*
166 Corgi
167 Dachshund (long hair black & tan)
168 Dachshund (short hair)
169 Dalmatian*
170 Doberman Pinscher*
171 Doberman Pinscher (cropped ears)
172 English Setter
115 German Shepherd*
173 German Shorthaired Pointer
174 Golden Retriever*
175 Great Dane
176 Greyhound
177 Great Pyrenees
178 Hungarian Vizsla
179 Irish Setter*
180 Jack Russell Terrier*
181 Keeshond
182 Lab. Retriever Black*
183 Lab. Retriever Chocolate*
116 Lab. Retriever Yellow*
184 Lhasa Apso
185 Maltese*
186 Mastiff
187 Newfoundland
188 Old English Sheepdog
189 Papillon
190 Pekingese*
191 Pomeranian*
192 Poodle (honey)
193 Poodle (white)*
194 Pug*
195 Rhodesian Ridgeback
119 Rottweiler*
196 Samoyed
197 Schnauzer (cropped ears)
198 Schnauzer*
199 Scottish Terrier
200 Shar Pei*
201 Shetland Sheepdog
202 Shih Tzu*
203 Siberian Husky*
204 Springer Spaniel*
205 Staffordshire Bull Terrier*
206 Saint Bernard
207 Weimaraner
208 West Highland Terrier*
209 Whippet
210 Wire Fox Terrier
211 Yorkshire Terrier*

Too many breeds to list them all. If you don't see yours, call us 1-800-837-7147

der Toll Free 1-800-837-7147
ww.edenlane.com Use code B251001

ail in Instructions: Prices and availability subject to change.
nd us your name, complete mailing address and phone number.
clude item code (leters in red **EDdj**), breed numbers, size and color.
hio residents add 5.75% sales tax.
ecial Better Homes and Garden shipping rate. All orders add only $5.95
paying by credit card include card number and expiration date.
ake checks payable to **Eden Lane**
nd to: **225 Business Center Dr., Blacklick, Ohio 43004.**

Also Available

Sweatshirt EDs High quality 9 oz. 50/50 Cotton/Poly blend, White, natural or Green.
S - XL **$22.95** 2XL - 3XL **add $5.00**
4XL - 6XL White only **add $10.00**

T-shirt EDt 100 % preshrunk cotton, White, natural.
S - XL **$16.95** 2XL - 3XL **add $5.00**
4XL - 6XL White only **add $10.00**

Long Sleeve T-shirt EDL
100 % preshrunk cotton, dyed steel blue or white
S - XL **$24.95** 2XL **add $5.00**



Guardian Dog Pin
Pewter dog pin with gold plated wings and halo. ¾" x ¾"
ED1432 $5.95



WOOF! WOOF! DON'T FORGET FIDO THIS HOLIDAY SEASON. POOCHES AND KITTENS DESERVE THEIR OWN SPECIAL STOCKINGS AND GIFTS.

Pet-acular HOLIDAY GIFTS

BY **BECKY MOLLENKAMP** PHOTOGRAPHS BY **KING AU** DESIGNS BY **HEIDI BOYD** PHOTO STYLING **PEGGY JOHNSTON**



$$\sqrt{\frac{\text{lasagne}}{\text{midnight snack for 1}}} = \text{greasy}^{[\text{mess}]}$$

Kitchen mess equation #12:

Tough problems call for a powerful FORMULA 409®





SHOWS KIDS >> from 230

PUPPY LOVE

Stockings in this story couldn't be simpler. Cut identical stocking shapes from two pieces of crafts foam. Clip them together with clothespins. Using a ¼-inch hole punch (available at crafts stores), cut holes through both pieces around all edges but top. Whipstitch plastic cording through the front and back pieces using a plastic needle. Turn the stocking into the pit of your choice by hot-gluing layers of colorful crafts foam to the stocking. >> on 234



Would you have adopted him?

He wasn't rich or famous. He wasn't the generous, warm-hearted American icon or any of the things that, later in life, he would become. He was just a baby boy who needed all the love and safety of a family.

Because he was adopted, Dave grew up with a sense of his own value. Had you asked him about it, he would have told you that it made all the difference.

When Dave was in a position to give something back, he created the Dave Thomas Foundation for Adoption. The Foundation helps promote the cause of adoption. So other kids can start their lives with the same advantages he had, a permanent loving home and the sense of being valued that changes the way you see the world.

You can help by donating or by considering becoming adoptive parents. Adopting a child is a big responsibility, but the amazing part about love and children is you always get back more than you give.

Please call 1-800-ASK-DTFA or visit www.davethomasfoundation.org for more information.

Wendy's® commitment to adoption continues as we celebrate National Adoption Month and honor our founder Dave Thomas.

Wendy's

Dave Thomas Foundation For Adoption™



BH&G KIDS >> from 232

PRETTY KITTY

For a feline friend, make a slightly smaller version of the blue stocking used for the king's stocking. Then hot-glue pointy ears, tail, and facial features made of craft foam to the stocking. For whiskers, thread a short length of plastic sewing on a plastic needle and knot one end. Push the sewing from the inside of the stocking to the front, so the knot remains hidden inside. Add a jingle bell to the collar. To really please your pet, stuff the stocking with catnip treats or toys. Order a special catnip package (right). Cats flip over the stuff, whether it's fresh or dried. >> on 240



CATNIP FOR CHRISTMAS

Your feline friends will absolutely love this special gift of **Catnip for Christmas**. We include plants for the winter windowsill and seeds to sow next spring—all to ensure a continuous flow of kitty treats. Created exclusively for the readers of *Better Homes and Gardens®* magazine by Papa Geno's Herb Farm, each gift pack contains three Nepeta cataria plants (catnip for cats) plus a packet of Renee's Garden catnip seeds. Each plant is shipped in a 2½x3½-inch plastic pot and is about 4 to 6 inches tall at time of shipment. Each collection costs $37.95, which includes shipping, handling, and sales tax. Order early; quantities are limited. Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.

TO ORDER with your MasterCard, Visa, American Express, or Discover card, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens* Reader Shopping Service, Dept. 0212, Box 9128, Des Moines, IA 50306-9128. Or, visit our Internet site at www.bhgcatalog.com.



Forget cat years. Start thinking in Iams Years.

People talk about cat years - how cats age seven times faster than we do. But you can reduce an effect of aging on your cat, by feeding him Iams every day. Iams Active Maturity will help restore vital cells and return his immune system to that of a younger cat, to help him stay healthier for longer. Wouldn't you want Iams Years for the life of your cat? Contact us at iams.com or 1-800-525-IAMS.

IAMS
Good for Life™

©The Iams Company 2002

Pebbles Snow People

Prep: 10 Minutes

1/4 cup (1/2 stick) butter or margarine

1 pkg. (10 1/2 oz.) JET-PUFFED Miniature Marshmallows (6 cups)

1 pkg. (13 oz.) POST Fruity or Cocoa PEBBLES Cereal (about 8 1/2 cups)

Decorating icing, any color
Decorations

MICROWAVE butter in 4-quart microwavable bowl on HIGH 45 seconds or until melted. Add marshmallows; mix to coat. Microwave 1 1/2 minutes or until marshmallows are completely melted, stirring after 45 seconds. Add cereal; mix to coat well.

SHAPE 1 cup of the mixture into ball, using wet or greased hands. Repeat for a total of 8 balls. Shape remaining mixture into 8 balls, about 1/2 cup each.

PLACE small ball on top of large ball to make Snowman. Gently press balls together or use icing to secure. Decorate as desired. Yield: 6 to 8.

Holiday Party Fun:
Use entire mixture to create one large Snowman **Centerpiece.** Use small Snowmen as **Place Card Holders.** Wrap Snowmen in festive cellophane for **Hostess Gifts,** or take-home **Goody Bags.**

Microwave ovens vary. Cooking times are approximate.

This recipe is intended for use with adult supervision.





BH&G KIDS >> from 234

SPOTTY PUP

This dog is decidedly dalmatian. Make the collar from a 1-inch-wide strip of crafts foam cut long enough to fit snugly around the stocking. Add several 1/8-inch holes. Cut a circle about the size of a half-dollar from foam for the name tag. Thread a twist tie through a hole in the tag and twist onto the collar. Write your dog's name on the tag. Wrap the collar around the stocking and hot-glue it in place.

>> on 238



TASTY TREATS

Just add water and margarine to the flavored mix, cut out the shapes, and bake these homemade treats for pets. Store the finished treats in the reusable tins. A copper cutter (fish shape for cats, bone for dogs) is included. From Sassafras, each kit costs $22.95, which includes shipping, handling, and tax. Call toll free 800/881-4066 or visit www.bhgcatalog.com.

Make your own Snow Day!



Every family loves yummy Pebbles® Snow People.

And for more fun Pebbles holiday recipes, please visit www.postcereals.com.



Great Holiday Gifts to Give



"Barney's Christmas Star" video and DVD



10" Singing "I Love You" Barney

"Barney" Songs From the Park" video and DVD coming January 7



www.barney.com

HIT ENTERTAINMENT

Barney

© 2002 Hit Entertainment PLC and Lyrick Studios. All rights reserved.



PHOTO KIDS 50" from 236

COUNTRY CANINE

Layers of yellow and orange craft foam give this pooch a golden retriever look. Make the kerchief by cutting the shape once from craft foam. Turn it over and trace the design onto another sheet of the same color craft foam. Cut out the shape. Put one piece in front of the stocking and the other behind it, and hot-glue the top corners together. Cut a small circle "knot" from craft foam and hot-glue it in place.



LEASH IT!

Give the rugged, nature-loving dog in your home a stylish yet durable collar and lead. This machine-washable leash has nylon webbing and a brass clasp, and the collar has a sturdy side-release buckle. Available in various sizes and designs from A Tail We Could Wag. Call 208/726-1763 or visit www.tailwags.com for the location of a retailer near you.

RESOURCES >> 241

MORE ABOUT PET CRAFTS, www.bhg.com/dogguide


This is a beloved friend.
This is a perfect disguise.
(Twenty all-new opportunities to play this season on PBS KIDS)
ON PBS KIDS
New shows. New kids. Same great reasons to watch.
Barney
www.barney.com

ADVERTISEMENT

connect@home™

check out these sites for the latest information

Broyhill
www.broyhillfurn.com

BUTTERBALL
www.butterball.com

FOUR SEASONS SUNROOMS
Outdoor Living...Indoors
www.fourseasonssunrooms.com

www.homedepot.com

Masonite
www.masonite.com

www.mastercard.com

OSH
Orchard Supply Hardware
www.osh.com

www.pacificcoast.com

CALIFORNIA PISTACHIOS
www.pistachios.org

STATE FARM INSURANCE
www.statefarm.com

Uncle Ben's NATURAL SELECT
www.unclebens.com

VISA
www.visa.com

SUBSCRIBERS: PLEASE NOTE!

Many of our customers are mail-order buyers. These consumers are interested in receiving offers for other products and services from our company (Meredith Corporation) and for products and services offered by other reputable companies.

In order to promote our other products, we retain your name and address in a prospective customer file. We also provide that name and address to other reputable companies who offer products we consider to be of value and interest to our customers.

However, we also respect the rights of those customers who prefer not to receive additional mail-order offers.

Should you prefer to have your name excluded, please copy one of the statements below and send it with your current magazine address label (to verify your name and address):

Please exclude my name from mail promotions from companies other than Meredith Corporation.

Please exclude my name from all mail promotions.

Send your statement and label to:
Magazine Customer Service
P.O. Box 10263, Des Moines, IA 50336-0263



SOURCES

SOME OF THE PRODUCTS SHOWN EDITORIALLY IN *BETTER HOMES AND GARDENS®* MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION, CONTACT THE MANUFACTURERS LISTED BELOW.

DECEMBER

Page 25: red metallic paper with swirls and snowflakes—Stephen Lawrence, 338 Industrial Blvd., Midway, GA 31320, 800/342-9727 **Poinsettia paper**—Schurman Fine Papers, www.schurmanfinepapers.com **Jumbo craft punches**—Marvy, Uchida of America Corp., www.uchida.com

Page 26: box and beads—Michaels Arts and Crafts, 800/642-4235, www.michaels.com **Cards to form box, contemporary green circles**—KOCO NY, Inc., distributed by Madison Park Greetings, 800/699-4813; e-mail: inquiries@kocony.com. **Red-on-red-stripes card,** Alicia D. Keshishian, designer—Schurman Fine Papers, www.schurmanfinepapers.com

Page 28: pearlized paper, Centura Pearl—A Paper State, distributed by Freund-Mayer Co., Inc. www.nostalgicimpressions.com **Silky thread**—Gutermann, www.gutermann.com

Page 30: fabric ink on ribbon—FABRICO, Tsukineko, Inc., 800/769-6633, www.tsukineko.com

HOLIDAY DECORATING/JUST-FOR-FUN TREES

Page 38: Eames chair—Herman Miller for the Home, www.hermanmiller.com **Ribbon**—Mokuba, 55 West 39th St., New York, NY 10018; 212/869-8900

Page 40: cookies—designed by Karen J.M. Tack, 203/637-9594. **Sculpting wire**—Pearl Paint; 212/431-7932

Page 44: ribbon—Mokuba, 55 West 39th St., New York, NY 10018; 212/869-8900 **Mirrors**—Pearl Paint, 212/431-7932

HOLIDAY ARRANGEMENTS/BEAUTY EXPRESS

Pages 68-69: Tse vases—2AU Limited, 200 Fifth St., West Des Moines, IA 50265; 515/255-7651

DECORATING/INVESTING IN STYLE

Page 82: settee, #9748, "Porter's Settee"—Jeffco Furniture; www.jeffcofurniture.com

Page 86: chandelier, #1059—Hart Associates, P.O. Box 1387, 2900 McDonald Ave., Ruston, LA 71270, 800/592-3500

Pages 87-88: chest, "Tuscan Chest"—Milling Road, a Div. of Baker Furniture; 336/885-1800.

FURNISHINGS/GUIDE TO THE ESSENTIAL BUFFET

Pages 90-94: all fine bone-china dinnerware, "Mansard"—by Spode, through Royal China and Porcelain; 800/257-7189. **Food warmer,** "Chantilly"—Gorham, through Lenox; for retailer near you call 800/635-3669; Web site: www.lenox.com. **All other items**—antiques, discontinued, or personal belongings

Page 94 (*top right*): glass-footed compote, "Butler's Pantry"—by Lenox; for retailer near you call 800/635-3669; Web site: www.lenox.com. **(*Center*): table linens**—trianglestudio; 800/820-4707. **Sterling flatware,** "Paramount"—by Lenox; for a retailer near you call 800/635-3669. **Sterling silver service pieces,** assorted patterns—Wallace Silversmiths/International Silver Company, through Syratech Corp.; 888/747-0475. **Silver knife rests,** "Babylone"; **silver napkin rings,** "Vertigo"—Christofle Silver Inc., through Pavillon Christofle; 877/728-4556.

KITCHENS/BREWING UP EURO FLAVOR

Page 98: range hood, "Best"—Broan-NuTone LLC; 800/558-1711; www.broan.com. **Range**—Vulcan-Hart; 800/814-2028; www.vulcanhart.com. **Cabinets**—John Morgan/Perspectives; 248/288-4100. **Oven**—Dacor; 800/793-0093; www.dacorappl.com.

Pages 100-101: floor tile, similar styles available—Arizona Tile Co.; 480/893-9393; Web site: www.arizonatile.com. **Custom chandelier**—through Linda C. Golden; 248/855-9518; e-mail: lgolden8147@aol.com. **Range hood,** "Best," US-K260—Broan-NuTone; 800/558-1711; www.broan.com. **Refrigerator,** "500 Series"—Sub-Zero Freezer Co., Inc.; 800/222-7820; www.subzero.com. **Microwave,** "KCMS125E"—KitchenAid; 800/541-6390; www.kitchenaid.com. **Oven,** Epicure Convection—Dacor; 800/772-7778; www.dacor.com.

Page 102: all items on shelf—antiques, discontinued, or personal belongings. **Dinnerware**—Vietri Inc.; for more information call 800/277-5933. **Windows**—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Pantry design**—Linda C. Golden; 248/855-9518; e-mail: lgolden8147@aol.com.

THE GIFT OF GIVING

Pages 136-137: ribbon in mistletoe ball—Midori Ribbon; for a retailer call 800/659-3049; www.midoriribbon.com. **Mirror**—Ballard Designs; 800/367-2775. **Glass hurricanes on mantel**—tag; 773/697-6300. **Shells in hurricanes**—The Shell Factory, 2787 N. Tamiami Trail, N. Ft. Meyers, FL 33903; 800/282-5805; www.shellfactory.com. **Beads on stockings**—D'Kei Inc.; through a local interior designer or fabric store.

Pages 138-139: ornaments on tree—Department 56, Inc.; for a retail store call 800/548-8696; www.department56.com. Midwest of Cannon Falls; 800/776-2075; Web site: www.midwestofcannonfalls.com. Roman, Inc.; 800/729-7662; www.roman.com. **Glass hurricanes on mantel**—tag; 773/697-6300. **Shells in hurricanes**—The Shell Factory (address above). **Beads on stockings, tree skirt**—D'Kei Inc.; through a local interior designer or fabric store. **Cluster of bells on tree**—Craft Etc!; 800/888-0321; www.craftsetc.com. **Ribbon on packages**—Midori Ribbon; for a retailer call 800/659-3049; www.midoriribbon.com.

Pages 140-141: mirror hanging from chandelier—Crafts Etc!; 800/888-0321; Web site: www.craftsetc.com. **Silver crackle balls**—Midwest of Cannon Falls; 800/776-2075; Web site: www.midwestofcannonfalls.com. **Shells**—The Shell Factory (address above). **Aprons**—tag; 773/697-6300

Pages 142-143: candy—Bobs Candies; 800/841-3602; www.bobscandies.com. **Garland**—Christopher Radko Designs; www.christopherradko.com. **Bubble lights**—Roman, Inc.; 800/729-7662; www.roman.com. **Beads in garland on mantel**—Crafts, Etc!; 800/888-0321; www.craftsetc.com.

THE COLORS OF CHRISTMAS

Page 147: handmade papers—Kate's Paperie; 888/941-9169; www.katespaperie.com. **Ribbon**—Offray Ribbon; 800/344-5533; www.offray.com. **Moravian Star**—Old Salem; 336/721-7387; www.oldsalem.org. **Mirror balls**—Anokha Imports; 518/756-7809; www.anokhainc.com

Pages 148-149: Moravian Star—Old Salem; 336/721-7387; www.oldsalem.org. **Mirror balls**—Anokha Imports; 518/756-7809; www.anokhainc.com. **Tree lights**—Bronner's Christmas Wonderland; 989/652-9931; www.bronners.com. **Decorative pillows, glazed stacked pedestal**—PotLuck Studios; www.potluckstudios.com. **Satin finished balls**—Smith & Hawken; 800/776-3336; www.SmithandHawken.com. **Candies, candy canes**—Michael's Candy Corner; 800/721-7714; www.candycornerusa.com. **Tablecloth,** Piquet—Matouk; 500/997-3444; www.matouk.com. **Tabletop trees**—Bloom-rite Brand by Nurserymen's Exchange; through your local retailer

Pages 150-151: glazed clay pots on mantel—PotLuck Studios; www.potluckstudios.com. **Matelassé fabric for stockings**—Matouk; 508/997-3444; www.matouk.com. **Small trees in stockings and in front of windows**—Bloom-rite Brand by Nurserymen's Exchange; through your local retailer. **Cloche on mantel**—Two's Company; send e-mail to: info@twoscompany.com. **Pillar candles**—Illuminations; 800/222-3537; Web site: www.illuminations.com. **Throw**—Sferra Bros., Ltd.; 732/290-2230; www.sferrabros.com.

Pages 152-153: red hurricanes; circle-etched glass votive on mantel—Two's Company; e-mail: info@twoscompany.com. **Hurricane, chargers, crackle glassware**—Pier 1 Imports; for a local retail store call 800/447-4371. **Red glassware, cylinder votives**—Dickey Glass; 800/860-4527. **Pillar candles, votives**—Illuminations; 800/226-3537; Web site: www.illuminations.com.

Page 154: circle-etched votives—Two's Company; info@twoscompany.com. **Glassware**—Pier 1 Imports; for a local retail store call 800/447-4371. **Lights and decorations on tree**—Bronner's Christmas Wonderland; 989/652-9931; www.bronners.com.

COMFORT AND JOY

Page 157: painting—created by homeowner. **Straw stars**—Virginia Burney Designs; 503/223-1651; e-mail: viburhum@easystreet.com

Pages 158-159: pillows, designed by Babara Mundall—fabrication by Trina Duhaime, Designed for You; e-mail: TRQP1@juno.com. **Red bowl on coffee table**—La Boteggade MammaRo; 888/626-6276. **Angel wings on girls**—Portland Costumers; 503/235-9215.

Pages 160-161: ball ornaments, stars, tin stars—Midwest of Cannon Falls; 800/776-2075; www.midwestofcannonfalls.com.

Page 162: pillow, designed by Barbara Mundall—fabrication by Trina Duhaime, Designed for You; e-mail: TRQP1@juno.com. **Wood tray,** unpainted—Michael's Arts & Crafts, 800/642-4235; www.michaels.com. **Antique armoire, pine table**—Partners in Time; 503/297-3206. **Glasses**—Cost Plus World Market; 800/267-8758; www.costplusworldmarket.com. **Dinnerware,** hand-painted by homeowner. **Chairs**—Virginia Burney Designs; 503/223-1651; e-mail: viburhum@easystreet.com

Page 164: lamp shades—Virginia Burney Designs; 503/223-1651; e-mail address: viburhum@easystreet.com

READER SHOPPING

Page 180: Blackberry Basics Cookbook—Blackberry Farm, 1471 W. Millers Cove Rd. Walland, TN 37886.

Page 182: Fresh Fruit Gift Boxes—Gracewood Groves, 9075-17th Pl., Vero Beach, FL 32961

Page 190: Graduated and Fluted-Circles Cookie Cutters—Ateco, 36 Sea Cliff Ave., Glen Cove, NY 11542.

Page 192: Springform Pan Set—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974

Page 194: Alphabet Cookie Cutters—R & M International Corp., 6250 Kellers Church Rd., Pipersville, PA 18947.

Page 234: Catnip for Christmas—Papa Geno's Herb Farm, 11125 South 14th, Roca, NE 68430; www.papagenos.com.

Page 236: Kitty and Doggie Treat Kits—Sassafras Enterprises, Inc., 1622 West Carroll Ave., Chicago, IL 60612.

The following sources were inadvertently omitted from previous issues:

August 2002

FAMILY-FRIENDLY STYLE

Pages 125-130: builder—Bogel & Joseph Builders, P.O. Box 6, Ingomar, PA 15127; 412/364-5191

September 2002

BEST OF BOTH WORLDS

Pages 161-170: building contractor—Tim Peterson, Peterson-Wozniak Inc., 440 S. Hindry Ave., Unit G, Inglewood, CA 90301-2053; 310/338-0521.

ORDER DIRECT
WALLPAPER
THE LOWEST PRICES GUARANTEED!*
• Expert advice and assistance.
• Convenient returns at over 2,000 stores nationwide.
CALL TODAY: 1-800-257-5714
and take an additional 10% OFF
OFFER EXPIRES DECEMBER 31
SHERWIN WILLIAMS
*Competitor's price must be verifiable. Cannot be combined with any other offers. Retail Sales Only. Offer expires 12-31-02 © 2002 The Sherwin-Williams Company

Custom Table Pads
88 years of experience
factory direct prices
lifetime guarantee
PIONEER TABLE PAD CO.
www.pioneertablepads.com
call toll free for a sample brochure
1-800-541-0271 x 60

DO YOU NEED BLINDS OR WALLPAPER?
UP TO 85% OFF + 10%
WOOD BLINDS
DUETTE® SHADES
HUNTER DOUGLAS • GRABER • LEVOLOR
BALI • DELMAR ALL MAJOR BRANDS
HUMONGOUS DISCOUNTS!!! WE DO IT ALL!!!
• Free Designer Sample Kit • Free UPS Shipping
STAR BLIND & WALLPAPER CO.
1-800-782-7800
90 DAYS NO PAYMENT
Visit our web page: www.starblinds.com
Established 1932

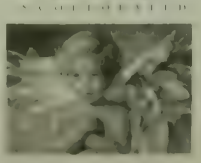
The Shopper's Mart

Discover the ease and pleasure of shopping by mail. Order with comfort and convenience from your own home.

AMERICAN BLIND AND WALLPAPER FACTORY
1-800-735-5300. Save 25% to 85% off 1st Quality Brand Blinds and Wallpaper! FAST FREE UPS shipping! Call/visit decoratetoday.com for the Guaranteed Lowest Prices on blinds, wallpaper, borders, curtains, drapery, toppers, custom framed art, area rugs, lighting and more. We carry every blind or wallpaper that you've seen at your decorating store or home center. 100% guaranteed.

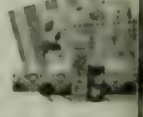


N.A. NOËL. N.A. Noël is one of America's most inspiring artists. Call 1-800-444-6635 for a free catalog of over 150 images or visit us at www.nanoel.com. We have open and limited edition prints, Giclées and books.



The Designplace Direct
HOME DEPOT DESIGNPLACE DIRECT. Save up to 85% on custom and stock window treatments, drapery hardware, area rugs and thousands of wallcoverings. Free 56-page color window treatment catalog. Call 1-800-214-0067 today!

SHERWIN-WILLIAMS
Want the convenience of ordering wallpaper from your home? Call our help line today. Our expert wallpaper consultants will provide advice on measuring, hanging, number of rolls to order and more! hundreds of brands, expert advice, and a conve policy. And it's all backed by our LOW PRICE TEE. Call 1-800-4-SHERWIN (1-800-474-3794



Better Homes and Gardens MARKETPLACE

For *classified* advertising rates & info: 800/424/3090, fax: 312/464/0512

ANIMAL LOVERS

ELIMINATE PET ODORS and stains with unique line of products. For all pets. Satisfaction guaranteed. **www.lifesgreat.com** 800-369-9903.

HELP YOUR PET Live the Healthiest, Happiest, & Longest Life Possible. For FREE Info Visit: www.petopp com/info

AREA RUGS

www.CapeCodBraidedRug.com Wool, flat braided rugs handcrafted on Cape Cod. Custom colors/sizes available. Sold direct only. **888-784-4581.**

ART

Shop www.ArtOnCanvas.com for affordable canvas art reproductions. Various sizes, beautifully framed. Monet, vanGogh, hundreds more. **www.artoncanvas.com**

BEAUTY/COSMETICS

NATURAL SKINCARE PRODUCTS. No animal testing/fragrance free. FREE beauty club membership with order. www.normajeans.net 908-879-2162.

BEDDING/MATTRESSES

SPECIALTY BEDDING EXPERTS. Memory foam, airbeds, electric beds. Low price guarantee. www.bsleep.com **800-810-4370.** Nationwide Shipping.

BLINDS/WINDOW TREATMENTS

WWW.BLINDSONSALE.COM SAVE$$$ Graber, Nanik, Timberline Basswood, Fauxwood, Crystal Pleat, Verticals, Plantation Shutters. Free Catalog & Samples **1-800-919-4301**

WWW.JUSTBLINDS.COM Buy Blinds Online and Save! Wood, Fauxwood, Cellular, Verticals, Shutters. Free Samples. Satisfaction Guaranteed.

www.Allblindsforless.com The lowest prices on the planet! Woods, faux woods, cellular, verticals **FREE shipping.**

BRASS/IRON BEDS

BRASS AND IRON BED SALE!!! Buy factory direct and save 50%. Free color catalog. 216-229-4900 **www.brassbedshoppe.com**

CARPET/FLOORING

CARPET, VINYL, HARDWOOD FLOORING. True Wholesale Prices. **1-800-922-5582.** Carpet Express "America's Floor Store" Dalton GA.

BUY SMART First quality, warranted carpet, vinyl, hardwood, ceramic, laminate flooring, and area rugs. Dalton's largest outlet. Family owned and operated for 29 years. Guaranteed low prices. Free samples. Ship anywhere. Call Carpets of Dalton toll free **1-888-514-7446. www.carpetsofdalton.com**

BUY WHERE THE DEALERS BUY- Georgia Carpet Industries has provided service and quality for over 30 years. Warehousing over a MILLION YARDS OF CARPET. We ship Carpet, Hardwood, Vinyl, Laminate and Ceramics - Anywhere! Call 1-800-420-7594. FREE SAMPLES (www.georgiacarpet.com)

BUY WHOLESALE CARPET. Vinyl, Vinyl Tile, Hardwood Flooring. Save 30% to 60%. Cash/Charge. Beaver Carpets, Dalton, GA 1-800-633-5238

ACCESS CARPETS Lowest Prices. Name Brands. Free Samples. Ship Any-where. **1-800-848-7747 Ext. 18.** www.dalton.net/access/ Dalton GA

DIAL 1-800-C-A-R-P-E-T-S. Will absolutely beat any price. **90 DAYS NO PAY!** Major brands, area rugs www 800carpets net

1-800-789-9784 ALL MAJOR BRANDS 5% over cost. Don't pay retail! 90 Days No Interest! American Carpet Brokers.

DODD'S CARPET. Family owned for 25 years. Guaranteed lowest prices on all flooring "Free samples" 1-800-526-9116

CHINA/CRYSTAL/STERLING

1-800-984-8801 Discontinued patterns. Most manufacturers **FREE SHIPPING. Dishes From The Past,** 3701 Lovell Ave, Ft. Worth, TX 76107.

edish. Discontinued China, dinnerware, crystal. Buy/sell by the piece. 888-892-1182. Purchase on-line at www.edish.com

DOME HOMES

GEODESIC DOME HOMES/CABINS Energy efficient, easily built. Tours, workshops, video. FREE catalog. www.naturalspacesdomes.com, 800-733-7107.

FABRICS/UPHOLSTERY

ABC DECORATIVE FABRICS. Drapery & Upholstery. Discount prices. Free shipping. Mon-Sat 9-6 EST **1-800-548-3496.**

DECORATIVE Fabrics, Upholstery, Drapery, Fabrics. Give manufacturer's name, pattern & color. Low prices. 1-800-392-5337. www.discountfabric.com

SOUTHERN DESIGN CONCEPTS - Discounted DESIGNER Fabrics, Wallpaper and Trims. Guaranteed First Quality - **NEVER UNDERSOLD! 1-800-245-3071.**

FINANCIAL SERVICES

GET OUT OF DEBT, START TODAY! Established, BSI Accredited Debt Management Company can help you: Reduce monthly payments by 50%, Eliminate/Reduce Interest Rates & Over Limit Fees, End Harassing Creditor Calls. No Credit Checks. Homeownership Not Required. Community Credit **1-800-564-1499 Ext. 400 www.DebtAdjuster.org** A National, Non-Profit Organization.

MONEY TROUBLES? Overdue bills? Save thousands, cut credit card payments. Non-profit agency can help. Call **1-800-SAVE-ME-2.**

GOURMET/SPECIALTY FOODS

PECANS, other nuts, dried fruit, cakes, candies more! Great gift idea! FREE CATALOG 800-999-2488 **www.nutsandcandies.com**

HEALTH/NUTRITION

STRESS AND ANXIETY RELIEF for busy families. Pers sessions with world renowned author/psychologist. ww 800-359-CURE (2873).

HOLIDAY/SPECIAL OCCASION GIF

THE BOUTIQUE! Unique gifts/collectibles! Art, China, Leather Fashion, more. Free Catalog. 1-800-422-6758. www.thebout

CHILDREN'S TOYS. Remote and die-cast models, electr more! Buy 3 = FREE shipping. **www.Toys4AllAges.com** 80

PERSONALIZED POKER CHIPS. Largest Gambling Supp The World. Gamblers General Store. Call for catalog. 80 www.gamblersgeneralstore.com

BOYDS BEARS, WILLIRAYE, Cup of Christmas Tea, Hando and more! Shop Online www.personalreflections.com **888**

OLD-FASHIONED COCOA FUDGE $24.95/box. Terry's www.consumersgroup2.com 1-812-428-9586 for credit c

High-quality, Personalized Engraved CAKE PANS Choo designs. Perfect gift idea! **www.thatsmypan.com** 715-83

OVER 3,000 BEAUTIFUL GIFTS for every occasion. FRE Visit our website at www.rosewoodspecialtygifts.com

HOME CARE PRODUCTS

WWW.YOURFILTERS.COM Save on Replacement Air, HEP and Spa Filters. Quantity Discounts and Home Delivery! 1-86

PET STAINS & ODORS OUT! Escape the Planet Urine! results! FREE odor detector offer! **1-888-286-OD www.PlanetUrine.com**

HOME DECORATING

www.SUNLANDHOME.com Thousands of specialty gifts & décor ideas for less. Southwestern, lodge & more! 1-88

HOME FURNISHINGS/ACCESSORI

DISCOUNT FURNITURE! 843-497-8686 Call for immed Tremendous savings! Most major manufacturers' Delivery. **carolinafurniture@sc.rr.com**

Cushions and Covers to fit your **This End Up** and furniture **www.cratefurniture.com** or 1-800-627-5161

www.amishshopping.com Solid Cherry/Oak/Walnut/Map High-quality Amish Craftsmanship. Insured nationwide s

DISCOUNTED ADVERTISED FURNITURE Savings To 60 Experience 1-800-488-4720. Hamilton Furniture Co NC 28516. www.hamiltonsfurniture.com

"FURNITURE COLLECTIONS OF CAROLINA" SAVE! Buy Direct NC Major Manufacturers. Brochures Available. Call: 1-800

1-800-714-4448 FURNITURE DIRECT **** Save up major brands! White Glove Express Delivery. Major C Accepted. Immediate Quotes. www.furnitureorders.com

INCREDIBLE SAVINGS TO 65%. Name brand furniture, white glove delivery. Wholesale Furniture Galleries **80** Free Brochure **www.discountfurniture.net**

DISCOUNTS UP TO 65%. 500 finest brands. In-ho since 1933. CHERRY HILL FURNITURE 1-800-6 www.cherryhillfurn.com brochures, 1-800-888-0933, qu

PATIOS, WICKER/RATTAN Leather Furniture, major brand prices, ship nationwide. **www.PatiosUSA.com** or **1-888-**

INVENTORS

INVENTORS - FREE INFORMATION PACKAGE. Have your idea developed and professionally presented to Manufact assistance available. Call **1-800-54-IDEAS** (1-800-544-3

JOB/BUSINESS OPPORTUNITIES

EASY WORK! EXCELLENT PAY! Assemble Products A Toll Free 1-800-467-5566 EXT 11748

Finding a Job in Tough Times, book for recent gradu professor's plan: Six Steps To A Paycheck. Order through

GREAT-PAYING JOBS you can do at home! Hundreds c hiring NOW 1-800-944-4703, Dept 3600 **www.moneyfro**

EARNINGS UNLIMITED! Mail our burglar alarm ad from home! RBM Merchandising, Box 759, Lake Zurich

29 PEOPLE WANTED To Get Paid $$$ To Lose Up To 3 Days. Natural & Guaranteed. Call 1-888-220-0969

SIX FIGURE POTENTIAL from home (p/t time). 26-yr-ol billion dollar technology company with 5A1 D&B ratin on our internet mktg approach. visit **www.myautomatic**

LIGHTING/FIXTURES

RESTORED VINTAGE FIXTURES. Circa 1850-1940 plus r Wall, hanging & porch lights online: www.vintagelighti

MOVING/RELOCATION SERVICE

IMMEDIATE, DIRECT, NATIONWIDE moving ser professional, non-stop service. 20 years experience guaranteed **800-MOVE303.**

OUTDOOR/PATIO FURNITURE

THE HAMMOCK COMPANY. Specials on Hatteras hammocks, swings, rockers and adirondack fu 800-398-6004 or visit **www.hammockspecials.com?BH**

REAL ESTATE

YOUR OWN FOREST in Western Washington. Gated acre parcels. Views, streams, low $100's **1-8** (1-866-347-2663). www.forestreserveinfo.com

America's #1 Choice for Blinds, Wallpaper & More!

gs • Wall Art • Lighting • Curtains • Home Decor • Shutters • Paint • And More!

25%-85% Lower Than Most Store Prices!

PLUS Take An Extra **10%* OFF** CODE: BED1

*Ask for details

ime Lowest Price & 100% Satisfaction Guarantee*
er today, and if you ever find the identical item for let us know and if we can verify it, we'll refund you % of the price difference! And, we're so confident you'll be happy with your purchase that we offer an sive 100% money-back guarantee

Carry Only First Quality Name Brands
er Douglas, Duette, Waverly,* Village,* Wallies uts,* Levolor, American, Kirsch, Graber, Louverdrape, rial, Thomas Kinkade, Carey Lind, and more!

on the internet at www.decoratetoday.com
can view over 300,000 blinds, shades, wallpaper ms and borders and other home decorating products. have over 650 personal shoppers online to answer questions and help you place your order. Instantly h our entire collection by product, style, material, e, color, size, price range and keyword.

Your Local Decorating Store or Home Center
see something you like in your local decorating write down all the product information (brand , style, color, etc.) then call for your Lifetime anteed Lowest Price.



You'll never find a reason to buy from anyone else! We guarantee it!
Steve Katzman, President

CALL OR VISIT US ON-LINE FOR A FREE
- **Blind Catalog**
- **Wallpaper Catalog**
- **Area Rug Catalog**

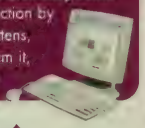
Shop On-line 24 Hours a Day!

Michigan Shoppers!
Visit our Sterling Heights or Plymouth Factory Showroom Outlets. Call 1-800-442-3919 for directions.



FREE UPS DELIVERY

300,000 More at Decoratetoday.com!
Search our extensive collection by design element such as kittens, tulips, etc. If you can dream it, we can find it...instantly!



American Blind and Wallpaper Factory

decoratetoday.com

1-800-689-4485
Decorating so easy, it's fun!

FAX: 1-800-391-2293
909 N. Sheldon Rd, Plymouth, MI 48170
All major credit cards, money orders & checks accepted

World's Largest Inventory!

China, Crystal, Silver & Collectibles
Old & New • 125,000 Patterns
6 Million Pieces • Buy & Sell

REPLACEMENTS, LTD.
PO Box 26029, Greensboro, NC 27420 Dept. GB
1-800-REPLACE (1-800-737-5223)
www.replacements.com

NEW LOW PRICES!

om Table Pads

ME EE!



FREE Product Info Kit: **1-800-444-0778**

GUARDIAN CUSTOM PRODUCTS
Est. 1923

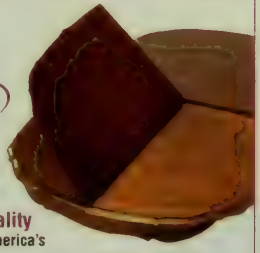
ALL MAJOR CREDIT CARDS ACCEPTED
www.guardian-tablepad.com

N YOUR OWN FUTURE.

An exciting career in interior decorating and a business of your own. Visit our website www.DecoratingDen.com or call 1-800-DEC-DENS.

Each franchise is independently owned and operated.

Custom Table Pads



9-Day Delivery Available

Guaranteed Quality
and service from America's premiere table pad company.
Free measuring service available in most areas. Satisfaction is guaranteed with return privilege. 30-year limited warranty.

1-800/328-7237 Ext.210

Sentry Table Pad Co.
visit us at www.sentrytablepad.com

TAN AT HOME!

SUNVISION® Wolff® Tanning Beds
Buy Direct & Save up to 50%



HOME DELIVERY • FINANCING AVAILABLE
1-877-783-8356

"No More Streaks"

Invisible Glass® cleans windows, windshields, mirrors, and glass tables so well, you'll think they're *invisible*. Other cleaners use water and foamy soaps or surfactants. These low cost ingredients remove basic dirt, but leave streaky residues that are difficult or impossible to remove. *Invisible Glass* cleans fast with a very powerful, non-streaking, non-abrasive formula. It contains NO soaps or foams, so you get optimum clarity. Learn more at invisibleglass.com

Imagine looking through glass like it's NOT THERE! *Invisible Glass* lets you experience the beauty and scenery of the outdoors like never before. Great for home, office, vacation getaway, auto, boat, or RV. This powerful, super-clear cleaner quickly removes dust, dirt, oil, grease, fingerprints, smoke film, salt spray, tree sap, haze and more from glass surfaces. If you want a streak-free view, you need *Invisible Glass!*



Order now and get 3 cans of *Invisible Glass* (plus 3 ultra low-lint, 100% cotton, "best you'll find", glass cleaning towels as a FREE bonus) for $19.95 + $4.50 S&H. Most orders ship in 24 hrs. Save by ordering a 12 can case. Money-back guaranteed! If you're not amazed by *Invisible Glass*, return the unused portion in 30 days for a refund and keep the FREE bonus towels. Order on-line at **www.invisibleglass.com**, mail check to address below, or call our factory toll-free, 8am-8pm ET, Monday-Friday

1-888-4STONER

Stoner Inc. 1070 Robert Fulton Hwy Quarryville, PA 17566 • code # VBM6A •

The Real Tree

BY STEPHEN C. GEORGE

If two people talk about their holiday plans long enough, the question inevitably comes up:

"Do you have a real tree or a fake one?"

Time was, the question didn't exist. When December rolled around, most families blazed a trail into the winter wilderness, walking through a series of Robert Frost poems until they came to the hallowed clearing. There, while the children shivered (from excitement, of course), the grown-ups picked just the right tree: One with good triangular form; tall enough to fill its corner of the living room without scraping paint off the ceiling; strong enough to hold every precious ornament—and maybe one or two curious house cats.

Years passed, forests and fields made way for suburbs, and convenience began to overshadow the pleasure of the search. Why spend all that time hunting for a tree in the woods, we asked ourselves, when we could buy one in a parking lot? Eventually we wondered: Why trek to a parking lot when we could simply haul down from the attic a perfectly symmetrical and perfectly reusable artificial tree? And—hallelujah!—no more pine needles clogging up the vacuum cleaner!



BETTER HOMES AND GARDENS, DECEMBER 1951

In 80 years of December issues and holiday stories, *Better Homes and Gardens*® has showcased its share of trees, both natural and manufactured. In the 1920s, we wrote about families who planted and decorated live fir trees out in the garden. In the 1950s, we published photo spreads of the latest in aluminum and synthetic trees, covered in spray paint and white flocking, instead of cranberries and popcorn.

Eight decades covers a lot of trees, though, and we've learned the answer to the great debate: It doesn't matter if your tree comes from a pristine forest or a cardboard box. What matters is the family that gathers to decorate it. When the handblown heirloom globes or the handmade preschool paper chains go on, the tree becomes something else entirely—a glittering monument to a family's love, and a celebration of the warmth and comfort of home.

Real or fake? We can assure you, they're *all* quite real.

6625